

What is Second Helpings?

Second Helpings is a community kitchen that prepares and delivers more than 1 million meals to the Central Indiana community each year. For 25 years, Second Helpings has accepted donated perishable and overstocked food to prepare nutritious meals for thousands of hungry children and adults every day, and we distribute them free of charge through local social service agencies in Central Indiana. Second Helpings also trains unemployed and underemployed adults for meaningful careers in the culinary industry. We're not just teaching people to cook. We're providing an avenue for people to transform their own lives. We don't just collect food. We rescue food, because we refuse to stand by and allow waste, while so many in our community do not have the healthy food they need to thrive.

Are you looking to help join the fight against hunger in Central Indiana? We gladly accept donations of non-perishable or shelf-stable food items, such as peanut butter, jelly, mayonnaise, mustard, and spices. Here is a link to our wish list of items: [Wish List - Second Helpings' list of high-priority items](#)

If you are interested in giving a monetary donation, our donation page is located here: <https://www.secondhelpings.org/donate/>. Just \$1.67 provides a meal for someone in need and helps us move towards a goal of zero hunger in our community.

If you would like to learn more about Second Helpings, please visit us at our website:

<https://www.secondhelpings.org/>

Thank you for your support!