



photo by Paul Parrick

# Second Helpings

## 2024 IMPACT REPORT

Hunger has a local address:  
29,440 neighbors face hunger every day.

We fight hunger and food insecurity in our community by collecting food that would otherwise go to waste and distributing it, free of charge, to local food pantries, soup kitchens, and family programs for people in need. To further our impact, we buy fresh, healthy produce and proteins to supplement our food rescue efforts.

**JOIN US ON THE ROAD FROM  
FOOD RESCUE TO HUNGER RELIEF.**



# FROM FOOD RESCUE

## RESCUING FOOD, REDUCING WASTE



**2.9 MILLION**  
Pounds of food Rescued  
valued at over \$5.7 million.

## 45 FOOD DONOR PARTNERS

Mainly grocery stores and farmers, helping to reduce waste and feed our neighbors.



## 1,676 FOOD RESCUE ROUTES DRIVEN

Ensuring surplus food reaches those in need across Beaufort, Jasper, and Hampton counties.

Rescued food plays a vital role in alleviating hunger.

Since 1992, we've rescued and distributed 54 million pounds of food, free of charge, for our neighbors in need.



That's equal to more than 26,000 tons of greenhouse gases avoided.

## ADDING HEALTHY SUPPLEMENTAL FOOD

We purchased & transported over

**400,000**

Pounds of healthy food to supplement rescued food, including:



**200,000 POUNDS**  
OF FRESH PRODUCE

**40,000 POUNDS**  
OF LEAN PROTEIN



Supplemental fresh and healthy food provides essential nutrients that can improve health, prevent disease, and enhance overall well-being. Often more expensive, these nutritious options help families stretch their budgets and lead healthier lives.

Food insecurity can shorten life expectancy by several years, highlighting the urgent need for consistent access to wholesome food.



## THE POWER OF OUR VOLUNTEERS

**468 VOLUNTEERS**  
contributed over 21,000 hours of service.

**VOLUNTEERS DROVE**  
**91,630 MILES**

to rescue and deliver food.



That's the equivalent of driving around the globe.

**110 NEW**  
**VOLUNTEERS**

joined our family, adding new energy and ideas.

At Second Helpings, 98.4 cents of every dollar goes to programs that combat hunger and reduce food waste.

# TO HUNGER RELIEF

## POWER OF VOLUNTEERS

### VOLUNTEERS

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### MILES

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volunteers are the  
sion, ensuring that  
dollar goes directly  
mbat hunger and

## THE IMPACT OF OUR AGENCY PARTNERS



### 54 AGENCY PARTNERS

provided food to those  
who need it most.

### 13,000

people served weekly

through our network,  
relieving hunger in our  
community.



### 8 NEW AGENCIES

were added in the last two  
years, with plans to expand  
to Okatie in 2025.

More than 60% of food distributed by  
our agency partners was provided by  
Second Helpings, at no cost.

**“Thank you! We couldn’t  
do this without you.”**

Kathy Mills,  
Pantry Manager, The Deep Well Project

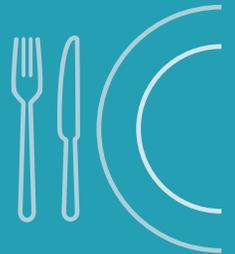
## DELIVERING HUNGER RELIEF



### 3.3 MILLION

total pounds of food  
provided for our  
neighbors in need.

54,000 MEALS  
PROVIDED WEEKLY



### 2.8 MILLION MEALS

annually from rescued, purchased,  
and transported food.

At Second Helpings, our mission is  
to fight hunger in the Lowcountry,  
ensuring no neighbor goes without.  
Together, we are not just rescuing food  
and feeding people—we are building  
pathways to stability and economic  
advancement.

# CELEBRATING OUR VOLUNTEERS



"It's rewarding to be able to contribute, and sad that there is so much need."

Second Helpings Volunteer

**VOLUNTEERS ARE NEEDED IN BLUFFTON AND BEAUFORT**

We need passionate individuals to join our mission. Whether you can drive a truck or assist as a helper, your time makes a direct impact. Sign up today online and help drive out hunger.



**97%**  
OF VOLUNTEERS  
say they would recommend volunteering at Second Helpings to others.



**96%**  
OF VOLUNTEERS  
are satisfied or very satisfied with their Second Helpings experience.



**PLEASE HELP US CONTINUE TO PROVIDE RESCUED AND HEALTHY FOOD FOR OUR NEIGHBORS IN NEED.**

**Every dollar donated enables our volunteers to rescue and distribute, free of charge, six pounds of food - enough for five meals!**

Since the pandemic, food-at-home costs have increased by 25%, while government programs have been cut back. As a result, record numbers of local families and seniors are in need of help.

To make a donation, please visit [www.secondhelpingslc.org/donate](http://www.secondhelpingslc.org/donate), or use the QR code below. Thank you!



P.O. Box 23621  
Hilton Head Island, SC 29925  
843-689-3689  
[secondhelpingslc.org](http://secondhelpingslc.org)  
EIN 57-0938469

**GIVE. ADVOCATE. VOLUNTEER.**  
**LIVE UNITED.** 

