



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.
- MealConnect reports are due no later than every two weeks.
- Notify us of contact information or service hour changes immediately.

WRAP-AROUND SERVICES ADDRESS THE UNDERLYING CAUSES OF HUNGER

While food pantries, soup kitchens, and food assistance programs have grown over the years, the problem of hunger is still ever present. Private programs help eliminate food waste, provide emergency assistance, and bring people together for a cause, but many aren't able to address the big picture. Most families in poverty who utilize food assistance programs are lacking crucial resources that could boost them overall. This is the reason we are seeing modern day food programs moving towards offering a catalog of wrap-around services to fulfill these gaps. These offerings include nutrition education, computer access, career mentorship, case management, community gardens, invitations to visit outside corporations such as banks and healthcare companies, mobile clinics, clothing and free budgeting, laundry services, cooking and English classes. Changing the way we

address hunger can be difficult for programs that have been operating in the same manner for years, but it is possible to slowly introduce and grow these programs if our ultimate mission is to help eliminate hunger issues within our community. For more ideas on food programs that are effectively filling these gaps, contact your Agency Relations Manager.

CONGRATS TO PALLET AWARD RECIPIENTS!

During our Annual Agency Meeting held in July, we honored agencies for their work in helping to eliminate hunger. Here are our 2018 Pallet Awards recipients.

Kevin Baker - Hunger Hero. Second Harvest salutes this year's hunger hero for giving meaning to our mission. This individual works day-in and day-out to close the hunger gap in their community and is viewed as an invaluable asset to their program. They lead the pack in helping others, and their passion shines bright as they work in their purpose. Hunger heroes are gifted, humble, and determined. Each one of our Partner Agencies is equipped with a hunger hero.

The Branch - Hallmark to Health Star. Hunger and health are deeply connected. Our Hallmark to Health Star award goes to the agency that is sensitive to the dietary needs of those they serve. By making foods to encourage a priority, they promote healthy and safe foods for those most in need.

Samaritan Ministries - Meals Matter Award. This outstanding soup kitchen fulfills the meal component that many without food, funds and homes need. This program caters to its community with healthy, delicious meals, and a topnotch dining experience.



Team

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Catholic Charities - Ultimate Service Provider. This recognition is given to an agency that goes beyond providing basic food needs. Through their programs, they seek to minister to the total person, addressing the issues that often accompany hunger. This is an agency that fills gaps by offering a range of programs and services.

Manna Café / Outstanding Grocery Rescue Partner. The Outstanding Grocery Rescue Partner recognition is awarded to the agency that excels at meeting agreement guidelines, maintains strong relationships with store management, submits timely and complete reports, and thoroughly distributes donations through their pantry program.

AGENCYLINK TIPS

Now that AgencyLink has launched, here are a few pointers on getting adjusted to the new website.

- Monthly Service Number Reports are no longer required; however, please do maintain a record in case quarterly reports are implemented.
- “Place Order” before the cut-off to ensure your order is fulfilled. Any orders not placed by the cut-off date will not be fulfilled and all items will be released back into inventory.
- The default password created for each account is Food@1978. This can remain your password or you can go onto “Account” to customize it and other user information.
- If you are scheduled to make a Nashville warehouse pickup, your 30 minutes of Open Shopping time is automatically included. Only create an Open Shopping appointment if you don’t have an order pickup scheduled but would like to Open Shop.
- Be patient with your Agency Relations team. This website is new to us as well and we are learning more and more every day.
- To visit the new website, go to www.agencylinktn.org



REMINDERS

- **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.



RESOURCES

- **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 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 agencylinktn.org, scroll to the bottom of the homepage and look for "Agency Zone".
- **UT Extension >>** UT Extension helps Tennesseans improve their quality of life and solve problems through agriculture knowledge, family and consumer sciences, and community development. They can be a wonderful resource for your Partner Agency and your clients. Visit [UT Extension](#) to learn more from your county office!

AGENCY SPOTLIGHT: END SLAVERY TENNESSEE

End Slavery Tennessee (ESTN) is a non-profit whose mission is to promote the healing of human trafficking survivors and strategically confront slavery in our state. Undone by the extent of human trafficking in Tennessee, Derri Smith launched the organization in 2008 to answer for herself and for others the burning question, "What can I do?" Asking one small question has led to an army of engaged volunteers and staff who educate thousands of professionals and community members annually, provide comprehensive, trauma-informed, specialized aftercare for human trafficking survivors, and work towards creating systemic change that prevents this industry from flourishing in our region. Now, End Slavery Tennessee is rallying communities in Middle Tennessee to help end human trafficking and provide aid to survivors, becoming the single point of contact to provide long term, holistic aftercare for survivors in our region. In fact, their model of care continues to inform work throughout the nation to improve the community response and quality of care for human trafficking survivors.

This model of care has proven successful. In 2017, End Slavery provided their services to over 200 human trafficking survivors and their families, who were referred by law enforcement (Federal, State and local), the DA's office, other attorneys, the human trafficking and juvenile court, family members, victim advocates, DCS, social service agencies, and even other survivors. Once referred, End Slavery either provides help directly or works with community partners to provide a wide range of services that include food, shelter, clothing, hygiene products, counseling, legal aid, medical assistance, mental healthcare, transportation, support groups, GED and college prep, job skills development and much more. Most importantly, they provide the relational support system survivors need to build confidence and cultivate healing.



To learn more, visit their website: <https://www.endslaverytn.org/>

HOLIDAY BOXES ARE HERE!

Each fall, Second Harvest features holiday food boxes in our online inventory. Each box is pre-packed with non-perishable food items making them easy for agencies to store. Each box contains great items to distribute to families around the Thanksgiving & Holiday season.

15 ITEM PREPACKED HOLIDAY BOXES
AVAILABLE NOW
ON AGENCYLINKTN.ORG

CONTENTS INCLUDE:
(2) CANNED 1 LB. HAMS -**NEW**
(1) MASHED POTATO
(1) CRANBERRY SAUCE
(1) STUFFING MIX
(2) MAC & CHEESE
(2) CANNED YAMS
(2) CARROTS
(2) CORN
(2) GREEN BEANS

\$15.55/CASE



After listening to your feedback, we are excited to share that new this year, each box will have two hams instead of one. This 15-item box will provide an even better well-rounded meal than before. These pre-packed boxes are one of our most popular items and sell out quickly. They will be available for a limited time only, but we will continue to update inventory every couple of weeks through the end of the year.

TENNESSEE SENIOR LAW ALLIANCE

If any of your clients is 60+ years of age and needs legal advice, consider referring them to Tennessee Senior Law Alliance (TSLA). As part of the Legal Aid Society, TSLA works in several Tennessee counties, offering assistance to seniors dealing with legal issues at no charge to those that qualify. Issues can include, but are not limited to, bill collectors, development of wills, help making healthcare decisions, and fraud. Clients can call 1-800-238-1443 or visit www.las.org.



NUTRITION: ADDED SUGARS

Sugars naturally occur in healthy foods such as fruit and dairy. However, many foods have added sugars. These added sugars have been linked to weight gain, obesity, heart disease, and cavities. Dietary guidelines suggest that less than 10% of our calories come from added sugar, but in reality, they make up 17% of the average American's diet. Sodas, sweets, and baked goods contain a large amount of added sugars. They can also be high in seemingly healthy foods such as yogurts, low-fat foods, cereals and cereal bars, and canned fruits.

By 2020, food manufactures will have to list how much added sugar is in their foods. Until then, we must read the ingredient list to find out if foods contain added sugars. Unfortunately, there are over 50 different names for sugar on food ingredient lists. Some of the most common names are sugar, high fructose corn syrup, cane sugar, corn syrup, honey, and sucrose. To decrease your added sugar intake, try limiting processed foods and using naturally sweet foods like fruit to satisfy your sweet cravings.

TWO INGREDIENT PANCAKES

- Ingredients:
- 1 ripe banana
 - 2 large eggs
 - Optional:
 - 1/8 teaspoon baking powder
 - 1/8 teaspoon salt

Instructions:

1. Peel and mash the banana to a pudding-like consistency.
2. Add optional ingredients stir in eggs.
3. Heat pan over medium high heat. Spray with cooking spray. Pour about 2 tablespoons batter on hot pan. Once pancake begins to brown, flip until other side is golden. Repeat with remaining batter.

