



Second Helpings

A PUBLICATION OF SECOND HARVEST FOOD BANK

A Lifetime of Service

Carl Nunziato marks 25 years on the Second Harvest board, carrying forward compassion shaped by his military career, legal advocacy, and dedication to helping others.

page 03

Highest Seal of Transparency

Second Harvest has earned the 2025 Candid Platinum Seal of Transparency, the highest recognition for our commitment to openness, accountability, and measurable impact.

page 06

Share Your 5-Ingredient Favorite

Send us your simplest, tastiest recipe using five ingredients or fewer to inspire pantry guests across the Mahoning Valley and help neighbors turn basic foods into flavorful meals.

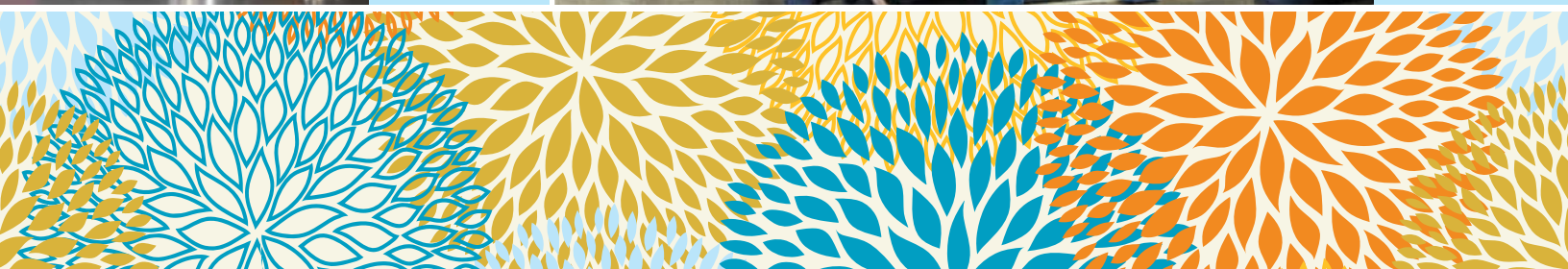
page 07



HomeGoods



Sodexo-Roth



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OUR MISSION

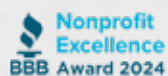
Second Harvest Food Bank of the Mahoning Valley's mission is to solicit, store, and distribute food to hunger-relief organizations feeding people in Columbiana, Mahoning, and Trumbull counties; and to provide education and advocacy.

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 July through August 2025.



Second Harvest Food Bank

of the Mahoning Valley



A NOTE OF THANKS

from Michael Iberis, Executive Director

With recent changes to SNAP benefits and rising food concerns, I want to reassure you: there is no need to panic. At Second Harvest Food Bank of the Mahoning Valley, we have been preparing for this federal shift. Our team has been working thoughtfully and strategically to ensure that anyone who needs food will have access to it.

We understand the weight of this responsibility. That's why we've expanded partnerships, strengthened our inventory systems, and built strong relationships across our community. We take our role seriously — because we know how much people are counting on us.

For our work, which is completed by an army of volunteers and 5% administrative costs, Charity Navigator has recognized SHFBMV with a four-star rating for the 10th year in a row. We hold that truth close in everything we do. Whether it's donors trusting us with their gifts, volunteers offering their time, or families seeking help — we treat every resource and every person with care.

At the heart of it all, we believe in keeping things simple. In a world that moves fast and often feels overwhelming, simplicity brings peace. That's something we've noticed younger generations are beginning to value more and more — an appreciation for clear purpose and straightforward support. We're here. We're ready. And we'll continue showing up for the Mahoning Valley, with food and kindness. As always, thank you for your generosity on behalf of the families, volunteers, staff, and board.

With Gratitude,
Mike

WAYS TO DONATE

Make a safe, secure monetary donation to help feed hungry families in our community by visiting 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.



From Battlefields to Boardrooms:

ONE MAN'S MISSION INCLUDES 25 YEARS WITH SECOND HARVEST

For 25 years, Carl Nunziato has served on the Second Harvest Food Bank of the Mahoning Valley board of directors. Helping people has been in Carl's DNA since forever, whether it was during his time in the U.S. Army, working as a lawyer and advocate for disabled individuals, or on the food bank board.

"When you help people, when you do something for people, you end up getting the benefit," Carl said, adding it's the feeling of making a difference.

Carl's relationship with Second Harvest was spurred by an instance when he was in Vietnam with the U.S. Army. "After we had our meals, the old C-rations, we'd dip our mess kits in soapy water to wash them," he said, adding that at the end of the day, trash, empty C-rations, and water tanks were put on a truck and taken to a dump several miles down the road. Carl was a lieutenant at the time, and he couldn't believe what his sergeant was telling him about the dump, so he went with him the next time.

When they got there, parked in the same spot the sergeant did each day, Carl noticed a man known as "King of the Dump," who loaded scraps, passing them out to people. The next day, Carl went again to the dump but this time with his own C-rations in hand. He saw a mother carrying her little boy, who was undoubtedly starving, he said. He thought "That boy won't live six months," Carl recalled. He gave his C-rations to the mother, and the King didn't like it and probably took the food from her, Carl said. The image of the mother with her hungry baby is an image that Carl has carried with him ever since.

Making sure people are advocated for is something Carl's done his whole life, and it's been his reason for being. "I find working and helping people is the greatest reward there is. I enjoy it," Carl, 86, said. "I always thought working with people is the purpose, it's the life call."

Part of his life and advocacy-based story was shaped when Carl was shot at in Vietnam, which led to his left hand being covered to this day in shrapnel, and the loss of his legs. Following a nearly two-year stay at Walter Reed Hospital in Washington, D.C., Carl studied to become a lawyer and then advocated for disabled individuals so they would have access to buildings downtown.

There's also the food pantry in the Carl Nunziato VA Clinic on Belmont Avenue in Youngstown, which opened in 2022. "Many of our vets are on a fixed income," Carl told The Vindicator during the VA Clinic's one-year anniversary. "There's never enough to cover the cost of living. To have the ability to come here with Second Harvest to provide food is very important."

It's impossible to put a number on how many people he's helped throughout his lifetime. He's been gracious when he has met those who have told him of his impact, and he's told them it's "because they matter."

In keeping with his humility, when thanked for his service, Carl continues to respond, "It has been my privilege to serve." It's the same response he gives when he's thanked for servicing his country and community.

Carl has brought with him a spirit of compassion to everything he does. His journey is a reminder that his service — whether helping others during his time serving the country or as a lawyer, advocate, or Second Harvest Food Bank of the Mahoning Valley board member — isn't just an act. It's his way of life.

Michael Iberis, executive director of the Second Harvest Food Bank, salutes Carl for his 25 years of service to those in need of food.

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Thank You

TO OUR HUNGER CHAMPIONS

FOOD & FUNDS DRIVES

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

Haley Beachler, Burgan Real Estate

\$2,200 and 1,649 pounds of food

Caliber Collision Youngstown East

161 pounds of food

Canfield Community Concert Band Winds at the Winery

\$725

CANstruction: Total 5,139 Pounds of Food and \$6,000

The Cafaro Company: 1,010 pounds

Country Kids & Critters 4H Club: 146 pounds

Daniel Haggerty: 490 pounds

Gateways to Better Living: 1,116 pounds

John F. Kennedy Catholic School: 988 pounds

OHWOV!: 312 pounds

Second Harvest Foodbank of the Mahoning Valley: 425 pounds

Youngstown State University - Team Penguins: 652 pounds

Christ Our Savior Parish

\$325 and 13 pounds of food

Giant Eagle & GetGo Check Out Hunger/Harvest for Hunger 2025

\$145,596

Mahoning Valley Corvettes

\$347.10 and 29 pounds of food

Mediate Financial Services

\$1,615 and 515 pounds of food

Memorial Baptist Church

503 pounds of food

Top Golf/Giant Eagle

\$10,865.22

TrueNorth

\$6,654.57 raised at the pumps

Woodforest National Bank

\$1,755 from Cortland, Salem, and Austintown locations

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.

VOLUNTEER GROUPS

We are grateful not only to our regular, weekly volunteers, but to our volunteer groups that came in to lend a hand.

Anderson-DuBose & Starbucks

2,448 cans of green beans

Armstrong

800 bags of bulk pasta

CareSource

621 bags of bulk pasta

Century 21 Lakeside Realty

490 bags of plums

HomeGoods

1,044 bags of bulk pasta and 2,160 cans of green beans

Risk Strategies

1,760 cans of pie filling

Sodexo-Roth

612 bags of bulk pasta and 1,640 cans of pie filling

GRANTS

Arby's Foundation

\$11,350 for feeding children

Community Foundation for a greater Richmond/We Care Fund

\$10,000 for general operating

Enterprise/Taylor Charitable Entities

\$21,187.50 for food

Huntington Foundation

\$7,000 for food

Sheetz for the Kidz

\$12,000 for feeding children & families

Starbucks Foundation

\$1,000 for Neighborhood Grant

The Dale and Alyce Sheely Foundation

\$100,000 for food





HomeGoods



Anderson-DuBose & Starbucks



Century 21 Lakeside Realty



Risk Strategies



Armstrong



CareSource

ASSEMBLE YOUR TEAM
FOR NEXT YEAR'S

CANstruction Event

Get ready for CANstruction, which will come back to the Eastwood Mall in 2026. Next year's theme is "Aquarium."

Teams, whether from nonprofits, school groups, businesses, or first responders, will dive into creativity, designing massive underwater-inspired structures entirely out of nonperishable food items. Each build must fit within a 10x10x10-foot space, and while teams can be as large as you'd like, only five builders can be constructing at one time. The best part? Every can used will later be donated to help feed our neighbors in need.

Stay tuned for more details about registration, build days, and how you can be part of this incredible blend of art, engineering, and community impact.

Sponsorship

OPPORTUNITIES AVAILABLE FOR 2026

We're excited to share that our 2026 fundraising events are officially on the calendar! These events not only bring our community together but also help us raise the vital funds needed to support our mission.

Sponsorship opportunities will be available, offering businesses and individuals a unique way to make a meaningful impact while gaining visibility throughout the Mahoning Valley. If you're interested in learning more, reach out to Ashley Fox, Director of Development, for details at **234-255-0950** or afox@shfbmv.org. You can also stay tuned to our Facebook page (facebook.com/SHFBMV) and upcoming newsletters for announcements about these community-based (and fun!) events.

Together, we can make 2026 a year of growth, connection, and community support.

Call for Recipes

GOT A SIMPLE, DELICIOUS RECIPE?
SHARE IT WITH US!

We're calling all home cooks, kitchen experimenters, and culinary minimalists! Do you have a go-to recipe that uses just 5 ingredients or fewer? Whether it's a quick weeknight dinner, a crowd-pleasing side dish, or a sweet treat that's shockingly simple, we want to hear about it. Your recipe will be shared with our 160 pantries throughout the Mahoning Valley, helping neighbors turn basic ingredients into flavorful meals. Whether it's a fresh twist on a PB&J, a one-pan rice dish, or a new way to enjoy collard greens, your concoction will make a big difference.

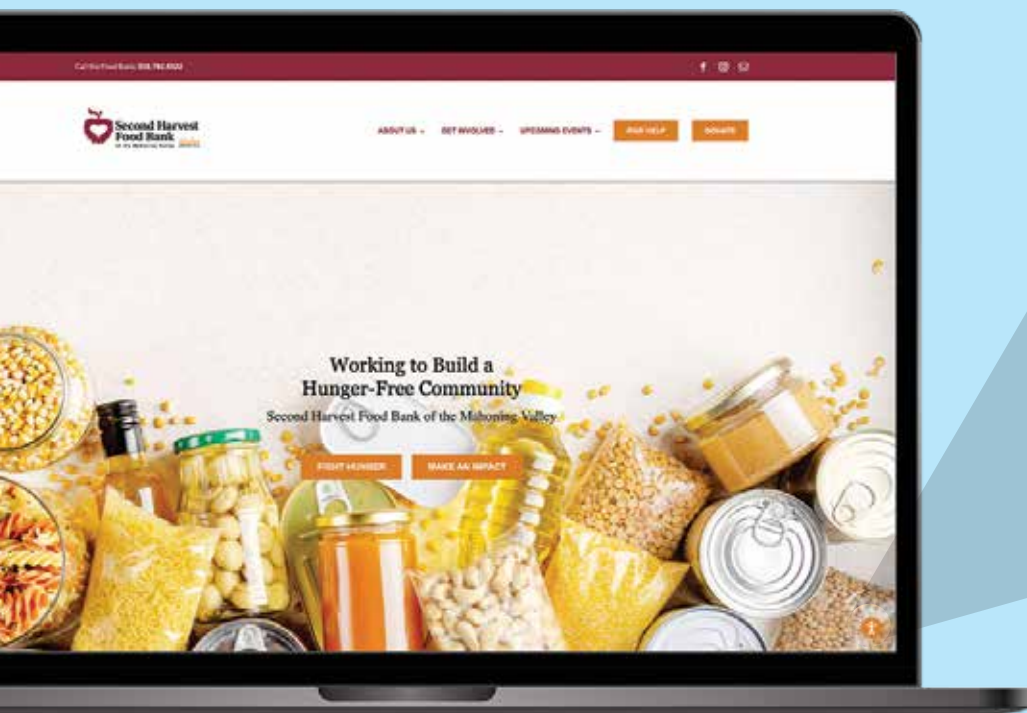
Send your recipe, along with a note about why you love it, to Ashley Fox, afox@shfbmv.org.
Let's inspire each other with simple, tasty creations!



Website Accessibility Made Easy

SECOND HARVEST'S WEBSITE NOW MEETS
ADA ACCESSIBILITY STANDARDS

Did you know our website is designed to work for everyone? At mahoningvalleysecondharvest.org, accessibility features are built in to make it easier to see, hear, and navigate each page. When you visit the site, look to the bottom right corner of your screen. There, you'll find a small orange circle icon with a person inside. Click it to explore options that can improve your viewing experience, whether you need larger text, contrast adjustments, or audio support. It's one more way we're working to make information and resources available to all.



Second Harvest Earns 2025 Platinum Seal

HONORED FOR TRANSPARENCY AND ACCOUNTABILITY

Second Harvest Food Bank of the Mahoning Valley has been awarded the 2025 Candid Platinum Seal of Transparency, which is the highest level of recognition from Candid (formerly Guidestar). This seal is a reflection of our ongoing commitment to transparency, accountability, and measurable impact.

Earning this seal means we've gone beyond the basic levels of transparency—providing essential information (Bronze), program details (Silver), financials and leadership demographics (Gold)—to share our goals, strategies, metrics, and board demographics at the Platinum level. Combined with our recent 4-star Charity Navigator rating, this recognition reassures donors and funders that their support is managed with care and purpose.



Peel Back Hunger this September

DURING HUNGER ACTION MONTH

September is Hunger Action Month — a nationwide campaign to raise awareness and take action in the fight against hunger. This year, let's paint the Mahoning Valley orange! Show your support by decorating your break rooms, classrooms, offices, and even your yards with orange decorations all month long. Then, on **Hunger Action Day, Monday, September 9**, join thousands across the country by wearing orange to show that hunger matters and we're united to end it.

Every orange ribbon, balloon, and shirt helps spark conversations, inspire action, and bring hope to the people facing hunger in our area. Together, we can turn awareness into action — and action into meals.

Fill the Truck

ANNUAL EVENT HITS A MILESTONE

Thanks to the continued generosity and drive of local realtor Haley Beachler of Burgan Real Estate, this year's *Fill the Truck* food drive was another incredible success.

Held July 17 at Westside Bowl, the fifth annual event brought in **1,649 pounds of food** and **\$2,200 in monetary donations** for Second Harvest Food Bank of the Mahoning Valley. But the impact doesn't stop there. Over the past five years, Haley's efforts have resulted in enough donations to help provide **26,560 meals** to neighbors in need.

We are deeply grateful to Haley and every community member who showed up to support this important cause. On behalf of the Second Harvest Food Bank team and our network of 160 partner pantries—**thank you** for helping us fight hunger, one truckload at a time.



USDA NON-DISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.



**Second Harvest
Food Bank**

of the Mahoning Valley

PARTNER
FOOD BANK OF
**FEEDING
AMERICA**

2805 Salt Springs Rd.
Youngstown, OH 44509

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

Cabbage Rice Bake

BUNKER HILL UNITED METHODIST CHURCH, BELOIT

Ingredients

4 cups cabbage, coarsely chopped
3 1/2 cups stewed tomatoes
2 tsp Salt
1 tsp Sugar
1 Tbsp diced onion
2 Tbsp melted butter
2 cups cooked rice
1/2 cups soft bread crumbs
2 Tbsp grated cheese

Directions

1. Preheat oven to 375 degrees Fahrenheit. Grease a 1-quart baking dish and set aside.
2. Combine tomato, salt, sugar, onion and cook for 5 minutes.
3. Add cabbage and rice and put in prepared baking dish.
4. Stir bread crumbs in melted butter.
5. Sprinkle cheese and bread crumbs on top.
6. Bake at 375 degrees for 45 minutes.

Have an easy, no-fail, favorite recipe? Share it with us! Email Second Harvest's Director of Development, Ashley Fox, at afox@shfbmv.org.

**Call the Food Bank at 330.792.5522,
or visit our website at
mahoningvalleysecondharvest.org
for additional information.**

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