

# Ending Hunger in our Region

TEXT BY MARY STATON PHOTOGRAPHY BY SECOND HARVEST FOOD BANK

Folks claim she can move mountains when it comes to feeding the hungry. Upon meeting her, I quickly understand why. I'm talking about Kay Carter, CEO of Second Harvest Food Bank of Metrolina, an organization she's led since 2004. Its mission: End hunger in our region.

A quote that motivates Carter every day is from Mother Teresa, "If you can't feed a hundred people, feed just one." It crystalizes her passion to feed the thousands of people, young and old, who go to bed hungry in the 19-county area served by Second Harvest. Over 18% – or a half-million residents – live in poverty, including 188,000 children and over 41,000 seniors.

Second Harvest operates a busy regional distribution warehouse in Charlotte and three outlying branches, supplying food and grocery items to a finely-woven web of 700 charitable agencies that assist those in need. Human services partners include soup kitchens, emergency pantries, homeless shelters, comprehensive senior programs, low-income daycares, and pet rescue agencies.



Kay Carter, CEO of Second Harvest Food Bank of Metrolina

Approximately 75% of the food distributed by Second Harvest is donated locally, 10% is purchased and the rest comes from government commodities.

It takes huge numbers to make this food bank work: In 2015-2016, over 50 million pounds of food and household items went to the hungry. Over 200 programs to end child hunger and 446 mobile pantries were where they needed to be. And over 161,000 hours were logged in by an army of volunteers, saving the agency from hiring an additional 75 employees; only 50 staff members managed this

lean yet highly sophisticated and coordinated operation last year.

"One of the best days of my life was the day I started working here 13 years ago. And I'll keep doing what I'm doing until hopefully there are no children and no seniors and no families going to bed hungry at night. I know it's attainable. It just takes everyone getting engaged and aware of the major cause of hunger, and that is poverty. So many people don't make a living wage. Poverty and hunger go hand in hand," said Carter.

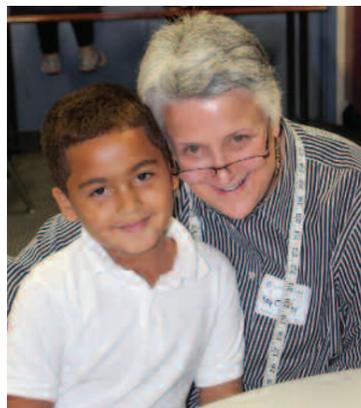
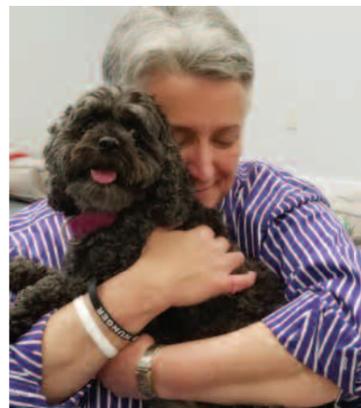
At Second Harvest, they've honed a bountiful way to partner food with annual fundraising efforts. For almost three decades, Second Harvest has produced a stellar signature event, "Chef's Best" dinner party, which returns each year by popular demand. Every summer, major grocery sponsor Harris-Teeter presents a four-course meal with fine wine pairings, on-stage cooking demonstrations by some of Charlotte's all-star chefs, music, an auction and a raffle at the

Charlotte Convention Center. Over \$250,000 was raised at last year's event, thanks to the generosity of the almost 850 people who attended. Details for the 2017 "Chef's Best" will be announced shortly.

Since its founding in 1981, Second Harvest Food Bank of Metrolina is a self-supporting 501(c)(3) organization and part of Feeding America, an innovative nationwide network of food banks. To learn more about donating food, money, or time to this mission-critical organization formed to end hunger in our region, go to [secondharvestmetrolina.org](http://secondharvestmetrolina.org). ■

**"If you can't feed a hundred people, feed just one."**

– Mother Teresa



# Chef's Best for Second Harvest Food Bank

## The 27th Annual Event Benefits the Community Food Rescue Program

PHOTOGRAPHY BY PATRICIA LAURENCE

Some of Charlotte's best chefs and Harris Teeter presented Chef's Best for Second Harvest Food Bank at the 27th annual fundraiser last summer. Nearly 850 guests enjoyed chef demonstrations, an incredible dinner and an exciting live auction. Over \$250,000 was raised at the event, thanks to the generosity of the attendees, sponsors and chefs who want to help end hunger in our community.



**Soup** – Chef Steven Schmitt, Executive Chef at WP Kitchen + Bar, prepared Corn Bisque with Black Pepper Creme Fraiche, Fingerling Chips, Paprika Oil.



**Reception** – Delicious hors d'oeuvres were prepared and served by The International Culinary School at The Art Institute of Charlotte.



**Salad** – Grilled Yogurt Marinated Chicken with Quinoa Tabbouleh and Tahini Yogurt was prepared by Executive Chef Gene Briggs of Blue Restaurant & Bar.



**Entree** – Ribeye with Bacon, Patatas Bravas and Melted Leeks was prepared by Chef Blake Harwick of Bonterra.



**Entree** – Executive Chef Blake Harwick of Bonterra Dining & Wine Room gave grilling tips for the perfect steak.

**Dessert** – The Lemon Cream Tart with Meringue Teardrops and Macerated Strawberries by Chef Tom Condron of Lumiere and The Liberty was delightful.