

# peas & CARROTS

LITTLE TIDBITS OF SECOND HELPINGS NEWS

Spring 2013

**Second Helpings®**

Transforming Lives through the Power of Food

## SECOND HELPINGS CELEBRATES 15 YEARS OF MEMORIES

In 1998, Second Helpings was in its infancy and one of our founders, Jean Paison believed our organization would grow—but it wouldn't happen without help.

"We had the passion, but needed the appropriate skill set and resources to make our idea happen," said Jean. She knew that she couldn't reduce food waste and create a hunger relief program alone. "We threw our idea out to the community and they embraced it, and we were able to surround ourselves with good people."

The initial staff of Second Helpings was small, but mighty, and was dedicated to doing whatever necessary to get things done. "We would keep a bag under our desks with rescue clothes, jeans, hat, t-shirt and jacket, and change out of our office wear so we could go out and assist with food rescue or deliveries," said Jean of the early Second Helpings staff. On its first day of operation, Second Helpings volunteers and staff prepared 64 meals for Holy Family Shelter.



Long-time Hunger Relief Kitchen volunteer, Cheryl Holland, also recalls the need to fill-in when necessary and make use of what was on hand. "We would wait for a food donor to drop off sandwiches so that we could use the meat from those sandwiches to prepare meals," said Cheryl.

Much has changed since the early days at Second Helpings, but some things have stayed the same. Volunteers and supporters continue to be critical to our success.



Before coming to Second Helpings, Hal Cole thought of himself as a retired educator. But now, after eight years volunteering twice a week in the Hunger Relief Kitchen, Hal says, "This place changes your identity." He no longer views himself as a retired educator, but rather, as a dedicated Hunger Relief Kitchen volunteer for Second Helpings.

Over the years, Second Helpings has made an impression in the lives of many. From the social service agencies where we deliver meals to the more than 500 culinary job training graduates who have come through our doors and the many volunteers who generously give of their time, Second Helpings now serves more people in the community than ever.

We are incredibly thankful for the support of all who have been with us along the way—we wouldn't have made it here without you. We are excited to celebrate 15 years of Second Helpings and look forward to the many years ahead!



## CORKS & FORKS: Cheers to 15 Years!

In honor of our 15th Anniversary, Second Helping will take our celebrations to a new level with the Corks & Forks Gala at Bankers Life Fieldhouse on Thursday, April 18th. The evening will highlight more than thirty chefs, include a Silent and Live Auction, a VIP Lounge, and feature a variety of high end wines and locally-brewed craft beer.

For more information about the event and to purchase tickets now, please visit [www.corksandforks.org](http://www.corksandforks.org). Hope to see you at Bankers Life Fieldhouse on April 18th!

Transforming lives through the power of food.

[www.secondhelpings.org](http://www.secondhelpings.org)



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## DRESS FOR SUCCESS

Dress for Success in Indianapolis works to give economic independence to women who are disadvantaged by providing professional attire, a network of support and career development tools to help women thrive at work and life. Some of the ladies at Dress for Success also receive meals from Second Helpings. This year, Second Helpings began delivering meals to the Professional Women's Group program twice per month. This group continues to support women who are working by providing job and life skills training as well as networking opportunities.

"We appreciate the meals so very much for our Professional Women's Group. The ladies love the food and it has saved us time and money," said Barbara Ellsworth, executive director of Dress for Success in Indianapolis.

Meals from Second Helpings provide a valuable opportunity for Dress For Success program participants to network and offer each other support for professional and personal growth. Second Helpings is proud to support such an impactful agency.

## SOUPER BOWLS 2013

With the chill of winter in the air and the Super Bowl around the corner, Second Helpings held its second annual Souper Bowls event on Saturday, January 26th. The event was a huge success with nearly 600 guests in attendance and with double the number of chefs from 2012 coming out to compete for the title of "Souper Bowl Champion". Once again, the event brought together the power of art, community, food and education, and raised more than \$6,000 to fight hunger and poverty in our community. This year's winner was Chef Roger Hawkins from Circle City Soups with his Curried Pumpkin soup with whipped cream and cherries.



We are incredibly grateful to the seventeen chefs for donating their Saturday afternoon and sharing their delicious soups and the many talented local artists for their beautiful, hand-crafted bowls! Thanks to all who came out to support Second Helpings!

## VOLUNTEERS of the MONTH

In 2012, Second Helpings volunteers contributed more than 38,615 hours to support food rescue, hunger relief and job training programs. Thanks to these volunteers and the hundreds of others who are making a difference in the lives of thousands of people every day.

### September

Tom Knoop

Tom donates his weekly day off from Capital Group to deliver meals and rescue food. He enjoys spending time with his wife, two grown sons and new daughter-in-law.

### October

Lew Mumford

Lew is a retired IPS teacher who now fights hunger as a tilt skillet volunteer. He loves spending time with his wonderful wife and adult kids, and taking long bike trips.

### November

Ken Armstrong

Ken coordinated our recent energy conservation/ audit program and lighting conversion. He enjoys playing outdoor sports and has been a standup comedian.

### December

Tom Howe

Tom compiled our Driver & Companion Instruction Manual. He loves to work out, and also volunteers with Read Up, 100 Black Men, Meals on Wheels, and School on Wheels.

### January

Dan Ealy

Dan enjoys applying his research skills from Lilly to fundraising projects. He has delivered over 10,000 meals for hunger relief, and cultivates bonsai trees as a hobby.

## Welcome New Staff

### Betsy Whitmore

Marketing Manager



Betsy has more than 10 years experience in public relations and has an extensive background in television news. Her role at Second Helpings as communications manager is to expand community outreach efforts. Betsy is a Ball State University grad and lives in Indianapolis with her daughter and border collie.

### Emeline Degrandi

Development Coordinator



Emeline Degrandi joins Second Helpings as the Development Coordinator. Originally from France, Emeline moved to the US after studying law and earning a Masters of International Affairs degree. Before Second Helpings, Emeline worked for the International School of Indianapolis and the French Embassy in Vietnam. Her love for food brought her to Second Helpings as a volunteer, first for the kitchen and then with the Culinary Job Training program. Still discovering Indianapolis, she is a foodie and loves sharing her cooking creations.



## Where are the graduates now?

### DUOS

If you haven't visited Duos Kitchen inside the International Medical Group near 30th and Meridian Streets in Indianapolis, you should. Not only will you be supporting a locally-owned restaurant, but you will also be supporting three graduates of the Second Helpings Culinary Job Training Program.

Becky Hostetter is one of the owners of Duos Kitchen and she enjoys welcoming Second Helpings graduates into her operation. "They come to us motivated to learn and have a sense of purpose," said Becky. And learn they do because Duos Kitchen focuses on slow food movement, which concentrates on food sourcing with a commitment to community and the environment. "It takes a lot of training to understand Duos food."



The three Second Helpings graduates at Duos Kitchen are Shonice Strong from class #70, Skila Edmondson from class #66 and Anthony Perry from class #60. The three graduates are in the kitchen every day, putting to use what they learned at Second Helpings and continuing to learn and grow.

"You learn a lot working with Becky," said Anthony who was the first graduate the Duos Kitchen owners hired. "This is a family kitchen," said Skila who also enjoys the teamwork and support that Duos Kitchen owners provide. Shonice is the newest Second Helpings graduate to join the team. "It helps having other graduates around me. We get to trade stories about our experiences at Second Helpings," she said with a wide smile.

Becky takes seriously the recommendations from the Second Helpings Director of Culinary Job Training, Chef Sam Brown, because she hires people for the long haul. When looking for a new employee, Becky looks at the whole person because "we like people to stay because they become part of our family."

**Katie Cobb**  
Development Officer



Katie comes to Second Helpings from IUPUI's Center on Philanthropy where she served as the Manager of Sponsorships. After completing a degree in Communications and Elementary Education from Villanova University, Katie spent several years working in the non-for-profit world in Boston. She returned home to Indiana where she earned dual master's degrees in Philanthropic Studies and Nonprofit Management at IUPUI. Katie enjoys traveling to visit family and friends and biking around Indianapolis with her husband.

## graduates

CONGRATULATIONS

Class 68



**From left to right:** Chef Sam Brown, Larry Redding, Jerome Ford, Ivan Dublin, LaToya Clark, Christina Bledsoe, Natilee Scott, Amanda Britt  
**Class Sponsor:** Weaver Popcorn

Class 69



**From left to right:** Chef Sam Brown, Erron Barbee, Amanda Gahimer, Domonique Love, Theresa Johnson, Tiana Baxter, Landora Bailey, Joyce Hemphill-Rowe  
**Class Sponsor:** FedEx

Class 70



**Back Row (from left to right):** Michael Rinehart, Scott Mitchell, Christopher Blackwell, Shayne Wright, Matthew Wallisa, Chef Sam Brown  
**Front Row (from left to right):** Matthew Crawley, Roger Burtner, Raniesia Gentillion, Sarah Summers, Shonice Strong, Carl Gordon  
**Class Sponsor:** Ivy Tech

# Second Helpings' IMPACT

January 2012

84,034 pounds  
of food REDISTRIBUTED

78,163 meals  
prepared & delivered

164,211 pounds of food  
RESCUED

3,745  
volunteer hours served

Since 1998

516 Culinary Job Training  
GRADUATES

18,410,822 pounds of food  
RESCUED

297,748  
volunteer hours served

9,358,849 pounds  
of food REDISTRIBUTED

6,778,418 meals  
prepared & delivered



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- Central Indiana Senior Fund, a CICF Fund
- Christ Church Cathedral
- The Episcopal Diocese of Indianapolis
- The Gayman-Davis Shoemakers Fund, a fund of Central Indiana Community Foundation
- The Glick Fund, a fund of Central Indiana Community Foundation
- Herbert Simon Family Foundation
- The Indianapolis Foundation, a CICF affiliate
- The Netherleigh Fund, a fund of The Indianapolis Foundation
- Reis-Nichols
- The Season for Sharing Fund, a fund of the Indianapolis Foundation
- United Methodist Women-St. Luke's United Methodist Church

## How can YOU help Second Helpings transform lives?

At Second Helpings we're transforming lives through the power of food, but we can't do it alone. Everyday, lives are being changed thanks to the support and generosity of people like you. Check out these great partnerships and see how you, too, can make a difference in fighting hunger and poverty in Central Indiana.

### Eat pizza and fight hunger!



Second Helpings is excited to partner with Hot Box Pizza on Friday March 22<sup>nd</sup>. Have a March Madness Party and order some Hot Box Pizza for your guests — and be sure to mention Second Helpings! Hot Box Pizza will donate 20% of all sales that mention Second Helpings. Participating locations include Downtown, Broadripple, and Fishers.

### Put your Jeopardy skills to the test and support Second Helpings!



Sahm's Place at 65th and Keystone hosts a 10-week long Trivia Competition on Tuesday nights, and generously donated 50% of their latest 10-week competition to Second Helpings. They loved supporting us so much that they want to do it again! The next 10-week Trivia Competition starts Tuesday, March 12th with trivia every Tuesday night, starting at 8:30pm.