

FALL 2021

Community Notes

A PUBLICATION OF SECOND HARVEST
COMMUNITY FOOD BANK



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MARK YOUR CALENDARS

Your gift supplies food for families in need across Northwest Missouri and Northeast Kansas.



Second Harvest Community Food Bank
is a member of Feeding America and
Feeding Missouri.



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OUR MISSION

To provide nourishment and hope to the hungry while engaging and empowering the region in the fight to end hunger.

OUR VISION

A hunger-free Northwest Missouri and Northeast Kansas.

Newsletter is produced by Second Harvest Communications Department. For questions, please contact Mackenzie Osborn at 816.364.3663.

Facebook.com/sec.harv
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NO HUNGER SUMMER

It's food that's In when school is out.

The COVID-19 pandemic caused drastic changes to nearly everyone's lives in more ways than anyone thought possible. Many individuals experienced job loss and food

insecurity for the first time. **Your donations helped Second Harvest meet the growing need, and thanks to you we were able to keep programs like No Hunger Summer going strong.** Second Harvest continued nourishing children across Northwest Missouri and Northeast Kansas by adapting to new safety guidelines, offering only grab and go meal options the last two summers.



Volunteer Martha Cochran makes turkey sandwiches for No Hunger Summer Grab and Go lunches.

"No Hunger Summer helps kids get the nutritious meals they deserve. It makes it possible for the kids to eat a well-balanced meal every day, and not just eating crackers and chips," says Children's Initiatives Coordinator Jackie Auxier. Each meal contains milk and a sandwich paired with a sack lunch containing a fruit or vegetable, fruit cup, and healthy chips.

Countless volunteers have taken time out of their summer to keep the program operating. Natalie Smith has been volunteering with Second Harvest since the summer of 2017. "These last two years we've seen a big increase in meal handouts. Grab and go meals get more food out into the community. I keep volunteering because it's nice to know my work is helping real families."

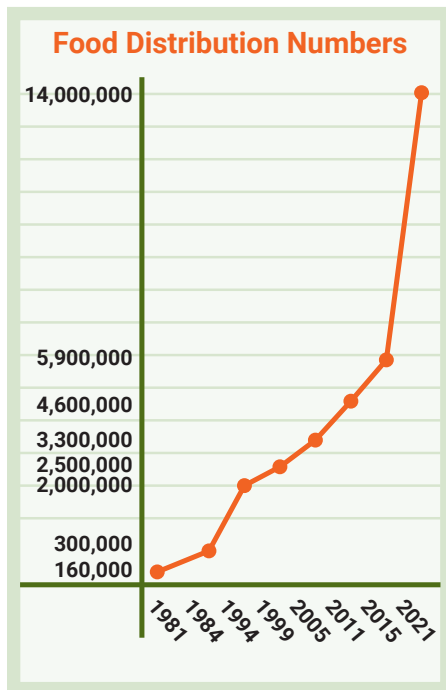
Due to the abrupt ending to the 2020 school year, No Hunger Summer ran from March to August instead of the usual 8-10 weeks. Caitlin Dillon started with the program during this extended time. She says, "It's rewarding to know that families can count on us during this chaotic time."

For more information on how to volunteer or to financially support Second Harvest's Children's Initiatives, visit www.shcfb.org or call 816-364-3663.



Intern staff, Mackenzie Osborn and Julia Stolfus pack grab and go lunches for area children.

Has it really been 40 years?



In 1981, a new food bank named Harvesters Food Bank of St. Joseph, Inc. was started. In the first year, 160,000 pounds of food were distributed, and the organization relied mainly on USDA product for its supplies. Fast forward to 2021 and much has changed. Last year, Second Harvest distributed over 14 million pounds of food throughout our 19-county region. The food bank has gone through several name changes: MO-KAN Regional Food Bank, Second Harvest Food Bank MO-KAN Region, America's Second Harvest of Greater St. Joseph, and finally Second Harvest Community Food Bank. The location changed a couple times until 1994, when the food bank made its current home at 915 Douglas.

Second Harvest has seen many changes over the years. We've been there through floods, high unemployment, population growth, service territory growth, and global pandemics. Through it all, Second Harvest has focused on those that face insecurity. All citizens should have the right to have enough nutritious food to eat. Today, our mission is to provide nourishment and hope to the hungry while engaging and empowering the region in the fight to end hunger.



Food for Thought

Food for Thought is a program that seeks to educate and inspire our members.

Why would that be important?

1 Having food does little good if a person isn't sure how to prepare it. Recipes based around the ingredients we distribute can help ensure families are cooking well-balanced meals and cutting down on food waste. For example, a tutorial on how to dice an onion might help a person to move past the roadblock of uncertainty and be more courageous in the kitchen.

2 Food for Thought can bring inspiration to everyday cooking! It's wonderful to have new ideas and step by step instructions to add versatility to your cooking repertoire. Maybe you can learn to cook carrots or lentils in ways you hadn't thought of before? Lentil tacos, anyone? Our collection of recipes is growing, and we plan on sharing them with you in a few different ways. The first step is a cookbook that we will begin distributing Fall 2021. A full arsenal of recipes from that cookbook, and others we gather over time, will be available on our website as the second phase of this project.

3 Food demos and tutorials will be available on our website and social media. You may have already seen some of our first food demos on Facebook already.

Feel free to share more with us at development@shcfb.org. Bon Appetit!

You (food) drive us to success!

Second Harvest distributes millions of pounds of food each year through programs, Partner Agencies, and the Fresh Mobile Pantry. Much of that food is purchased for distribution, but several of our programs rely heavily on donated food to assure the program is a success.

During this past year, our donors have gone above and beyond to assist Second Harvest in our mission of providing nourishment and hope to the hungry by purchasing an extra item or two at their local grocer and donating it to one of the following food drives.



Canned Film Festival

Now in its sixteenth year, this food drive is fun for all ages! For nine weeks each summer, Regal Hollywood 10 Theatres in St. Joseph offer the community the chance to enjoy two different kid-friendly movies for the price of a canned good per each movie. All the food collected is donated to Second Harvest.

In recent years, over 12,000 pounds of food have been collected and used for our children's programming.



Fill the Van

This program started in 2020 to help collect food for our neighbors in need. Donors who visit Brother's Market, Hy-Vee, Price Chopper, or Sam's get the opportunity to help donate food that goes to supply our Campus Cupboard Program. The Campus Cupboard is a school-based pantry that allows students to pick up a bag of food designed to provide meals for the entire family. This program has collected more than 53,000 pounds.



Corporate Food Fight

Have you ever been in a lunchroom and just wanted to chuck your mashed potatoes across the room? Wouldn't that be fun? We all must grow up, but we can still have fun by participating in Second Harvest's Corporate Food Fight. (No food is thrown during this competition)

Corporate businesses are teamed up against like-sized businesses and challenged to collect the most food during the month of September. At the end of the month, all food and money is collected and the winners receive the coveted Golden Can Award. This food drive collects upwards of 35,000 pounds per year.

2021
Mark Your
Calendars

September

6 - Labor Day (CLOSED)
Hunger Action Month
Corporate Food Fight
24 & 25 - Bluegrass Battles Hunger
30 - 40th Celebration Event

October

29 - All Staff Training

November

13 - Mayor's Thanksgiving Dinner
18 - Turkey Day Distribution
25 & 26 - Thanksgiving (CLOSED)

December

21 - Wingding Distribution
24 & 25 - Christmas (CLOSED)
31 - New Year's Eve (CLOSED)