



Peas & Carrots

Little Bites of Second Helpings News • Spring 2024



Second Helpings delivers 20 millionth meal

In August, we delivered our 20,000,000th meal as part of our ongoing mission to address hunger today and build self-sufficiency to prevent hunger tomorrow.

This milestone speaks to our exponential growth throughout our 26-year history. In fact, it took us five years, 1998-2003, to prepare and deliver our first million meals. In more recent history, we have consistently delivered more than one million meals each year.

Throughout our history, the types of meals we offer have also expanded. We now prepare three kinds of meals: pans of meals to serve in a group setting, individually-wrapped sandwiches, and meals packaged in individual- and family-size servings. Moreover, since 2020, Second Helpings has also prepared meals for a community home-delivery program (a collaborative effort with Gleaners Food Bank and Nine13 Logistics). Last year, Second Helpings sent more meals to that home delivery program than we did to any of our largest partner organizations.

Our Hunger Relief team continues to diversify the kinds of meals we provide, knowing that our partners and their clients depend on our meals every day.

As we remain focused on the quality and variety of our meals, we do expect this growth to continue, as it is part of a long trend. Second Helpings delivered our ten millionth meal in July 2016, after 18 years of production. Just eight years later, we've doubled our meal count.

The Indy Hunger Network estimates that 31% of Marion County residents, nearly a third of our neighbors, need food assistance. IHN's 2023 Hunger Study found that "hunger was at its highest level in the last decade."

"It's an honor to serve the community in this way, and we couldn't do it without our 100+ partners who ensure that the meals we produce and deliver are put to good use," CEO Linda Broadfoot said. "But we can also never forget that this growth also represents a need in our community that continues to grow, and it is incumbent upon all of us as a community to continue fighting to ensure that no one goes hungry."

We're incredibly grateful to our community for the support and partnership as we strive to reduce hunger. Together, we'll continue working towards our vision of a community where everyone has enough nourishing food and ample opportunities to thrive.

Planned giving offers strategic giving options for two donors

Planned giving can often seem intimidating or assumed to be “only” for people of a certain age or income. But planned giving includes a variety of giving vehicles that can provide flexibility for donors of any age and income.

Recently we spoke to two donors, Melissa and Pat, who have both made planned gifts to support Second Helpings. Their stories and gifts represent the variety of support that fuels our mission to fight hunger from all angles.

Melissa Young first learned about Second Helpings on Charity Navigator, a nonprofit rating site. “Second Helpings stood out to us,” Melissa remembers. With so many causes and organizations to choose from, “Learning that you’re preventing food waste, launching careers, and feeding people...You’re matching more than one of our interests and values.”



Melissa, middle, with two other volunteers, at our Corks & Forks event this spring

After that initial research, Melissa learned more about Second Helpings and set up a monthly donation.

Another tool Melissa discovered was FreeWill, a free online will-writing tool. She was motivated to establish her will after working through the process with her parents. “My husband and I are in our forties, and aren’t having children, so if something happened to us, where everything would go is up in the air,” Melissa explained.

She decided to designate a specific percentage of her estate as a gift to Second Helpings in her will, which she created for free on FreeWill. “I feel so fortunate,” Melissa shared. “We’re not millionaires or anything, but we’re doing well, and we’ve always worked hard to be financially responsible. We have enough to share, and so

when I pass away, I want my money to go somewhere it can be used well.”

Since first learning about Second Helpings online, Melissa now volunteers in our Hunger Relief kitchen and at special events.

Pat Gamble-Moore first heard about Second Helpings from a colleague. “He returned from an event and said, ‘You need to go see what they’re doing!’”

Pat, who serves as the Senior Vice President and Indiana Market Manager for PNC Bank, was elected to serve as our Board Chair in 2021. During her first term, Second Helpings was part of the inaugural cohort of “Stronger Partners, Brighter Futures,” a one-year program facilitated by Cape Fletcher Associates that focused on emphasizing planned giving and they shared information at board meetings.

“I never thought about planned giving before, and I believed the myth that you have to have unlimited resources to make a gift like that. So to find out that ‘little old me’ could also create a legacy was really empowering. I also wanted to show the board that I wasn’t asking them to do anything I wouldn’t do myself.”

Once Pat made that decision, actually making her planned gift was easy. She decided to designate Second Helpings as a beneficiary of a specific percentage of her retirement assets, which “only took a few clicks” through her company’s online system.

Having gone through the process, Pat shared that, “We



Pat volunteers in our Hunger Relief kitchen as a tilt skillet operator.

need to dispel the myths that only the wealthy can make gifts or an impact. Everyone can do it. You can – it’s just that simple. The amount doesn’t matter, it’s the act itself, showing support and investing in something you believe in, leaving a legacy.”

These two donors have made their legacy commitment to Second Helpings through using their will and

retirement plan assets, respectively. You could also choose to make Second Helpings a beneficiary of a donor advised fund, life insurance policy, or other assets.

Do you have questions about making a planned gift to Second Helpings? Contact Katie Prine, our Chief Relationship Officer:

☎ (317) 602-8739 ✉ katie@secondhelpings.org



Culinary Job Training

lozzo’s partnership with Second Helpings is a ‘win-win’

For Executive Chef Kathy Jones, supporting Second Helpings is “a perfect fit, all the way.”

Jones, who served as Second Helpings’ Executive Chef from 2017-2022, says “everything about Second Helpings is a good fit for lozzo’s.”

lozzo’s has become a consistent partner of Second Helpings, supporting the organization in just about every way possible.

Jones and lozzo’s have participated at both our Corks & Forks and Souper Bowls events, hosted pasta drives for our summer Gr8 Pasta Push campaign, and organized give-back nights on Giving Tuesday the last two years.



• lozzo's Garden of Italy •

lozzo’s Garden of Italy is a family-owned Italian restaurant in the Old Southside neighborhood of Indianapolis, known for their family recipes, signature cocktails, and backyard courtyard.

One of our favorite ways to work with local restaurants is as an employer for graduates of our Culinary Job Training (CJT) program. lozzo’s has hired numerous graduates at their downtown location.

One of those graduates is Richie Sanchez, who has worked at lozzo’s since May. A graduate of Class 160 this spring, Richie started off preparing salads and now works as an “expo,” or food expeditor. He makes sure each order is prepared correctly, looks presentable, and is served to the correct table.

Richie’s favorite part of the CJT program was the class on Life Skills led by longtime volunteer and Board member Elaine Gaither.

For Jones, the most important skill developed in the Culinary Job Training program is dedication and a respect for the industry. “CJT graduates develop a lot of basic kitchen skills, but it’s most important to me that they show up and are ready to keep learning. We can teach you what you need to know in our kitchen, but an employer doesn’t have the time to train people to show up and work hard – so I think that’s the number one value that Second Helpings tries to instill in students.”

Working with graduates, volunteering in the kitchen, and participating in events is a win-win for Jones and lozzo’s. “It doesn’t just help the graduate, it also makes me feel good to play a part in offering someone a second chance and supporting them in their new career.”

If you’ve never been to lozzo’s, Chef Kathy recommends the meatball martini appetizer and the chicken piccata. But not the lasagna.

“Don’t eat the lasagna if it’s your first time here, or you will never want to order anything else.”



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 secondhelpings.org

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Request a speaker by scanning this QR code or contacting Alison Schumacher, our Donor Engagement Director:

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