

2nd food — FOR — thought

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Pictured: The Mobile Market team visits Pomeroy.

The Kitchen: Nourishing Brighter Futures

CAROLYN ALECIA NEGLEY, RD | NUTRITION EDUCATION MANAGER

Nourishing communities looks like increasing food access, but it also looks like increasing nutrition awareness and promoting opportunities to grow culinary skills and practice making healthy choices. Choice is what gives us dignity and what gives us buy-in for the future we want to create for ourselves.

The Kitchen at Second Harvest hosts weekly community cooking classes that are free for people facing hunger. These classes consist of hands-on cooking lessons, nutrition education and community time in the form of a shared meal, often accompanied by interesting

discussions. We talk a lot about healthy swaps you can make when cooking. For example, did you know that you can sauté veggies in broth or water instead of oil or butter? This southern gal didn't! We talk about adapting recipes to fit your taste buds, your pantry and your dietary needs. We try new recipes in class and get creative with ingredients like beans and lentils because they're affordable, often abundant in food pantries, and nutritious.

Lawrence shared this during a cooking class in The Kitchen: "I can eat that black bean veggie burger now, which is nice. You go to the grocery store and see the vegetarian burger, the black bean burger, and it's six bucks. You can buy a can of beans for a buck-and-a-half. And you can actually have a few more of 'em. You've got to doctor them up with lots of vegetables. A plain black bean burger is like a plain hamburger."

At the end of each community class, a grocery table is set up for attendees to take home groceries for the week. We try to provide a variety of fresh and shelf-stable foods to accommodate different needs and preferences. Not everyone has regular access to a full kitchen. Promoting choice at the



Pictured: Sharon, community cooking class participant



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Pictured: Melissa Tipke



Meet Melissa Tipke: A Feed365 Donor Story

BRANDON VASQUEZ | PHILANTHROPY ASSOCIATE

Consider joining Feed365 to provide ongoing support to end hunger in our community. As a monthly donor, your year-round generosity will help provide healthy food to children, families and seniors facing hunger every day.

It's easy to be part of Feed365. Commit to an automatic monthly donation at 2-harvest.org/donate-monthly or set up an automatic payment from your bank. It's simple to set up and manage and reduces administrative costs for Second Harvest. A tax receipt will automatically be sent to you at the beginning of each year.

We recently sat down with longtime Second Harvest donor and volunteer Melissa Tipke to talk about what being part of Feed365 means to her.

Q: What made you first want to support Second Harvest?

A: I worked with a food bank at my church for a number of years and saw the need.

I did volunteer for Tom's Turkey Drive to go to Rosauers and talk to people, and get them to donate to buy the bags. So many people didn't know about it. So probably that's when I started, and I always wrote a check every year.

Q: What inspired you to join Feed365?

A: To me, it's almost easier. I do automatic deduction. It just comes out and it's an easy way of donating, instead of going, "Oh, I've got to write a check, or did I do it last month?" Now I just have it come directly out of my checking account.

Q: Why do you continue giving?

A: I think you're doing a good job. I give my money carefully, but when I respect an organization, I will continue to give. When I see a need, I want to fill it.

I firmly believe in supporting the community. And if I can

do it monetarily and with some volunteer hours, what else do I have?

I just wish that more people in the community would give back to the community. We're seeing an outpouring right now with this horrible mess of these fires. It is hard, but I wish you didn't have to wait for a calamity. It's like, why can't it just be all the time?

To learn more about donating monthly through Feed365, please visit: 2-harvest.org/donate-monthly



Pictured: Second Harvest philanthropy manager Conor Ellert with Melissa Tipke



Pictured: Volunteers prepare to distribute free food in Medical Lake.



Pictured: Lisa, Mobile Market attendee

Wildfire Relief Update

VIRGINIA THOMAS | PHILANTHROPY DIRECTOR

When wildfires devastated rural Spokane County communities in August, Second Harvest moved quickly to connect affected people with food resources.

Second Harvest's Mobile Market free food distributions help people who are facing hunger throughout the year. The dynamic and flexible nature of the program means the Mobile Market has the capacity to respond quickly to emergencies, including the aftermath of a natural disaster.

In northern Spokane County, the Oregon Road fire burned more than 120 rural homes and threatened the communities of Elk and Deer Park. At a Mobile Market in Deer Park just days after the fire began, 222 families received free food.

Charlotte said her home was outside of the evacuation zone, but some loved ones hadn't been so fortunate. As a result, her household temporarily had a few more mouths to feed.

"My sister-in-law is staying with us, plus my one friend who's on the evacuation side is still staying with us," Charlotte said. "She hasn't lost her place, but she can't go home yet."

Charlotte hoped to receive food that would help her stretch her grocery budget, particularly staple proteins.

Families who attended the Mobile Market that day received shelf-stable proteins such as canned salmon, canned garbanzo beans, and fresh eggs.

A week after Medical Lake residents were evacuated due to the Gray Fire which destroyed part of the town, the parking lot of Lakes Harvest Foods grocery store — less than a mile from the edge of the wildfire perimeter — buzzed with activity as vehicles moved through the distribution line.

Lisa was used to being on the volunteer side of free food distributions. She frequently volunteers for the Medical Lake Food Bank, which receives donated food from Second Harvest.

That day, however, she needed the same food assistance she typically helps provide.

"We lost three homes," Lisa said. "We're picking up food for the families that we're connected with. Two renters were in properties we owned, and they lost everything, too."

Lisa said she was glad to receive fresh produce, as well as pantry staples.

"We won't need all of it, so we'll be able to share it with our neighborhood — our whole neighborhood was decimated," she said.

The Mobile Market returned to Medical Lake about three weeks after the Gray Fire as well.

Thanks to dedicated support from food and financial donors — and many volunteers, Second Harvest remains ready to respond to unexpected increases in the number of people facing hunger by providing families with both shelf-stable foods and fresh produce.

[Visit 2-harvest.org/wildfire-update to learn more.](http://2-harvest.org/wildfire-update)



Pictured: A Deer Park Mobile Market event prior to distribution

Partners in Ending Hunger: Our Corporate Supporters

BRANDON VASQUEZ | PHILANTHROPY ASSOCIATE

Many hands from our caring community contribute daily to serving people facing hunger. In fact, it takes a team to end hunger. Numerous businesses have joined us to take action to help feed families in need over the past year, and we are honored to celebrate them. Thank you to our generous partners in feeding hope.

Agri Beef
 AgriNorthwest
 AgWest Farm Credit
 All Lines Associates, Inc.
 Alliant Insurance Services, Inc.
 ALSC Architects
 Amazon
 Amentum
 Amway
 Associated Industries Management Services
 Avista Foundation
 Bank of America
 Battelle Pacific Northwest Division
 Bechtel National, Inc.
 BECU
 Black Realty, Inc.
 Bob Woodruff Foundation
 C.R. England
 Carl M. Hansen Foundation
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 Center for Pediatric Therapy
 Charlie's Produce Co.
 Clearwater Paper
 CoBank
 Columbia Basin Foundation
 Coordinated Care
 Corwin Ford Spokane
 Corwin Ford Tri-Cities
 Czebotar Farms - Tony and Juli Czebotar
 DAA Northwest
 Damon Orthodontics
 Delta Dental
 DIVCON, Inc.
 Domex Superfresh Growers, LLC
 DuPree Building Specialties
 Dutch Bros Coffee
 Eclipse Excavation, LLC
 Ella Fitzgerald Charitable Foundation
 Empire Bolt and Screw, Inc.
 Enterprise Holdings Foundation
 f5 Networks
 Findlay Spokane

First Interstate Bank
 Flynn BEC LP
 Ford Motor Fund
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 George F. Jewett Foundation
 Gesa Credit Union
 Gold Seal Plumbing
 Hanford Mission
 Integration Solutions, LLC
 Hi-Rel Laboratories
 Hops N Drops, LLC
 Horizons Foundation
 Hotstart Thermal Management
 Huckabay Foundation
 Hukari Ascendent Inc.
 Ibox Flooring, LLC
 Idaho Central Credit Union
 Inland Construction Group
 Inland Empire Paper Company
 Inland Power and Light
 Innovia Foundation
 IntelliTexture Corporation
 INTERA Incorporated
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Kalispel Tribe of Indians and Northern Quest Resort & Casino
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 Coyote Country
 Lamb Weston
 Liberty Mutual
 LPL Financial
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 McCloskey Construction, Inc.
 McKinstry Co. Charitable Foundation
 Mean Well USA, Inc.
 Metropolitan Apartments
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 Molina Healthcare of Washington, Inc.
 MultiCare Inland Northwest Region
 National Fire Supply
 National Philanthropic Trust
 Northwest Agricultural Consultants, Inc.
 Numerica Credit Union
 Premera Blue Cross
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 STCU
 Stevens Clay P.S.
 Sunnyside Dairy, LLC
 Sysco
 The Albertsons Companies Foundation

3 Rivers Community Foundation
 Toppenish Livestock Commission
 Trans-System, Inc.
 Umpqua Bank
 UnitedHealthcare
 U-Pull-It Auto Parts
 Vitamin Cottage Natural Food Markets, Inc.
 Wagstaff, Inc.
 Walmart
 Wandermere Community Services
 Windermere Foundation
 Women Helping Women
 Fund Tri-Cities
 WSECU

From all of us at Second Harvest, thank you for joining us to ensure no one goes hungry.

There are so many ways you can take action alongside these incredible companies, organizations and foundations. Organize a drive. Volunteer. Donate food. The ways you can serve people facing hunger are endless.

Learn more about how to start feeding your neighbors in need today at 2-harvest.org/takeaction.



Pictured: Second Harvest staff on Hunger Action Day

Pictured: Pallets of food from a delivery to Second Harvest



Pictured: A view of Second Harvest's warehouse in July

We Can Only Distribute the Food We Have

ERIC WILLIAMS
COMMUNITY PARTNERSHIPS DIRECTOR

It's obvious when you think about it, but the operational changes Second Harvest has made this year are based on a simple concept:

We can only distribute the food we have.

While "Well, duh" is a reasonable response, reaching that conclusion wasn't automatic for us. Fundamentally, that's because it's our nature to believe we can always find more food. But sometimes, as disappointing as it is, we can't. That's been doubly the case this year, as need continues to increase and food supplies wane.

The biggest shift we've made is also straightforward; but the change, while necessary, wasn't easy for us or several of our partners. We substantially reduced our

delivery schedules to free up trucks to retrieve food. Put another way, our trucks that previously were delivering food across our 52,000-square-mile service area are now more often deployed to pick up food donations. In the past, we all too frequently had to decline semitruck loads of donated food because our trucks weren't available. Another factor is that donors of large amounts of food — especially fresh produce and products that need refrigeration — need us to respond quickly when they have food to offer.

So now, our logistics team focuses on scheduling our trucks to maximize our ability to procure food.

We can only distribute the food we have.

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grocery table helps promote choice in the decisions we make every day about nourishing our bodies.

Stephanie changed some of her eating habits after attending classes in The Kitchen. "We no longer buy store-bought salad dressing because we'll just use Greek yogurt, because it's better for us," she explained. "And we try to stay fresh and healthy, instead of processed foods."

Nutrition tips and tricks learned in The Kitchen have a compounding effect when practiced often. And nourished people build brighter futures.

To learn more about community cooking classes and volunteer opportunities in The Kitchen, visit secondharvestkitchen.org.

"We no longer buy store-bought salad dressing because we'll just use Greek yogurt, because it's better for us"

- Stephanie



Pictured: Betty and Stephanie, community cooking class participants



Mission Moments: Providing Hope Through Food

Hope can be hard to find during times of crisis. Throughout Second Harvest's 52 years, we've met people whose world has been turned upside down by illness, job loss or natural disaster. I'm forever inspired by generous people like you who consistently raise their hands to help during challenging times. Regardless of what happens, compassionate community members work together to provide hope through food.

Wind, ice and fire storms. The Great Recession. The COVID pandemic. Second Harvest has turned to our community for help during these crises. We're grateful for all those who stepped forward.

That's precisely what happened after the recent Gray and Oregon Road fires. Within hours of the tragedies, caring supporters stepped up to donate money, food and time so we could quickly mobilize Mobile Market free food distributions for people affected by the disasters.

As Lisa shares on Page 3, she visited the emergency Mobile Market in Medical Lake to nourish her family and others in need. "We won't need all of it, so we'll be able to share it with our neighborhood — our whole neighborhood was decimated," she said.



Jason

Jason L. Clark
Chief Executive Officer

At Second Harvest, we see hope in action every day. When we meet neighbors like Lisa committed to sharing — even after losing everything — we are overwhelmed with gratitude.

Thank you for joining Second Harvest to help feed our neighbors facing hunger — during times of crisis and every day in between. Your support provides hope and nourishes a brighter future.

Basic Food: Get Help Today



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

Applying for SNAP, or Basic Food, may not be as complicated as you think. 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).

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Hunger Solution Centers

Spokane:

1234 East Front Avenue
Spokane, WA 99202
(509) 534-6678

402 North Perry Street
Spokane, WA 99202
(509) 534-6678



Tri-Cities:

5825 Burlington Loop
Pasco, WA 99301
(509) 545-0787