

Side bar:

MISSION

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

TEAM

Jan Miller

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NE Davidson, Clay, DeKalb, Jackson, Macon, Overton, Pickett, Putnam, Smith, Sumner, Trousdale, White, Wilson

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Jasmine Booker

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Kristin Chaney

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CONTACT US

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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.

Content:

NUTRITION NEWS!

“Nudging” Your Clients to Pick Healthier Foods

Our goal is to make the healthiest choice the easiest choice for clients. Research has shown that small changes to the food distribution environment can greatly influence clients’ choices. These environmental cues or “nudges” include simple changes such as product placement, signage, appearance, and packaging. At Second Harvest, we hope to apply these nudges to our food distributions to help our clients pick healthier foods. If we can help clients pick more fruits, vegetables, whole grains, lean proteins, and low fat dairy, we can influence their overall health and decrease their chances for chronic diseases.

Easy Nudges

1. **Place healthy foods at the front**—People are likely to take more when their cart is empty versus when it starts to fill up.
2. **Cooking Demonstrations or Food Samples**—These are especially helpful with more “strange” foods such as spaghetti squash or bok choy.
3. **Recipes**—Visit the [Agency Zone](#) on our website for great sources.
4. **Signage**—Make signs to tell people what it is. Also display pictures of healthy foods in waiting areas to prime clients to pick those foods.
5. **Abundance**—People are more likely to take food if there appears to be an abundance of it. Make sure crates are full and that produce appears attractive.

For more information watch this video: [Nutrition and Health Strategies "Nudges"](#)

NUTRITION NEWS - RECIPE!

Cucumber Salad with Tomatoes

Adapted from Arizona Nutrition Network: Spring and Summer Cookbook

Serves: 4, 1 cup servings

Ingredients:

2 cups cucumbers (diced)
1 cup tomato (seeded and diced)
¼ cup onion (chopped)
2 cups brown rice, cooked
2 teaspoons dill weed
½ cup Italian salad dressing, light

Instructions:

1. Toss together all ingredients in a large bowl.
2. Chill for 1 hour and serve.

PROGAM SERVICES NEW HIRES

A big welcome to Katie Renner – Second Harvest’s newest Agency Relations Manager! Katie is taking over our Northwest Territory, replacing Sara Hamill. She grew up in Guilford, Connecticut and has a Bachelors from Saint Anselm College in Manchester, NH and a Masters of Education from Vanderbilt. Before coming to Second Harvest, Katie worked as a tutor and as an afterschool teacher at Fannie Battle Day Home. In her free time, Katie enjoys cooking, baking, reading and spending time with her dog. We are excited to have Katie onboard as a member of our Agency Relations Team!

Jasmine Booker has also joined our team as Benefits Outreach Coordinator. Jasmine is a native of Nashville and received her Bachelor of Science in Psychology from Lipscomb University and is currently working on a Masters in Social Work at UT Knoxville! She most recently worked at Kroger as a Pharmacy Technician and is currently interning with the Family Resource Center at Cole Elementary School. Her role at the food bank is to provide SNAP outreach at food pantries and mobile distributions. Her outreach will allow clients to check their qualification for SNAP, fill out food stamp applications and learn how to stretch their food stamp funds. Jasmine is passionate about hunger, homelessness, education and kids. “I believe all people deserve to have their basic needs met and a fair chance to have a comfortable and happy life,” says Jasmine. “I am excited to be a part of the Second Harvest team and being in a position to learn new information about hunger relief.”

Lastly, we are pleased to introduce Kristen Chaney to you. Kristen is the new Program Services Coordinator. She is a native of Corpus Christi, Texas and attended Texas A&M where she earned a Bachelors in Nutrition. Her most recent job was as manager at JJ’s Wine Bar. In Kristen’s new role, she will help to manage the Summer Food Service Program, At Risk Afterschool and the USDA Program. On her time off, Kristen can be found in the outdoors – hiking, camping, biking and exploring!

MEAL COMPLETER

Protein is an important supplement and food staple for every diet. For many who seek food assistance, visiting food pantries and soup kitchens that stock this staple food item is a must.

So, what should you do when you wish to provide meat to your clients, but you don’t have the proper equipment to freeze and store it? Second Harvest has the solution, which is located in the Co-Op Meats section of your eHarvest shopping list. Made available to you are four different, canned meats that include tuna, chunked chicken, ham and our newest product — Meal Completer. Meal Completer is a beef, water, and textured vegetable protein product similar to ground beef. Pair a can or two of meal completer with boxed skillet dinners, a pot of chili, spaghetti or breakfast casserole, and your families will have a complete meal instantly.

Meal Completer comes in an original flavor that blends well with additional spices and seasonings. When in the mood for a spicy dish, add a tablespoon of cumin and cayenne pepper, or if you’re into making an Italian meat sauce, mix in some oregano, chili powder and parsley. To help your clients even more, recipes and meal suggestions are printed on the outside label of the can. And don’t be hesitant to serve up some samples to your clients. They will then have a better understanding of how to use Meal Completer and it’s a great treat to offer, too!

Meal Completer is a great solution to your meat needs. Each can is packed with 15 grams of protein and with each case containing 24 cans that averages to just \$1.03 each. For certain, the next time you can’t find Beef on the shopping list, your freezer is full, or you have equipment shortages, check out your Co-Op meats category on eHarvest! For more information on Meal Completer or for a sample can, contact your Second Harvest Agency Relations Manager.



WHAT TO DO WITH RECALL NOTICES

So what is a food recall? It's a voluntary action by a manufacturer or distributor to protect the public from products that may cause health problems or possible death. A recall is intended to remove food products from commerce when there is reason to believe the products may be adulterated or misbranded.

When Second Harvest receives notices from manufactures or from Feeding America regarding recalls, we quickly follow a strict procedure to ensure the safety of our agencies' clients. Some of those steps include:

- 1) Determining whether the recalled product was distributed within the Second Harvest service territory and determining if we could have potentially received recalled product into our physical inventory.
- 2) Removing potential hazards from distributable inventory on eHarvest, Open Shopping and all Perishable outlets.
- 3) Soliciting Volunteer Services to re-sort and remove any recalled products they come across.
- 4) Notifying Partner Agencies of the recall.

As each notification is received, each Partner Agency is sent an email with details from Sora Fowler, Program Services Administrative Coordinator. Most emails will give tips on how to identify the recalled product by use of manufacturing codes, branding, labeling, etc. It is extremely important that agencies take an active role in reading each recall and in checking their kitchens and food storage spaces for any mentioned product. In select cases, agencies might even be contacted directly by the Agency Relations team with more specific instructions.

If you identify a recalled product, discard it immediately! Recalls may occur for many reasons: unreadable labels, food borne illnesses, physical obstructions and improper labeling of allergens and ingredients - to name a few.

Furthermore, since products must be removed from inventory while a re-sort takes place, it is possible that some agencies will not receive products if the recall is active during their ship dates. Recalled products are easily identifiable on your packing list and will show not only the number of cases you ordered but also that "0" cases shipped. Agencies will not be invoiced for items not received because of the recall.

Inventory Control Manager, Lisa Carlson shares, "The most common types of recalls are related to allergens and the information included in the labeling of allergen products." The Big 8 Allergen categories are:

- Peanuts
- Tree Nuts
- Milk
- Eggs
- Wheat
- Soy
- Fish
- Shellfish

"Food Safety is incredibly important to Second Harvest Food Bank as it limits the potential for illness reaching those who we serve. Families and individuals with health issues, mal-nutrition and weakened immune systems are more prone to food-borne illnesses. Our Recall Process is just one of the many ways we strive to ensure a level of confidence that the products our Partner Agencies and their patrons receive are safe for their loved ones," says Carlson.

If you have further questions about recalled items, please contact your Agency Relations Manager for more information.

RESOURCES

- **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.
- **Medical Nutrition Product Assistance** >> Abbott's *Medical Nutrition Product Patient Assistance Program* is designed to improve clients lives by supplementing medically essential nutritional and metabolic products to financially disadvantaged individuals whose existing resources limit access. Applications are reviewed on a case-by-case basis and financial eligibility is based on current federal poverty guidelines adjusted for household size. If you have clients that need medical nutrition products such as Ensure, PediaSure, Jevity, etc. you can refer them to the Abbott [website](#) for more information.
- **"What's Cooking? USDA Mixing Bowl"** >> This [website](#) features cookbooks, a searchable recipe database, fact sheets, ways to use USDA Foods with budget-conscious options from SNAP and other resources.
- **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.
- **Healthy Food Bank Hub** >> Visit [healthyfoodbankhub.org](#) for recipes, tools, healthy-eating handouts, disease-specific information and food insecurity data.



NEWS

Annual Partner Agency Conference – “Hungry” For More; Lessons in How to Better Provide For Your Community

Spend the day with fellow food pantry and soup kitchen programs as social service agents in Middle TN share information about resources made readily available to you and your clients and gather as Second Harvest updates you on the latest in nutrition and programming. You'll go home with a better understanding of who to reach out to in your community, how to better your feeding programs, and great take-a-ways from your fellow partners. Stay tuned for more information to hit your inboxes regarding the date and time of this upcoming Annual Partner Agency Conference.



UPCOMING HOLIDAY CLOSURES

Second Harvest Food Bank will be closed on Friday, March 25th in observance of Good Friday. The following are route and eHarvest changes due to our closure:

- Fayetteville Rural Route Delivery – Rescheduled to Thursday, 3/24
- No warehouse pickups or Nashville deliveries on Friday March 25th
- Orders Scheduled for Monday, March 28th will cutoff on Tuesday, March 22nd at midnight
- Orders Scheduled for Tuesday, March 29th will cutoff on Wednesday, March 23rd at midnight
- Orders Schedule for Wednesday, March 30th will cutoff on Thursday, March 24th at midnight

REMINDERS

- **Required Agency 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 is not a request 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 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.
- **Warehouse vs. Delivery** >> When ordering through eHarvest, remember to designate "warehouse" or "delivery" before starting your order.



AGENCY SPOTLIGHT:

The Care Center

The Care Center has been serving the Cookeville community since 1991. It got its start when church member Jim Phillips was moved by conference speaker Adrian Rogers' words, "If you are not doing something to feed the hungry, you are not doing God's work." Thus, with support from five churches – Stephens Street, First Baptist, Poplar Grove, Washington Avenue and The River Community – The Care Center received the financial support and love offerings of food and clothing needed to open its doors.

Open Mondays, Wednesdays, and Fridays from Noon - 2 p.m., an average of 435 families apply for food, giving The Care Center the opportunity to touch the lives of approximately 1,400 individuals a month. Sixty-five team members volunteer as counselors, office workers, clothing room assistants, and pantry food handlers. However, with so many areas of service available, more volunteers are always needed. Mary Ellen Lewis says, "The Care Center is a program that feeds the body and soul. With other resources we share with them, people leave feeling empowered."



Recently, the center was blessed with a walk-in cooler and can now gladly accept food donations requiring refrigeration. Up next, The Care Center team is waiting on the Lord to direct them on how to start a Back-to-School Program.

Director Connie Billbe, says, "We are blessed everyday that we open our doors! I can't comprehend just why God choose me to be the one to lead this wonderful ministry of His. I never would've guessed that I would ever be so blessed to serve my God in this way."

The Care Center has been a partner of Second Harvest for over twenty years.