LOCALLY-GROWN IS GOOD FOR EVERYONE

We’ve just grown our own perfect hybrid: The Seed Farm, of Emmaus, is joining Second Harvest Food Bank.

The cross-pollination of Second Harvest - which offers plentiful and nourishing foods to our community - and The Seed Farm - which teaches and helps new farmers grow these fresh, healthy foods - will be fruitful indeed!

Established in 2010, The Seed Farm is a nonprofit program that trains the next generation of farmers and assists them in establishing sustainable farm businesses on its agricultural incubator farm.

Adding The Seed Farm to Second Harvest’s network of suppliers gives us the chance to provide fresh, healthy foods through another source. Moreover, Second Harvest’s parent organization, Community Action Committee of the Lehigh Valley, offers entrepreneurial training and start-up lending opportunities that Seed Farm graduates can use to build their farming businesses.

With the addition of The Seed Farm, we will have a greater stake in ensuring access to fresh, healthy foods for ALL.

THIS IS MORE THAN A JOB; THIS IS MY PURPOSE

Every day, if he’s not out on the road delivering food to our network of member agencies, you will find Pedro Santiago dutifully sorting, boxing, moving, and filling food orders in our warehouse. Pedro has been working for Second Harvest for 15 months, and for him, this is much more than just a job.

“Hunger pain is real,” Pedro says, as he remembers that feeling from his childhood. Pedro and his three siblings who were born in Allentown and raised by a single mom, often had to go without food. Always struggling to make ends meet, they often relied on the very same agencies that are a part of the Second Harvest Food Bank network today. In fact, Pedro says that every time he delivers food to the Allentown Salvation Army, he vividly recalls the times when he and his siblings stood in line to receive food in that same place.

As a young man and through adulthood, Pedro was addicted to drugs and alcohol. Though it took some time to get back on track, today he’s not only clean and sober, but is a new homeowner. Pedro says, “This is more than a job; this is my purpose. I feel blessed to be able to give back to the same organizations that helped me as a kid.”

Jessica Dokachev, Director of Second Harvest remarks, “Helping all of the hard-working families who are in need of food is our mission, and it’s a privilege to work with members of our team, like Pedro, who are so dedicated because of their own experience.”
“I LOVE MY JOB! I HELP PEOPLE MAKE HEALTHY CHANGES AND I CAN SEE THE DIFFERENCE IT MAKES.”

– MELISSA KORPICS, SECOND HARVEST NUTRITION EDUCATOR

We know that nourishing the community extends beyond direct food assistance. That's why we have been operating the Cooking Matters® program since 2012 to help families learn how to prepare nutritious meals on a limited budget. Our nutrition educators, with the help of volunteer culinary and nutrition experts, teach the six-week courses to children, families, adults, and seniors. At the end of each class, we provide the groceries for each participant to make the recipe at home with their families.

We recently taught a Cooking Matters® course at the Ferry Street Apartments in Easton. Ferry Street, like Second Harvest, is operated by the Community Action Committee of the Lehigh Valley. Ferry Street Apartments is a two-year transitional housing program for families. All adult residents must be enrolled in educational or vocational training. Ferry Street residents have graduated to become teachers, accountants, nurses, paralegals, criminal justice officers, and social workers, in addition to many other roles.

Our weekly Cooking Matters® course sets up each Friday in a resident's apartment at Ferry Street. The adult residents attend the class while their children do activities and art projects with the Ferry Street staff. The Cooking Matters® participants are learning to cook in a kitchen that is identical to their own.

At the beginning of the course, most Cooking Matters® participants will tell you that they do not have the knowledge or financial ability to eat nutritiously. But, as the six-week course progresses, the participants build confidence and try our recipes at home with their families. By the time of the last class, the participants are cooking with little to no help from our volunteers.

Melissa Korpics, Second Harvest Nutrition Educator says, “It is always a joy to teach participants and see their faces light up when they learn how to cook with a vegetable they did not know how to use previously. Everyone is grateful when they receive our cookbooks and online resources for recipes.”

In addition to Ferry Street Apartments, we offer Cooking Matters® courses at many sites, including schools, community centers, and social service programs. Since the program began in 2012, our nutrition educators have conducted 196 Cooking Matters® classes for 2,276 graduates, with a graduation rate of 92%.

If you have a background in nutrition or dietetics and would like to volunteer with our Cooking Matters® program, call us at 484-523-2011 to learn more! You will make a true difference in many lives!

DONOR SPOTLIGHT

We couldn’t operate without the support of our community partners. We are thankful for the many partnerships that enable Second Harvest to improve the lives of the people we serve. We thank the following donors for their recent support.

Feeding America
Feeding Pennsylvania
GIANT Family Foundation

MCS Industries, Inc.
ShopRite / Wakefern Food Corporation

Wawa
Wegmans Food Markets, Inc.
At Second Harvest Food Bank our mission is to obtain food and distribute it to people in need and to provide resources for education and advocacy to end hunger. We serve the counties of Lehigh, Northampton, Carbon, Monroe, Pike, and Wayne through our network of more than 200 nonprofit agencies.

Collectively, this network serves more than 60,000 people each month.

Monthly giving is the easiest and most efficient way to support Second Harvest. Monthly giving helps provide the sustained resources needed to fulfill our mission of ending hunger and nourishing our community.

It’s simple! Visit shfblv.org and select “monthly” on our donate page. As a monthly partner, you’ll help us provide nourishment all year long!
Advisory Board Members

Our Advisory Board members provide exemplary support and guidance, and we are thankful for their service.

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The Second Harvest Food Bank of the Lehigh Valley and Northeast PA is registered with the Bureau of Charitable Organizations through its parent organization the Community Action Committee of the Lehigh Valley Inc. A copy of the official registration and financial information can be obtained from the PA Department of State by calling toll free, within PA, 1-800-732-0999. Registration does not imply endorsement. This Program was financed in part by a grant from the Commonwealth of Pennsylvania, Department of Community and Economic Development.

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UPCOMING EVENTS

CAN JAM FOR HUNGER!

Join Cat Country 96, 100.7 WLEV, and the Goldenberg Group for the inaugural Can Jam for Hunger!

Don’t miss the food, live music, prizes, and games, including the world-famous Can Jam at Hamilton Crossings on September 21 and 22, from 8 AM to 5 PM. It will be great fun, and the funds support Second Harvest.

We’ll see you there!