

FOOD *for* THOUGHT

Inside THIS ISSUE

Highlighting partner agencies:
Serve Spokane and Sozo Food Bank

Street Music Week: Remembering
Jim Lyons

Kay Porta Legacy Society: Martha
Meeks on Leaving a Legacy

Turkey Drive in Review: Recaps
from Tom's Turkey Drive, Mid-
Columbia, and Yakima Valley

Fresh Starts: Setting Personal
Health Goals This Spring

Mission Moments: Volunteer
Appreciation

Agency Spotlights: SERVE SPOKANE AND SOZO FOOD BANK

KIM DAVIDSON
PHILANTHROPY DIRECTOR



You know that sticker shock you feel when shopping? It's multiplied for nonprofits that partner with Second Harvest to serve people facing hunger. As more people turn to community food pantries and meal providers for help, agencies are feeling a tighter financial squeeze, and finding it tougher to source food.

"We see people coming to us for help who, in the past, would have been our donors," explained Cathy Del Pizzo, co-executive director of Serve Spokane, which receives food from Second Harvest. "They often come to us in tears because they never expected to need a food pantry, and we are able to comfort them, encourage them and help them to stretch their budgets."

Food insecurity and long lines at pantries made headlines during the COVID pandemic. Many local hunger-relief

partners are now approaching or exceeding the same record-breaking need. At Serve Spokane, need is "way above pre-pandemic and pandemic levels."

The primary reasons: inflation and the recent end of the pandemic-related boost to SNAP benefits mean families have less money to buy food. Community agencies report increases of 20% to 40% in the number of people seeking help. Many are employed and seeking help for the first time.

"Every week we have people tearfully sharing with us how grateful they are for the food they are receiving. Everything costs so much and wages aren't keeping up."

- Cathy Del Pizzo, Serve Spokane

"People come in wearing business attire and work clothes, not just the families of prior months. We are receiving five or more emails and phone calls a day asking for services," said Michelle Schmidt, director of operations at Sozo Church Food Bank in Kennewick.

Launched in 2005, Serve Spokane's food pantry has grown from serving 30 people per month out of a shipping container to a pole barn that houses enough food to serve 2,000 to 2,500 neighbors monthly. They also host a clothing and household-item ministry.

Neighbors seek help from the north Spokane pantry for a

Continued on Page 4



Cathy Del Pizzo of
Serve Spokane

The 23rd Annual Tom's Turkey Drive IN REVIEW

BRANDON VASQUEZ
MARKETING ASSOCIATE



This past year has certainly presented its share of financial challenges to our community, which made Second Harvest's 23rd annual Tom's Turkey Drive in November even more impactful for those in need. Along with our partners KREM 2, Rosauers Supermarkets and dedicated volunteers and donors, a total of 11,000 meal boxes were distributed on the chilly Tuesday before Thanksgiving. Each box was filled with over 40 pounds of food to help provide relief in the form of a healthy Thanksgiving meal, including a turkey, stuffing mix, fresh produce and milk. Most of the holiday meal boxes were shared with families at the Spokane County Fair and Expo Center. A new plan was implemented at the fairgrounds to alleviate traffic and get more cars off the street, and it worked wonderfully. Cars were lined up ferry-style in the parking lot and entered the distribution building one row at a time, making the process quick and efficient. The same day, a walk-up distribution was held in front of Second Harvest for those who traveled by bus or by foot. In addition, several local food pantries had Tom's Turkey Drive meal boxes to share with clients. A total of 880 volunteers, thousands of donors and the sponsors listed below generously stepped up throughout the process to help our community. Second Harvest humbly says thank you.

THANK YOU TO OUR SPONSORS



Amazon, BECU, Coordinated Care, Dairy Farmers of Washington, Darigold, Franz, Humana, Itron, Numerica, Starbucks, UnitedHealthcare, WSECU

And a special thank you to these generous food donors:
Darigold, Easterday Farms, Franz Bakery, Gebbers Farms and Grimmway Farms



Volunteers distribute food.



WHAT'S IN A BOX?

- Jennie-O Turkey
- Darigold Milk
- Gebbers Apples
- Easterday Potatoes
- Green Giant Green Beans
- Franz Rolls
- Franz Stuffing
- Imperial Margarine
- Food Club Gravy Packet
- Food Club Olives
- Food Club Cranberry Sauce
- Pistachios
- Canned Pears
- Canned Corn



Amazon volunteers ready to give out meal boxes.

“It was important to come down and help the people who are less fortunate and to be able to give back to the community.”

- Box Build Volunteer



Mid-Columbia and Yakima Valley TURKEY DRIVE RECAP

BRANDON VASQUEZ
MARKETING ASSOCIATE



In conjunction with Lamb Weston, U-Pull-it Auto Parts, and a generous community of volunteers and donors, Second Harvest distributed 2,500 Thanksgiving meal boxes to families in the Mid-Columbia and Yakima Valley. A total of 700 boxes each went to the Yakima and Sunnyside distributions on Nov. 21, while 1,000 meals were distributed at Kennewick's Benton County Fairgrounds on Nov. 22. The 100 remaining boxes were set aside and delivered by Ben Franklin Transit to home-bound neighbors. Second Harvest thanks the dedicated volunteers and gracious donors of food and funds who made the Mid-Columbia and Yakima Valley Turkey Drive possible.

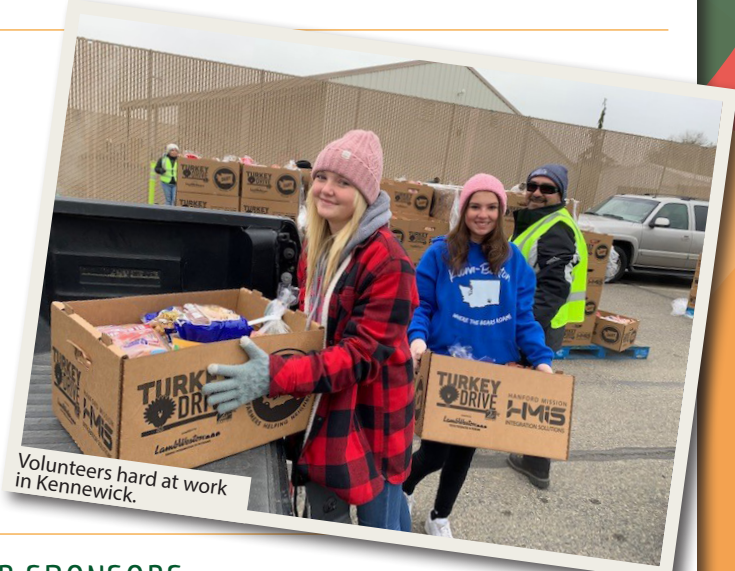


Thanksgiving meals heading home to families.



Frances was first in line to receive a Thanksgiving meal box in Yakima. A cancer diagnosis forced her to retire early, and she lives with her son.

“*This year, inflation has really gotten the best of us, because we're on a fixed income. And when I heard of this, I said, 'Whoa. I'm going for it.' It's going to make Thanksgiving a real blessing. And everyone that donated, they are a blessing.*”
- Frances



Volunteers hard at work in Kennewick.

THANK YOU TO OUR SPONSORS



RDO Equipment, Domex Superfresh, Coordinated Care, UnitedHealthcare, Dairy Farmers of Washington, Tree Top, Yakima Chief Hops, Columbia Bank, Les Schwab

And a special thank you to these generous food donors:
Easterday Farms, Gebbers Farms, Grimmway Farms, The Washington Grain Commission, and Lamb Weston-Columbia Basin Blends

AGENCY SPOTLIGHTS

Continued from Page 1

variety of reasons. "Our clients are single, families, senior citizens and those on a fixed income. They include many Ukrainians who are seeking to build a new life in Spokane. Some of our clients are facing health issues. Others have lost jobs. Many are working but just can't get their income to stretch far enough to cover everything in this difficult economy."

At the Sozo Food Bank, Schmidt said they're serving 1,300 people weekly, with 10 to 12 new families visiting every day. On March 29, they served a record 101 people in two hours. "Money is very tight and they are needing to make harder choices with rent versus food," Schmidt explained. "We can help them two times per month, which allows them to divert funds for bills."

While based in Kennewick, Sozo Food Bank is open to people in need throughout the Tri-Cities. "We desire to help anyone with food insecurity and will attempt to redirect clients to other agencies for additional support," Schmidt said.

The partnership with Second Harvest helps Sozo and Serve Spokane in different ways. At Sozo, Schmidt highlighted the local pickup of fresh produce, with additional food donations through the Grocery Rescue program. Serve Spokane's partnership extends beyond food.

"Second Harvest provides about 80% of the food that we give out, and we don't know what we would do without you," Del Pizzo said. "Second Harvest provides expertise in dealing with government rules, food storage and a number of other issues. And Second Harvest gives us visibility and credibility in the community. People feel safe obtaining food from Second Harvest agencies."

As more neighbors experience food insecurity, community partners like Sozo and Serve Spokane help ensure that they won't go to bed hungry.

"People are more desperate for the basics," Schmidt said. "The less have less, such as seniors, immigrants."

At Serve Spokane, produce and meat supplied by Second Harvest are the most-requested items. Heartfelt emotions are common during food distributions.

"Every week we have people tearfully sharing with us how grateful they are for the food they are receiving. Everything costs so much and wages aren't keeping up," Del Pizzo shared. "We live in a wonderfully generous community, and we are so grateful."

To learn more, please visit Serve Spokane at servespokane.org and Sozo Food Bank at sozochurch.com/sozo-food-bank.



THANK YOU!

Your donations made in January were generously matched up to \$10,000 by the owners of a local agriculture business who wish to remain anonymous.

By joining them in celebrating their founder and marking the 33rd anniversary of the business, you helped raise \$50,959 for neighbors facing hunger.

Thank you for making a profound difference!



LEAVE A LEGACY

When you remember Second Harvest in your will, estate plan or trust, your legacy gift—regardless of size—will provide meals for years to come.

"I was inspired to join the Kay Porta Legacy Society following a conversation I had with my brother regarding our parents and the qualities they instilled in us. We feel very blessed with the life we were given, and my Dad always reminded us to remember those less fortunate whenever he gave us money.

It is important to me to 'pay it forward' and instill that same philosophy in my children."

- Martha Meeks, mother, retired educator and dedicated Second Harvest volunteer



To learn more about the benefits of planned giving through KPLS, contact Tony at (509) 252-6277 or legacy@2-harvest.org.

STREET MUSIC WEEK

When Street Music Week brings downtown Spokane sidewalks to life with buskers next June as a fundraiser for Second Harvest, a familiar face will be missing.

Sadly, Street Music Week's tireless co-leader, James "Jim" Philip Lyons III, passed away Nov. 26, 2022. Jim was looking for something positive to do when he first brought his guitar downtown to perform during Street Music Week 2004, the annual event's second year. Jim never missed a day after that, and he and Doug Clark, Street Music Week founder, forged a close friendship that lasted until Jim's passing at age 64.

"Jim is one of the main reasons for Street Music Week's success," Doug said of his friend. "He worked tirelessly behind the scenes as well as participating with his guitar. He was one of a kind."

Doug was a solo act in 2003 when he planted the seeds for what became known as Street Music Week. Held during the noon hour on weekdays during the second full week in June, it is Spokane's largest busking event. Jim raised his hand to help because it meant something to him. A career nurse, he turned his passion for music into another way to care for his community. "Jim was one of the most caring people I've ever met in my life. He was a caregiver, but it wasn't just a job," Doug said.



The celebration of volunteer music and entertainment is open to performers of all ages, all levels of ability and all artistic varieties. Growing more popular each year, Street Music Week expanded to include Sherman Avenue in Coeur d'Alene and Spokane's historic Garland District. Some 300 performers participated last year.

Street Music Week has raised more than \$300,000 for Second Harvest over the years, bringing food—and hope—to the tables of local families. Jim was a huge part of that. Thanks to all who joined him to keep Street Music Week going for people in need. Jim's unwavering commitment to use his talents for good was awe inspiring. Enjoy Street Music Week June 12 to 16 in his honor.



Spring Into Action: SMALL CHANGES YIELD BIG RESULTS

CAROLYN NEGLEY, RD
NUTRITION EDUCATION MANAGER



Spring has sprung! The warmer weather is the perfect motivator for creating new habits.

Each spring feels like a fresh start which can be highly motivating. However, when motivation is high, it can be tempting to bite off more than you can chew. By creating goals too lofty, too unrealistic or too numerous, you may be setting yourself up for disappointment.

Here are a few tried-and-true tips to help you ease into a healthy spring:

1. Take time to reflect upon the past year.

What are some of the barriers that got in the way of creating healthy habits? Is there anything you can do to remove those barriers? How can you work around them?

2. Build a healthy social network. We tend to mirror the behavior of those around us. If your friends are more excited about hiking than a TV binge session, you likely will be too.

3. Rely on your network for support. To each their own, but many people find it easier to exercise when they do it with a friend. There's also an added level of accountability that is valuable. Plus, it's fun! Socializing is really good for your health, too, so it's like a two-for-one deal. How efficient!

4. Focus on adding more to your life.

A lot of goals focus on reducing negative behaviors but



focusing on increasing positive behaviors just feels, well, more positive. You might also find that positive changes are easier to achieve. If you're filling up on water and salads, you won't be as hungry for soda and fries. But you won't feel deprived because no food is "off-limits." Here are some other examples:

- Instead of cutting out soda, resolve to drink more water every day and try other sugar-free beverages, like iced teas and club soda.
- Instead of giving up your favorite comfort foods, aim to eat non-starchy vegetables at every meal.

5. Create SMART goals. SMART goals are specific, measurable, attainable, realistic and time-bound. It's important to just focus on a few SMART goals at once. Success begets success and once you achieve your first few SMART goals, you can slowly add new SMART goals. Slowly building habits over time helps you maintain momentum instead of crashing and burning at the first sign of falling short.

- Here's an example of a poorly planned goal: I'm going to eat healthier.
- Here's an example of a SMART goal: I plan to eat a piece of fruit with my breakfast five times this week.

6. Give yourself grace! Sit with your mistakes and learn from them, but don't give them power over your life. As my mom likes to remind me, don't break every dish in the dishwasher just because you broke one. Life is messy and growth certainly is, as well.



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Mission Moments: GRATEFUL FOR DEDICATED VOLUNTEERS



JASON CLARK
PRESIDENT & CEO

What do volunteers mean to Second Harvest's mission? In one word: everything.

Thousands of people sorted and packed fresh produce and other donated food in our volunteer centers last year. Our volunteers sort out anything unfit for consumption and put the rest of the food into right-sized packages to give to families at partner food pantries and at our Mobile Market free food distributions.

Volunteers built about 10,000 Bite2Go weekend food kits for schoolchildren in need every other week last year. This year, the number has grown to 15,000.

Over the past 12 months, generous people combined to donate more than 15,000 hours of their time alongside our Mobile Market.

Several other volunteers also donated their talents in our Spokane teaching kitchen, picked up food drive donations and other donated food items, and dropped off Bite2Go food for students in need at area schools.

And then there are the massive number of volunteers supporting our 250 partner food banks, meals sites and other hunger-relief programs throughout the Inland Northwest.

During the month of April each year, Second Harvest joins other charities across the country to celebrate the dedicated people who donate their time to do good in the world. I remain in awe and inspired by the thousands of people who step forward to volunteer their time with Second Harvest and our network.

We count on donations of food, funds and time to feed people as well as we can in Eastern Washington and North Idaho. Right now, the hours shared by our volunteers are comparable to close to 20 additional full-time staff members. Their gifts of time help Second Harvest provide food for the equivalent of 68,000 meals a day.

Our volunteers mean so much to us and the people we serve. And the time they give is important to them.

"It gives you an inside heart glow... just knowing that you're doing something with your time that's helping somebody else and making somebody's life better," Debbie Maier, who's volunteered with Second Harvest's Pasco hunger solution center since 2019, told us.

To all of Second Harvest's volunteers, who are an incredibly important part of our grassroots approach to serving people facing hunger, thank you.



BASIC FOOD

Second Harvest strives to build healthier communities by increasing access to nutritious food for people in need. Our goal is to connect more people with the Washington State Basic Food Program (commonly known as food stamps).

If you or someone you know needs help accessing monthly benefits for food, please visit 2-harvest.org/basicfood.

