



Fresh Take

Partner Agency News

Mission

Second Harvest Food Bank of Middle TN feeds hungry people and works to solve hunger issues in our community.

Contact Us

331 Great Circle Road, Nashville, TN
37228
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Reminders

- USDA signed inventory & client forms are due monthly.
- Enter service numbers on eHarvest by 7th each month.
- Notify us of contact information or service hour changes immediately.

PROGRAM SPOTLIGHT: PROJECT PRESERVE

Project Preserve®, a service program of Second Harvest Food Bank of Middle Tennessee, offers purchasing, manufacturing and logistics solutions to our local partner agencies and the Feeding America Food Bank Network. Today, Project Preserve supplies nutritious, manufactured meals and bulk grocery products to Second Harvest Food Bank of Middle Tennessee, as well as to more than 180 food banks across the country. Over the past year, Project Preserve distributed

more than 50 million pounds of food and grocery products throughout our 46-county service area and to food bank partners throughout the United States. Project Preserve is committed to providing nutritious meal solutions at the lowest cost to our Partner Agencies and the Feeding America Food Bank Network. To reduce freight costs, we utilize a variety of freight companies and manage distribution centers strategically located throughout the United States. Each center contains an assortment of nonperishable food and grocery items available through an online ordering system.

TOMATO RESCUE PROJECT

Project Preserve is excited to introduce its newest product - Marina Style Spaghetti Sauce - to Partner Agencies. The recipe for the sauce is low in sodium but provides “extra flavor” and “chunk” to its consumers. Tomatoes for the sauce were donated by a local re-packer whose facility has thousands of unused tomatoes they were interested in donating weekly. Through this new partnership, the food bank is able to rescue close to 40,000 lbs of fresh tomatoes each month to manufacture into sauce. The food bank’s own on-site Cook

project
preserve
FEEDING HOPE™



Chill center is responsible for complete manufacturing of the sauce including sanitization, grinding, cooking, mixing, and packaging. Manufacturing Director, NK Kim states, “After consideration of our manufacturing capabilities and our client base, it was determined that sauce would be best product to produce.” This staple food item is attractive because its affordable, shelf stable, and pairs well with pastas and pasta alternatives, like veggie noodles. This past fall, the new sauce was presented at each Regional Meeting giving agencies the opportunity to sample it before it hit shelves. The sauce can be located under the Co-Op Condiment category of eHarvest. Each case contains 20 pouches for \$5.25/case.

Team

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NEWS

Holiday Closures

Second Harvest Food Bank will be closed in observance of President's Day on Monday, February 20th. The following routes and eHarvest cut-off dates will be affected:

President's Day Overview:

- Rural Route to Gallatin has been moved to Tuesday, 2/21/17.
- Orders delivering on Tues 2/21 will have an eHarvest cut-off of Wed 2/15 at midnight.
- Orders delivering on Wed 2/22 will have an eHarvest cut-off of Thurs 2/16 at midnight.

Save the Date

On Monday, April 17, 2017, Second Harvest Food Bank will host its Annual Partner Agency Conference. New this year, the conference will feature breakout training sessions, a resource fair, and agencies will be honored for their work in the community. Invitations will be sent out soon.



REMINDERS

• **Annual File Updates** >> To keep files current and ensure agencies continue to be financially viable and board-directed, each agency is required to submit an UPDATED financial statement and list of current board members at annual site monitors. This information is kept confidential. This request is not for new documentation, simply updated versions of items you've already submitted.

• **Agency Changes** >> If you've had a change in your Partner Agency's personnel, service hours, program or location, you should complete and also submit an Update Form.

• **Invoice Payment** >> Please include your Partner Agency AND invoice numbers on payments. Only checks from your Partner Agency are accepted; no cash or personal/third party checks.



RESOURCES

- **Meals on Wheels** >> Find the meals on wheels program closest to your community at Meals on Wheels America.
- **Council on Aging** >> Do you work with seniors? Do you need help finding services for them? If so, visit the Council on Aging to utilize their search engine for more information.
- **2-1-1** >> One of the easiest ways for your clients to find help is to dial 2-1-1, Tennessee's community service hotline. When clients call, they'll talk with a real person who is trained to help sort out needs and provide phone numbers and addresses of the closest places to obtain help. 2-1-1 has a database of more than 10,000 health and human services programs, which are cross-referenced for all sorts of keywords. All calls are free and confidential. For more information visit, <http://tn211.mycommunitypt.com/>.
- **Online Food Handlers Certificate** >> If you prepare and/or serve snacks and meals, a food handlers course is required of you for your agency's file. For information on classes, contact your local Health Department or visit the TN Food Safety for Handlers website for an online course. For a small fee, you can take an online course and obtain your certificate, which will be valid for up to 3 years.
- **Basic Food Handlers Class** >> To sign up for a free Basic Food Handlers course offered by Nashville's Public Health Department call 615-340-5620 or visit Food Protection Services.
- **Agency Zone** >> For Partner Agency resources, visit secondharvestmidtn.org, scroll to the bottom of the homepage and look for "Agency Zone" text link under the Resources heading.

AGENCY SPOTLIGHT: ELEVATE MADISON MINISTRIES

Elevate Madison, a homeless care and life skills ministry, has been providing warm meals, computer training, job-skills, and financial counseling to the homeless, uneducated, and under-employed since 2009. Each week, Elevate feeds 150 people and opens the doors to its Computer Learning Center. Beth Vaughan shares, "Through these classes, we seek to demonstrate the love of Christ as we build genuine relationships in an effort to provide participants the skills and abilities to improve their

current situation." The ministry is completely funded through donations and is always in need of more volunteers. There are



opportunities in meal service and prep, fellowship, clothing sorts, set-up and clean-up, teaching and training positions.

Elevate Madison has been partnered with Second Harvest Food Bank over 3 years. Beth continues, "We are so blessed to have access to so much quality food at such incredible prices." The ministry also partners with Long Hollow Baptist Church and has graciously been given space at 719 Gallatin Pike South in Madison where they serve the local community. Elevate Madison will always be known as a warm place for people in the community to gather.

OVERRIPE FRUITS & VEGETABLES

We have all been guilty of letting vegetables get soft in the back of our fridge or letting bananas turn brown on our kitchen counter. These soft, mushy, bruised, or wilted fruits and vegetables may be past their prime, but they are still edible and a great source of nutrition. Finding ways to use this produce is a great way to save money, boost nutrition, and reduce food waste.

Here are 8 ideas of how to use overripe, wilted, or bruised fruits and vegetables:

- 1. Pickle Soft Vegetables:** Cucumbers, peppers, green beans, asparagus, cauliflower, and radishes can all be pickled. See recipe below.
- 2. Turn Overripe Fruit into Breads:** Bananas, peaches, strawberries, and even zucchini can be used in dessert breads or muffins.
- 3. Enjoy a Smoothie:** Cut up and freeze overripe or ugly fruits and use later in a smoothie. Frozen overripe bananas make a delicious and creamy smoothie base.
- 4. Make a Pasta Sauce:** Mushy tomatoes and wilted herbs can be used to make an easy red sauce.
- 5. Dehydrate Fruits and Vegetables:** Apples, pears, grapes, peaches, pineapples, bananas, tomatoes, carrots, onions, broccoli, beets, and peas are all commonly dehydrated.
- 6. Make Jam, Jelly, or Compote:** Very ripe strawberries, blackberries, and peaches can all be turned into delicious jams.
- 7. Throw Vegetables into a Soup or a Homemade Stock:** Carrots, squash, onions, peppers, broccoli, green beans, mushrooms, celery, and even wilted greens and herbs can all be used in soups. Freeze any vegetable scraps and include in future vegetable soups or stocks.
- 8. Use Fruit in a Crisp, Cobbler, or Crumble:** Simply cut up the fruit and toss with lemon juice, sugar, and cornstarch. Place in a dish and add the crisp, cobbler or crumble topping, usually a mixture of flour, sugar, cinnamon, salt and butter.

Pickled Vegetables

Makes 3 small jars

From: Greater Pittsburgh Community Food Bank

Vegetables of choice
3 cups water
6 tablespoons vinegar
1-2 tablespoons salt
1-2 teaspoons additional spices (dill, garlic, mustard seed, cloves, or peppercorn)

1. Cut vegetables into sticks or slices and add to 3 glass jars. Pack as many as possible into each jar.
2. Mix water, vinegar, salt and spices together.
3. Add mixture to each jar and refrigerate. Marinate overnight. Will last for 1-2 months in the refrigerator.