



Meet Chuck Schweitzer, Dataw Island Truck Volunteer

There are many benefits to volunteering for Second Helpings. For Chuck Schweitzer, Dataw Island resident since summer 2014, he found in Second Helpings a worthy organization that helps fill the need for food in Beaufort County. As a team leader driving a truck with other Dataw Island volunteers, Schweitzer has experienced how saving food and redirecting it to those less fortunate is a lifeline for their survival.

Among the many benefits, according to Schweitzer, is the physical fitness he gains from loading and unloading some 6,000 pounds of food in a day.

"Instead of weightlifting, I do Second Helpings," is how he describes this volunteer experience.

Schweitzer has participated in activities to feed the hungry and help the homeless his entire adult life, both in Northern Virginia and since moving to Dataw Island. As a Second Helpings team leader, he comes in contact with many enthusiastic program administrators who welcome the 3,200 or so pounds of food delivered the third Monday of each month.

In addition, Schweitzer also participates in the truck committee, and finds that volunteering with others from Dataw Island results in a more tightly knit community.

National Food Waste Reduction Plan Impacts Collection

Second Helpings is constantly seeking ways to help those in our community who are unable to get enough food for their families.

Until recent years, *food waste prevention* has been a little known strategy to help save resources and improve efficiency for retailers. It is a sad fact that one in every seven people in the United States is food insecure, and as reported in the Retail Food Waste Action Guide recently published by ReFed, a multi-stakeholder nonprofit committed to reducing food waste in the U.S. 52 million tons of food is sent landfills annually, and there's yet another 10 million tons that is discarded or left unharvested on farms.

Some food retailers, such as our donors Kroger and Walmart, have set a zero food waste-to-landfill goal. One practice utilized by these retailers is to routinely reduce the price of fresh food during the course of the day to minimize the amount of food that goes unsold. For the food that remains at the end of the day, the next step is food recovery, the local effort where Second Helpings steps in.

Although in-store cost reductions and other new retailer-oriented practices may result in a reduced amount of food from some of our donors, Second Helping is committed to collaborating with current food donors, identifying additional food resources, and helping to educate our agencies on the storage, handling and use of recovered food. For example, Second Helpings is grateful to be a grant receipt from Berkeley Hall Charitable Fund, The Beaufort Fund, Alliance of Beaufort, Palmetto Project, United Way, St. Andrew by the Sea, Wexford Plantation Charitable Foundation, Hampton Hall Charitable Fund, Beaufort County Community Services and other local plantation grant programs. These grants make it possible to purchase food at reduced costs, and they also fund fresh produce from Dempsey Farms, our farm partner on St. Helena Island.



Pictured: Palmetto Breeze and Second Helpings were named ORGANIZATION OF THE YEAR, at Hilton Head/Bluffton Chamber of Commerce's 2018 Annual Ball. Both were recognized for feeding those who work on Hilton Head Island and travel sometime two hours each way to earn a living. Pictured is Executive Director, Lili Coleman, and Margie Tomczak, Second Helpings board member who heads up the FILL THE NEED program.



Special thank you to those donors who participated in Birdies for Charity! It means the world to us!

On February 27, Sir William Innes, better known as Sir Willie the RGC Heritage Classic Foundation Mascot, helped load one of Second Helpings' food trucks at the Walmart on the north end of Hilton Head Island. Three television stations covered the event, one local and two Savannah stations including WTOG. Jimmy Goins, manager of the Walmart store, was there to lend a helping hand as well.

The RBC Heritage is celebrating its 50th year with "Cheers to 50 Years" celebration.

“Being able to come out here and see how we’ve impacted Second Helpings is a great honor to me, and I love to meet everyone and see a smile on their faces,” said Sir Willie.



Jo Pender, pictured on the left, joined Lynn Rice working one of the Tuesday Hilton Head truck routes. As a new board member, Pender felt it was important for her to understand the operations of the agency!

Agape Family Life Center Offers Hub for Community

Think of the food Second Helpings rescues and provides free-of-charge as the meat for the bread in a sandwich. That is how Dr. Deloris Young, Chief Executive Officer, describes the important partnership between Second Helpings and the Agape Family Life Center.

Located in Levy, equidistant between Hardeeville and Savannah in Jasper County, the 23,000 square foot center that opened in 2007 serves as a hub for the rural community. A marquee calls attention to GED classes and Zumba exercise. Another sign promotes after school care. The center has a full-size gym, weight room, classrooms for GED and other programs, after school program and summer camp, computer lab, and more.

Nurturing better health and wellness are central to the mission of this organization that originated as an outreach effort of the Greater Pentecostal Temple and its passionate pastor, Dr. Young. Her particular concern is for the children and the elderly but Agape has programs for all ages. What started as a small food pantry in the church is now a thriving community center.

On Wednesdays and Saturdays, the Second Helpings trucks roll in to deliver produce, meat, bread, and other items. And, there are always senior citizens, parents, and others who are waiting for the food giveaway.

The food from Second Helpings makes up close to 80 percent of what is given away at the twice-weekly food pantry. The fact that Second Helpings provides food free of charge is critical to Agape, even though they do use some of their limited funds to purchase food from the Lowcountry Food Bank.

In addition to those who come to the center to pick up food, the center maintains a list of the elderly, the sick, and those who do not have transportation and need food delivered. They also pack and distribute food provided by Second Helpings at the Senior Center in Hardeeville.

This food is critical to these rural residents, some of whom live fifteen or more miles from a grocery store. Dr. Young and her small team are planning to put in a community container garden to grow some of their own food for distribution.

Startling food waste statistics (from StopWaste.org)

- 40% of all food in the United States is wasted.
- 25% of all freshwater we consume goes to produce food we never eat.
- 4% of the oil we consume goes to produce food we never eat.
- \$166 billion (retail value of preventable waste) is spent on the food we never eat.
- 35 million tons of GHG emissions are created by the food we never eat.
- The food waste issue is certainly not simple. It entails much more than just consumers and stores overbuying or sell or donate the food to farmers to be used to feed stock. The new rules will divert about 50,000 tons of food waste from landfills every year.
- We applaud our local food partners who are working hard toward eliminating food waste. And we want to thank our many donors who support Second Helpings with their gifts. If your community, organization, or business offers grants to deserving nonprofits, we ask you to please support Second Helpings as a recipient.



(Pictured left to right is Dr. Young, Dr. Ponchitta Young, board member, and Stephanie Walker, office assistant.)

Dr. Young's personal philosophy is to share what you have, even if that is not much. She lives and demonstrates this: "Whatever we have, we're going to leave it right here so let's help other people while we can." Learn more about their work and ways to get involved at www.agape.org.



WHO are we?

Second Helpings is a LOCAL nonprofit food distribution network dedicated to stopping hunger in the Lowcountry. All over the country, hunger exists, even in our own community. Second Helpings assists those unable to put food on their own tables to eat.

WHAT do we do?

Every day we rescue good, surplus food from 30 donors and distribute it to over 60 agencies who provide to the hungry.

HOW do we do this?

Volunteers on eight refrigerated trucks picked up 2.5 million pounds of food from 30 donors last year, providing food to over 22,000 people (equivalent to 2.1 million meals) valued at over \$4.5 million dollars. More than 80 percent of the food distributed daily throughout the Lowcountry is rescued only by Second Helpings and delivered to the agencies.

How can YOU help?

Volunteer

We need volunteers for our trucks, events, and committees.

Give LOCALLY!

Donate

We need people committed to help us raise funds in our local community and donate locally to the effort.

Attend

We need supporters who will help us develop special events and attend in support of the event.

Learn

Contact:
Lili Coleman
Executive Director

SAVE THE DATE



Share the Bounty

SECOND HELPINGS' ANNUAL EVENT

Harbour Town Golf Links Clubhouse • Thursday, September 20, 2018 • 6-9pm
Call 843-689-3689 for ticket information



P.O. Box 23621
Hilton Head Island, SC 29925
843-689-3689

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Donate Today

CONTACT: Lili Coleman, executive director,
execdirector@secondhelpingslc.org

PRIMARY WAYS TO DONATE:

BY EMAIL:

Visit secondhelpings.org and click on "Donate Now" to use your credit card through Pay Pal...

BY MAIL:

Complete the form at the right and mail with your check to:

Second Helpings
P.O. Box 23621
Hilton Head Island, SC 29925

BY OTHERS:

Heritage Classic Foundation
Memorial Gifts
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By providing your email address you reduce Second Helpings costs by \$12 per year per email. Use this handy form to send us your email and we promise not to abuse your trust!

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NWS-S/17

No goods or services were provided by Second Helpings in exchange for the contribution. Second Helpings is an exempt organization as described in Section 501 (c) (3) of the Internal Revenue Code; EIN 57-0938469.

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AND/OR PROVIDE YOUR EMAIL ADDRESS**