



# Second Helpings

A PUBLICATION OF SECOND HARVEST FOOD BANK

### ONE Health Ohio Partnership

First lady of Ohio, Fran DeWine, visited ONE Health Ohio in Warren to learn more about "Food is Medicine" and boxes being distributed to families.

*page 03*

### CARE-a-Van Ice Cream Truck

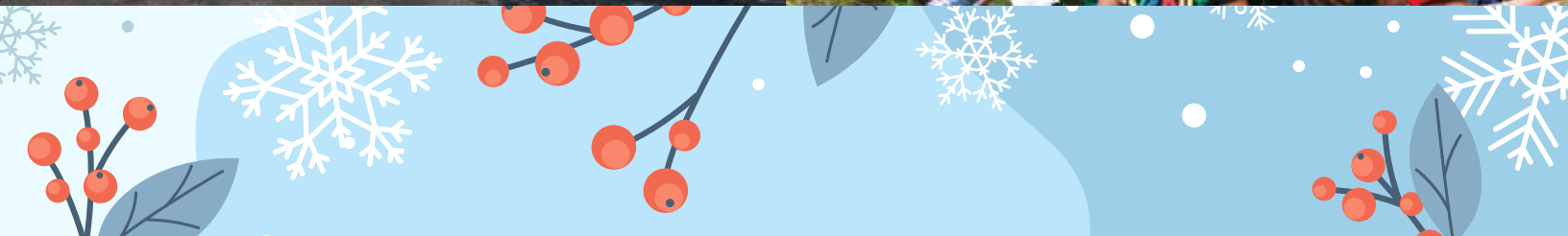
Second Harvest's new CARE-a-Van made its first visit to Blott Guy PK-6 to hand out ice cream to the students with local law enforcement.

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### Clean Water Fund Recovery

Attorney General Yost has helped recover over \$138,000 in funds that will be used to help the residents of East Palestine.

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## BOARD OF DIRECTORS

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## OUR MISSION

Second Harvest Food Bank of the Mahoning Valley's mission is to solicit, store and distribute food to hunger-relief organizations feeding people in Columbiana, Mahoning and Trumbull counties; and to provide education and advocacy.

## OUR VISION

Second Harvest Food Bank of the Mahoning Valley believes that no one should go hungry and is dedicated to building a community that makes food accessible to all people.

## CHARITY RATING

The Food Bank holds a 4-star rating from Charity Navigator, America's largest and most-utilized independent evaluator of charities. A 4-star rating is Charity Navigator's highest rating.



*This edition covers the time period of September through December 2023.*



# Second Harvest Food Bank

of the Mahoning Valley



## A NOTE OF THANKS

from Michael Iberis, Executive Director

As we begin the New Year, we want to thank you for your continued generous support of Second Harvest Food Bank's efforts to help feed our hungry friends and neighbors. Your gift means the world and makes a difference for someone right here in the Mahoning Valley.

This newsletter is full of information and examples of the impact being made across the valley. One example is the Feed Our Valley Campaign which raised over \$295,000 and collected nearly 45,000 pounds of food which together will provide over 1.5 million meals. In the last 17 years, this important campaign has raised \$1.8 million and 1 million pounds of food, proof of the generosity of the people in our tri-county area. We are truly humbled and grateful.

On behalf of our board of directors, our staff and myself, we want to thank you for your support which provides food for our friends and neighbors. Your commitment to the Food Bank inspires all of us to do our very best work every day.

With Gratitude,  
Mike

## WAYS TO DONATE

**Make a safe, secure monetary donation** to help feed hungry families in our community by visiting [mahoningvalleysecondharvest.org](http://mahoningvalleysecondharvest.org) or scanning the QR code at right with your smart phone camera.

**Make a food donation.** The food bank is always in need of peanut butter, cereal, tuna fish, canned fruit and vegetables, dry pasta and more.



*It is the policy of Second Harvest Food Bank to maintain the highest level of confidentiality with respect to donor information. We will not share donor names, addresses or fund-related financial information with organizations outside of the Food Bank. From time to time, donor names may be listed in Food Bank publications, but only after written notification is provided. In all cases, donors are given the option of remaining anonymous.*



# ONE Health Ohio Partnership

IMPROVING HEALTH WITH "FOOD IS MEDICINE"

Second Harvest Food Bank of the Mahoning Valley has teamed with ONE Health Ohio for a very special partnership to improve the health of residents by integrating healthy food into the healthcare system known as, "Food is Medicine" and distributing boxes of non-perishable food items to those in need.

On Tuesday, August 15, a distribution of packaged food boxes took place at Kidz First Pediatrics in Warren, Ohio. These tailored "Food is Medicine" boxes help prevent, manage and treat chronic diet-related diseases, help more people thrive and aim to bring down healthcare costs. "This is a holistic view of medicine and healthcare that marries good health, nutrition and healthy eating. It's been exciting to see how happy our patients are to receive these boxes of food. We are what we eat," said Dr. Maria Kowal, M.D., Chief Medical Officer, ONE Health Ohio.

Special guest, Ohio First Lady Fran DeWine, was in attendance to visit with the patients and staff of the clinic and get a first-

hand look at the items being passed out. She says, "Food is medicine and what we feed our kids makes them healthy or not healthy. I think this is a great partnership here. We help feed the kids at school, but it's important we feed them healthy meals at

home too. I love to see unique programs throughout Ohio."

Boxes will be distributed monthly through ONE Health Ohio to patients identified by clinicians who will benefit. "We're very pleased to be working with ONE Health Ohio. The concept of Food is Medicine is very simple and something that society has practiced for many years... with proper nutrition and food, that's going to equate to good health," said Second Harvest Food Bank Executive Director, Mike Iberis.

Also at the event was a sneak peek of a new program to be revealed by Second Harvest Food Bank, the CARE-a-Van, which aims to deliver kindness and strengthen the bond between students and police officers.

**"FOOD IS MEDICINE AND WHAT WE FEED OUR KIDS MAKES THEM HEALTHY OR NOT HEALTHY."**  
- OHIO FIRST LADY FRAN DEWINE





# CARE-a-Van Ice Cream Truck

## BUILDING RELATIONSHIPS WITH KIDS AND LAW ENFORCEMENT

On September 7, 2023, Second Harvest Food Bank of the Mahoning Valley showcased its commitment to fostering a stronger sense of community and building stronger relationships with law enforcement with its new CARE-a-Van ice cream truck. The event, held at Blott Guy PK-6 in Liberty, showcased resource officers distributing ice cream to local students.

Police Chief Meloro spoke on the significance of this event, stating, "By being involved in the CARE-a-Van kick-off, police officers can enhance relationships with the youth, which builds trust, rapport and bonds with the children. My number one priority is the kids."

An important highlight of the event was the choice of low-sugar ice cream. This decision was underpinned by the belief that low-sugar foods offer numerous health benefits, including stabilizing blood glucose levels, reducing inflammation in the body, enhancing focus and mitigating energy fluctuations. It was crucial for Second Harvest to make a positive impact not only through community engagement but also by encouraging healthy choices.

Mike Iberis, Executive Director of Second Harvest, expressed his enthusiasm for the event, stating, "This program is all encompassing. Resource officers are very important because they want to make sure kids know they can come to them and we want to get that message out. There are over 25,000 elementary school students in our three counties and we want to go to as many schools as we can to not only stress the importance of the relationship between students and officers, but to also provide healthy treats." Blott Guy PK-6 Principal, Jessica Kohler states, "This program is to help build relationships in the community, Second Harvest Food Bank and the police department. Forming relationships has always been near and dear to us. This is a very special day."

The Care-a-Van will be on tour throughout the school year visiting local schools and partnering with law enforcement in Mahoning, Trumbull and Columbiana counties to continuously work to strengthen the relationships with officers and kids.

# Clean Water Fund Recovery

SCAM RECOVERY YIELDS \$138,982.36 FOR EAST PALESTINE RESIDENTS



In a resounding victory against fraudulent activities, Attorney General Dave Yost's office disclosed the recovery of \$138,982.36 resulting from the Ohio Clean Water Fund scam in East Palestine. This staggering amount was reclaimed following an extensive investigation and legal measures to combat the illicit practices of the fraudulent charity and donated back to the Second Harvest Food Bank of the Mahoning Valley. The food bank has received the funds and can now begin using those funds to help those in need in East Palestine.

The Ohio Clean Water Fund, spearheaded by Mike Peppel, claimed they would use the money to offer emergency aid and bottled water via the Second Harvest Food Bank of the Mahoning Valley. However, an investigation revealed that Peppel and his associates diverted at least \$131,000 of the \$141,000 raised from over 3,000 donors for personal gains. Alarmed by the unauthorized partnership cited by Peppel, representatives of Second Harvest Food Bank brought the matter to the attention of the Ohio Attorney General's Office.

In recognition of Second Harvest's invaluable assistance in identifying and shutting down the Ohio Clean Water Fund, Attorney General Yost expressed deep gratitude. He acknowledged Second Harvest's diligence in aiding the investigation, stating, "I extend my sincerest praise and gratitude to Second Harvest for their diligent support in identifying and shutting down the Ohio Clean Water Fund. The fraudulent charity shamelessly exploited the food bank's name and reputation, taking advantage of Ohioans' generosity in the wake of an environmental disaster."

Executive Director Mike Iberis of Second Harvest Food Bank commended the Attorney General's Office for its unwavering commitment and dedication in combatting such fraudulent activities, emphasizing the significance of the substantial recovery of \$138,982.36.



## Signs You're Being Scammed



**CLAIMING THERE'S  
A PROBLEM OR  
PRIZE TO WIN**



**SPECIFYING A  
PARTICULAR PAYMENT  
METHOD**



**PROVIDING A FAMILIAR  
ORGANIZATION OR  
NAMES**



**PRESSURING OR  
THREATENING YOU TO  
ACT IMMEDIATELY**

To avoid scams, block unwanted calls, refrain from providing personal or financial information unexpectedly, verify communication from organizations through trusted channels, resist immediate pressure and be cautious of specific payment requests. If unsure, consult someone you trust before taking any action.

If you suspect you've fallen victim, take appropriate actions. If you paid a scammer, inquire with the payment company about potential reimbursement, whether via credit or debit card reversal, refund for gift card payments or reporting fraudulent wire transfers. For unauthorized access to your personal information, follow IdentityTheft.gov guidelines, monitoring credit if Social Security details were compromised and updating passwords if username and password were disclosed. If a scammer has computer or phone access, enhance your security measures and regain control over compromised accounts. For help or further information, visit IdentityTheft.gov. You can also contact the Better Business Bureau of Youngstown at 330-744-3111 or the AARP Fraud Watch Network Helpline at 877-908-3360.



Guidelight Financial



Carmella's Café



Involta, LLC

# Thank You to Our Hunger Champions

## FOOD & FUNDS DRIVES

With gratitude, we thank those who contribute to help us feed hungry families in Columbiana, Mahoning and Trumbull counties.

**Ameriprise Financial, Hassan, Bova & Associates**  
\$500 and 482 pounds of food from November Day of Service

**Baird Brothers Red, White & True**  
\$657 and 582 pounds of food from their Customer Appreciation Event

**Brouse McDowell, LPA**  
\$25 and 73 pounds of food from employees

**Canfield Fair 2023**  
\$2289.43 from Fair attendee donations

**Carmella's Café**  
\$2,000 from Golf Outing

**Cockeye Creamery's Cockeye Cares Pint Program**  
\$1,158

**Fairhaven Aktion Club**  
\$750 in donations

**Gibson Insurance**  
\$312 and 851 pounds of food from Community Appreciation Day collections

**Guidelight Financial**  
\$1,650 and 452 pounds of food from November Day of Service

**Hollywood Gaming Mahoning Valley Race Course**  
\$1,500 from guest donations of unused tokens

**Involta, LLC**  
\$140 and 470 pounds of food collected by employees

**Jewish Community Relations Council**  
\$1,080 and 606 pounds of food from their High Holiday Food & Funds Drive

**Lowellville High School NHS**  
522 pounds of food from their annual food drive

**Mahoning County Farm Bureau**  
\$2,500 from BBQ on the Farm

**Mahoning County Junior Fair Board**  
7,461 pounds of food from Canfield Fair Stock the Trailer Drive

**Mahoning Valley Scrappers**  
114 pounds of food from Halloween collection

**Morgan Stanley Financial Advisors**  
\$36 and 180 pounds of food from their paper shredding event

**Sheetz, North Jackson**  
246 pounds of food from customer donations



Ameriprise Financial



Baird Brothers



Mahoning County Farm Bureau



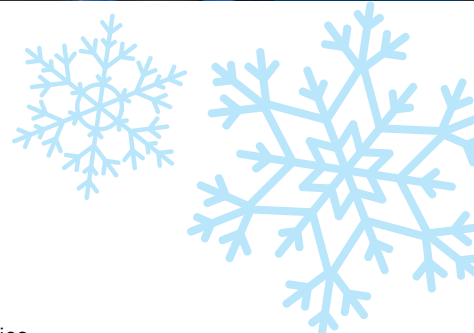
21 WFMJ



Fairhaven Aktion Club



Gibson Insurance



**VOLUNTEER GROUPS**

We are thankful for all our volunteers who are such an essential component of our operation. Without their dedication, time and effort, much of what the Food Bank is able to do wouldn't be possible.

**Ameriprise Financial, Hassan, Bova & Associates**  
49 food boxes + 524 bags of plums

**21 WFMJ & Second Harvest Friday Volunteers**  
Mixed bags of carrots, onions and potatoes on Hunger Action Day

**Attorney Daniel Rossi, Family & Akron Children's Hospital Staff**  
Packed boxes for distribution at various children's programs in Mahoning County

**GRANTS**

**Community Foundation for a Greater Richmond**  
\$25,000 General Operating

**Dominion Energy Charitable Foundation**  
\$10,000 Food is Medicine

**Enterprise Holdings Foundation, Fill Your Tank**  
\$11,000 Food for Hungry Families

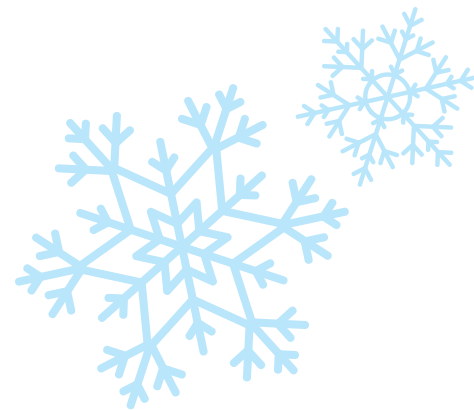
**Erie Insurance**  
\$2,000 Food for Hungry Families

**Huntington Bank**  
\$5,000 Food is Medicine

**PepsiCo Foundation**  
\$5,000 Food is Medicine

**IN-KIND CONTRIBUTORS**

Thank you to the companies that contribute in-kind services. Your efforts are truly appreciated and are making a difference to those without enough food to eat.



Mahoning County Junior Fair Board



Canfield Fair



PepsiCo Foundation

# Feed Our Valley

BELOW ARE JUST A FEW OF THE MANY WHO HELPED THIS YEAR'S CAMPAIGN RAISE OVER \$295,000 AND NEARLY 45,000 POUNDS OF FOOD



Canfield Middle School  
2,234 lbs.



Centimark  
\$500



JNJ Family Finds  
226 lbs.



Classic Optical  
226 lbs.



Chaney Middle School Student Council  
750 lbs.



Dr. Ensminger  
629 lbs.



ODOT  
333 lbs.



Liberty Police  
\$2,070, 1,124 lbs.



USS Renegade  
\$1,000



Columbiana Chrysler Jeep Dodge  
147 lbs.



Cumulus Media  
\$5,699, 5,444 lbs.



Hollywood Gaming  
1,264 lbs.



Warren Civic Chorus  
\$2,100



Holiday Concert of Giving  
\$4,774



Zamarelli Realty  
\$350, 28 lbs.



South Ave. Shuffle  
\$1,000



Boardman Fit Body Boot Camp  
314 lbs.



# Autumn Splendor Plant Based Dinner

EASTWOOD EVENT CENTRE

Second Harvest Food Bank hosted its third plant-based dinner. We shared a bit of what we learned about 'food as medicine' during September's Autumn Splendor Plant-Based Dinner held at the Eastwood Event Centre. 300 guests experienced whole foods and their endless health benefits. The event, hosted by Dr. Kathy Padgitt, raised nearly \$70,000 for the Food Bank. Plans are already underway for this year's Autumn Splendor Plant-Based Dinner scheduled for October 30, 2024.



## Taste of the Valley

In October, Second Harvest Food Bank hosted its 31st Annual Taste of the Valley, a community event that brings together the flavors and faces of the food industry in Youngstown. We were blessed to have 14 of the valley's best restaurateurs donate their time and food to help raise \$27,000 during Taste of the Valley. Winners are pictured below. There was also a huge chance auction that took place with amazing donations and prizes. Taste of the Valley 2024 will be held October 6, 2024 at Stambaugh Auditorium. Save the date and watch for details.



# Akron Children's Hospital

FUNDED BY THE ROSSI FAMILY

Youngstown-based Attorney Daniel L. Rossi and his family provided \$50,000 to prepare and package 2,000 boxes of non-perishable food that were distributed to needy families in the Mahoning Valley. The Rossi family partnered with Akron Children's Hospital, Second Harvest Food Bank and Alta Care Group to collaborate and pack the items and distribute the donations. Families picked up their boxes at various Alta Head Start locations in Mahoning County.

The donation was inspired by Attorney Daniel Rossi's desire to provide for neighbors and families in need. Dr. Elena Rossi, Attorney Rossi's daughter and a physician at Akron Children's Hospital, states they wanted to make sure they were feeding children in Mahoning County. This partnership with Akron Children's and Second Harvest Food Bank has identified the children most in need and Alta was able to provide the locations where the greatest impact can be made.

They also donated gift bags for children, including dental hygiene kits, kids' books and other family resources. For families who couldn't pick up their boxes, a few Akron Children's donors are helping deliver food boxes to their doors.



## Dollar General Fund Recovery

ATTORNEY GENERAL YOST AND COUNTY AUDITOR MEACHAM  
DISTRIBUTE OVER \$22,000 TO SECOND HARVEST



Ohio Attorney General Dave Yost recently came to the Valley and announced a \$1 million settlement with Dollar General, with the bulk of that settlement being distributed to food banks or other hunger-relief organizations spanning every one of the state's 88 counties. Ohio county auditors played a vital role in helping verify prices at retail businesses and conduct inspections to make sure products are ringing up at the correct price.

During the event, Mahoning County Auditor Ralph Meacham and Attorney General Yost announced that Second Harvest Food Bank would receive around \$22,000 as part of this settlement.

Second Harvest Food Bank is thankful to Attorney General Yost for recognizing the important work food banks do and letting local leaders decide where the money can do the most good. This money is a big help for Second Harvest Food Bank, especially as we prepare for more people needing food assistance.

# Consider Partnership

## THROUGH OUR ENDOWMENT FUND

The Second Harvest Food Bank of the Mahoning Valley Endowment Fund was established to provide for the growth of principal and the generation of future income to benefit our mission at Second Harvest. Gifts to the endowment can be made by donations of cash, marketable securities, real estate or life insurance. Donations can be structured in many ways:

**Lifetime gifts of stock or cash** - A current gift may be advantageous under the new income tax rules.

**Bequests** - Name Second Harvest Food Bank in your will or trust.

**Income-Producing Plans** - Set up a charitable gift annuity or charitable remainder trust to receive income for your lifetime with the remainder to Second Harvest Food Bank.

**Charitable Lead Trusts** - Support the Food Bank now and still leave assets to your heirs.

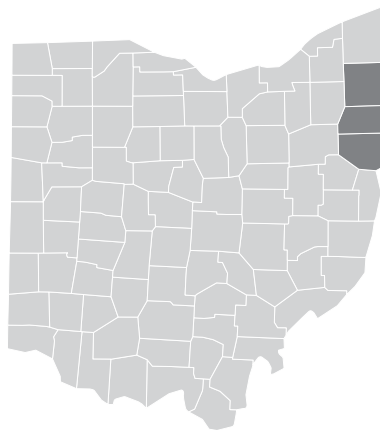
**Life Insurance** - Second Harvest Food Bank can be named as beneficiary or owner of your life insurance policy to make a substantial gift.

Second Harvest and its charitable agent, Farmers Trust Company, can work with you to include Second Harvest Food Bank in your estate plan. Call Michael Iberis at 330.792.5522 or Debbi Grinstein of Farmers Trust Company at 330.740.1214 for more information. All information is confidential.



WHEN YOU DONATE TO SECOND HARVEST  
FOOD BANK OF MAHONING COUNTY,

# Your Money Stays Here.



Make a safe, secure monetary donation to help feed hungry families  
in our community online at [mahoningvalleysecondharvest.org](http://mahoningvalleysecondharvest.org).



### WHERE THE FOOD COMES FROM

- Growers
- Manufacturers
- Community Food Drives
- Distributors
- Retailers



### SECOND HARVEST FOOD BANK

Storehouse of food for our friends and neighbors facing hunger.



### FOOD IS DISTRIBUTED

- Food Pantries
- Meal Sites
- Homeless Shelters
- Senior Programs
- Youth Programs
- Residential Programs



### FRIENDS & NEIGHBORS FACING HUNGER

- Families with Low Incomes
- Elderly
- Homeless
- Victims of Domestic Violence
- Children
- People with Disabilities
- Veterans

Call the Food Bank at 330.792.5522, or visit our website at [mahoningvalleysecondharvest.org](http://mahoningvalleysecondharvest.org) for additional information.

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Editing and Design - McConnell Marketing  
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# Second Harvest Food Bank

of the Mahoning Valley



2805 Salt Springs Rd.  
Youngstown, OH 44509

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
PERMIT NO. 526  
YOUNGSTOWN, OH

# MAKE A DIFFERENCE

## HELP FEED HUNGRY PEOPLE IN COLUMBIANA, MAHONING AND TRUMBULL COUNTIES



- 1 conduct a food drive**  
at your office, place of worship, school or neighborhood
- 2 support food drives & fundraisers**  
call us or visit our website for information
- 3 make a monetary donation**  
donate online or use the envelope attached
- 4 volunteer**  
call Penny for more information 330.792.5522

ITEMS THE FOOD BANK IS ALWAYS IN NEED OF  
Peanut butter • Cereal • Tuna fish • Canned vegetables • Canned fruit • Dry pasta

