



Community Connection

Healthy Food. Every Person. Every Day.

March 2017

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Partner Agency Highlight: Feed Sprague

Jill Sheffels, the Executive Director of Feed Sprague, has been a Second Harvest partner for about two years. They host a monthly meal that provides 30-40 residence with nutritious foods. This years winter was really hard for everyone, especially Sprague. During the thaw, they experienced flooding throughout the town. Sprague, WA was declared a state of emergency and the National Guard was deployed to help. There they setup sandbags helping block the water from coming into peoples homes and assisting in anyway they could.

Jill met with one of our staff members and requested some help for 10-15 homes that experienced flooding. We provided Jill with food serving over 100 people at their monthly meal service, made 25 food boxes given to volunteers, and 25 relief food boxes delivered to households in need. This was all done by 15 dedicated volunteers. We are proud to partners with Feed Sprague as they work to serve our rural communities.



Mobile Food Bank: Supporting Cheney and Medical Lake schools

Second Harvest helps provide communities with healthy and nutritious products like fresh apples and bread.

In March, we reached out to the Cheney and Medical Lake schools to see if they would like a distribution. In Cheney we set up distribution sites using staff and volunteers at Snowden Elementary and Sunset Elementary as well as Windsor Middle School. We provided 5,600 pounds of fresh and perishable goods to the students and their families. In Medical Lake we set up distribution sites at Hallett Elementary, Medical Lake Middle School, and Medical Lake High School. There we distributed 5,550 pounds of fresh apples and bread as well.

Second Harvest takes pride in helping to increase the access of healthy and perishable goods to the communities we serve. Healthy Food. Every Person. Every Day.





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Highlighted Second Harvest Events

Cooking Classes:

Renowned Fleur de Sel Chef Laurent will be offering a **free** class at the Second Harvest Kitchen on **April 10th** at 5:30pm. This class is free for families struggling with hunger who may visit local food banks. Please share with those you serve! Call Jandyl to register at **509 252 6246**.

The Kitchen will also host free community cooking classes throughout April on Wednesday evenings & Thursday mornings.

Visit Secondharvestkitchen.org For more info!



School Mobile Food Bank: Bemiss Elementary School

We love when donors can see their impact in our community! This week we got to show executives at Umpqua Bank what their financial and volunteer support makes possible at Bemiss Elementary School in Spokane. Their donation allows us to bring School Mobile Food Banks to Bemiss twice monthly and provide healthy recipes and nutrition education at the same time. During the distribution our visitors were able to help pass out fresh produce, eggs, meat, and juice directly to the families they support.



Kitchen Classes: Plan, Shop, Save, & Cook

In February of 2017 the Kitchen at Second Harvest hosted a Plan, Shop, Save, Cook nutrition and cooking series free to the public. This four-week series focused on a different nutrition topic each week accompanied by hands on cooking in our teaching kitchen. Participants learned about meal planning, using a shopping list, reading labels, saving money, and basic cooking techniques designed to help stretch the food budget. This successful class, facilitated by our Second Harvest nutrition team and supported by our Chef Volunteers looks forward to providing more classes in the future teaching people the importance of healthy eating and empowering everyone with cooking skills.

