

## 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

*Agency Relations Manager*

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#### Caroline Pullen

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## REMINDERS

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

## Content:

### NUTRITION NEWS!

#### Reducing Sodium for a Healthy Diet

The average American consumes 3,500 mg of sodium a day, but the recommended amount is less than 2,300 mg a day. Many believe that eliminating the salt shaker fixes the problem, but the truth is that 77% of the sodium in our diet comes from processed, packaged and restaurant foods.



#### Why Limit Sodium?

Sodium can increase blood pressure because it holds excess fluids in the body. Over time, high blood pressure can damage the walls of the arteries. This can lead to heart attacks, strokes, and kidney damage.

#### Ways to Reduce Sodium

- Cook with fresh foods versus prepared foods
- Cook with less salt and try herbs and spices instead
- Read the Nutrition Facts panel to compare foods for lower sodium options
- Rinse and drain canned foods to reduce sodium by 40%
- Limit condiments and toppings that can be high in sodium, such as ketchup, barbecue sauce, soy sauce, pickles, and olives
- Pick fresh or frozen vegetables over canned

#### Surprising Sources of Sodium

- Fast food is loaded with sodium. Even the healthy options and the foods that do not taste salty are shockingly high in sodium. For example, the McDonald's Grilled Southwestern Salad has 920 mg of sodium, and the small Chocolate Shake has more sodium than the small French Fries.
- Frozen meals can have up to 1,000 mg per serving.
- Pizza averages 600 mg of sodium per slice.
- Different types of cheese have a wide range of sodium content. American cheese has three times more sodium than mozzarella or Swiss cheese.
- Boxed rice and pasta mixes are loaded with sodium, but plain rice and pasta have almost none.
- The sodium content of bread, cereal, and crackers varies from brand to brand, so always compare the nutrition facts label.

For more information visit: <http://www.choosemyplate.gov/ten-tips-salt-and-sodium>

## NUTRITION NEWS - RECIPE!

Southwestern Black-eyed Pea and Corn Salad

**Serves: 10**

### Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15 oz) cans black-eyed peas
- 1 (15 oz) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon pepper

### Directions

- 1) Dice bell pepper, removing core and seeds. Peel and dice onion.
- 2) Drain and rinse black-eyed peas and corn.
- 3) In a bowl, add pepper, onion, peas, corn, and remaining ingredients. Mix well.

Adapted from Cooking Matters at the Store

## NEW REGISTERED DIETICIAN ON STAFF

A big welcome to Caroline Pullen – Second Harvest’s new Registered Dietitian! Caroline received her Bachelor of Science in Food and Nutrition and a Master of Science in Human Nutrition from The University of Alabama. She is a graduate of Vanderbilt University Medical Center’s Dietetic Internship Program. During her internship, she was able to work with Second Harvest and developed a passion for using nutrition education to help solve hunger issues in our community. She most recently worked as the program dietitian at Vanderbilt’s Center for Medical Weight Loss. She is excited to be joining the Second Harvest team.

## FALL REGIONAL MEETINGS RECAP

This fall, agencies gathered in Dickson, Murfreesboro, Camden, and Nashville, TN for Second Harvest’s 2015 regional meetings. Held annually, regional meetings allow agencies to have roundtable discussions on topics related to their feeding programs and to receive updates from Second Harvest staff members on the latest happenings of the food bank. The meetings also provide a great opportunity for agencies to congregate and network with each other.

This year’s agenda included the introduction of our Grocery Tour program from Nutrition Manager Caroline Pullen, vital updates on the food bank’s involvement in SNAP outreach, suggested improvements on *eHarvest*, and more. Most meetings closed with a “Best Practices” activity to brainstorm how to “best” operate specific feeding programs, how to recruit and retain volunteers, how to fundraise, and how to create a succession plan. For a complete summary of the Best Practices results, see below:

**Food Pantry Best Practices:** Designate a volunteer captain to lead your team of helpers, provide consistent products in your pantry and/or food boxes, create written guidelines on the services your pantry provides, assign a pantry organizer who keeps the oldest foods first in line-for picking, and lastly keep a listing of other nearby feeding programs (both inside and outside of your county) for referrals.

**Mobile Pantry Best Practices:** Have a consistent team of managers for each food station, provide entertainment like DJ’s, music, dancing, and fun giveaways. Recruit plenty of volunteers, have a good amount of shopping carts on hand, and consider different distribution methods such as drive thru vs. market style.

**Best Practices for Recruiting and Retaining Volunteers:** Just make the ask, share your story about your desire to serve with others, talk to church groups, utilize social media platforms like Facebook, constantly communicate your need for help, keep your volunteers in the loop by emailing them reminders and inviting them to serve monthly, make sure current volunteers are

having fun because they will then recruit others, reach out to grade schools and colleges, create a work crew, consider neighbors as a resource, use your personal contacts, and use youth connections.

**Best Fundraisers:** Some of the top recommendations were the 12 Days of Christmas school food drive (i.e. Monday bring canned meat, Tuesday ask for rice, etc.) where each day students bring the food item for the day. After the end of 12 days, there are enough items on hand to assemble food boxes. Students love it and find it to be a competitive and fun way to help others! Another recommendation was to have a church or organization yard sale where all proceeds are invested back into your feeding program. Think about having a little NFL fun by hosting a “Souper” bowl in February. Ask your watch party guests, church, or community to donate cans of soup leading up to the Super Bowl. Or, hold a fish fry or plan a golf tournament.

**Best Practices on Finding Someone to Fill Your Shoes:** Create a book containing a detailed list of all food pantry duties and include any forms used and step-by-step directions. Train a replacement or assistant on how to perform your duties. Larger organizations need a formal succession plan in place.

The opportunity for networking, learning about new offerings and best practice sharing was well received by the agency representatives in attendance.

## INCLEMENT WEATHER POLICY

During inclement weather, Second Harvest will do its best to reach out to Partner Agencies scheduled for a pick-up/delivery to relay information on the status of our transportation department. If you have a question about whether or not Second Harvest may be open for pick-up/deliveries, please contact your Agency Relations Manager or call 615-329-3491 and ask for the Transportation Department.

## PRE-PACKED HOLIDAY FOOD BOXES

Pre-Packed Holiday Food Boxes are now available on eHarvest for a limited time. Located under the category “Unknown”, each box is \$12.80 and contains the following 14 items:

- (1) Canned Ham 16oz
- (1) Cranberry Sauce 14oz
- (1) Stuffing Mix 6oz
- (2) 7.25oz Macaroni & Cheese
- (2) 15oz Canned Yams
- (3) 15oz Green Beans
- (3) 15oz Canned Corn
- (1) 13.3oz Instant Mashed Potatoes



These are perfect for easy distribution at your upcoming holiday giveaways!

## RESOURCES

- **Online Food Handlers Certificate** >> If you prepare and/or serve snacks and meals a food handlers course is required of you. For information on classes, contact your local Health Department for information on upcoming classes 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 client’s 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.

- **“Nudges”** >> Simple changes in your food distribution can “nudge” clients to select healthier options. Nudges include recipe cards, cooking demo, tasting session and food product placement where clients can see. This [video](#) highlights nudges that can make an impact on food choices and health.
- **“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

- **Holiday Closures** >> Second Harvest will be closed Thursday, 11/26 & Friday, 11/27 for Thanksgiving and Thursday, 12/24 & Friday, 12/25 for Christmas and Friday, 1/1 for New Year’s.
- **Rescheduled November Routes** >> Thursday 11/26 Rural Route to Dickson/Waverly will move to Monday 11/30. Thursday 11/26 Perishable Routes to Murfreesboro/Woodbury and Gallatin/Cookeville will be cancelled. Friday 11/27 Rural Route to Fayetteville will move to Thursday 11/19.
- **Rescheduled December Routes** >> Thursday 12/24 Perishable Routes to Murfreesboro/Woodbury and Gallatin/Cookeville will be cancelled. Thursday 12/24 Rural Route to Dickson/Waverly will move to Monday 12/28. Friday 12/25 Rural Route to Fayetteville will move to Tuesday 12/17. Monday 12/28 Perishable Route to Springfield/Clarksville/Dover will move to Tuesday 12/29. Friday 1/1 Rural Route to Cookeville will move to Thursday 12/31.
- **Rescheduled eHarvest Cut-off Dates** >>
  - Orders delivering Mon 11/30 have cut-off of Mon 11/23 midnight.
  - Orders delivering Tues 12/1 have cut-off of Tues 11/24 midnight.
  - Orders delivering Wed 12/2 have cut-off of Wed 11/25 midnight.
  - Orders delivering Thurs 12/3 have cut-off of Mon 11/30 midnight.
  - Orders delivering Mon 12/28 have cut-off of Mon 12/21 midnight.
  - Orders delivering Tues 12/29 have cut-off of Tues 12/22 midnight.
  - Orders delivering Wed 12/30 have cut-off of Wed 12/23 midnight.
  - Orders delivering Thurs 12/31 have cut-off of Mon 12/28 midnight.
  - Orders delivering Mon 1/4 have cut-off of Tues 12/29 midnight.
  - Orders delivering Tues 1/5 have cut-off of Wed 12/30 midnight.
  - Orders delivering Wed 1/6 have cut-off of Thurs 12/31 midnight.
  - Orders delivering Thurs 1/7 have cut-off of Mon 1/4 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:

### Joelton Church of Christ

The Joelton Church of Christ Benevolence Program was set into motion by a couple in 1978 who watched a similar program operate at Jackson Park Church of Christ. Once calls requesting need arose, the church began delivering food and clothing to those in need. With a desire “to serve those who need a helping hand,” the church decided to grow its programming by implementing multiple ministries to address the needs of hungry seniors, children, and families in the community. A few of these ministries include a volunteer-based program, *Caring Kitchen*, the Meals on Wheels program, which has operated for over 5 years, providing hot meals and tasty desserts to the sick or shut-in for 3 days a week. Volunteers help to fund, cook, and deliver *Caring Kitchen* meals.

F.U.E.L. standing for, *Full of Emmaus Love*, is a feeding program for many Joelton Elementary students who depend on eating nutritious school meals throughout the day. By providing nutritious meals to students at their homes, F.U.E.L fulfills their voids by supplying each child a small bag of non-perishable foods on Fridays to take home over the weekend. During both holiday and summer breaks F.U.E.L also provides food boxes for the entire household. Guidance counselors at the school are the guiding force behind the program. They help Joelton Church of Christ partner with Harpeth Hills Church of Christ, who supports the program financially. Next is, *Kids For Christ*, a lunch program that serves approximately 15-20 children while they enjoy an organized program of fun, Bible lessons, and field trips. Lastly, the *Benevolent Pantry* is available for families seeking emergency food assistance and is supported by multiple agencies.



The outreach does not stop there. Additional programs like *Christmas Blitz*, *Funeral Home Basket*, *Van Children Sunday*, *Clothing Room*, *Angel Tree*, and tutoring are also offered to the community. Lead coordinator, Linda Creek revealed, “It takes a village to continue all of our programs, so we involve the community as well and have a great relationship with Harpeth Hills Church of Christ, Goodlettsville Help Center, and Joelton Hope Center.” In addition to supporting their own programs, volunteers also unite once monthly at Second Harvest to sort meat in the freezer. “We would not be able to keep our programs going without Second Harvest Food Bank. They make it all possible, and we are so grateful to them for their hard work. By sorting meat, members have an opportunity to ‘give back’ to an organization that makes our programs possible,” says Linda.

This year, Joelton Church of Christ is focused on improving programs even more. The Benevolence Pantry has recently relocated to a larger room at the church with more shelving, refrigeration, and freezer space. To top it off, F.U.E.L bags will be getting an upgrade with higher quality, more nutritious foods. “We hope to continue to maintain our programs and do an even better job of serving those who need a hand up and hope,” says Linda. “We want individuals whom we help to know that God loves them and that these blessings come *from* God.” We tell them, “Don’t thank us, Thank God.”