



# 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  
615.329.3491

### 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.

## JAYNEE DAY, SECOND HARVEST CEO, TO RETIRE

After 30 years of serving in the CEO role at Second Harvest, Jaynee Day announced plans for her retirement at the end of June, 2019. Her 30-year service to Second Harvest, her commitment to helping others, and her leadership, friendship, and dedication are unmatched. Jaynee has built the foundation from which we continue to grow.



This is an exciting time at Second Harvest. With our expanded and improved facilities in Nashville and our new locations in Smyrna and Camden, we are reaching more and more people facing food insecurity. Your organization has been critical to that success.

Our goal is to make this a seamless transition of leadership. A committee of current and former board members, local community leaders and others has been formed to oversee this transition and our new leader should be announced on or before June 28, 2019.

## PROGRAM SPOTLIGHT: COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

At the beginning of October, Second Harvest began managing the Commodity Supplemental Food Program (CSFP) for Davidson County, previously operated by the Metro Health Department for approximately 30 years. CSFP is a federal program that works to improve the health of eligible participants by supplementing their diets with nutritious USDA foods. Participants are required to be 60 years of age or older, a resident of Davidson County, and income levels at or below 130% of the poverty level. Once enrolled, each senior will receive a food box that can be picked up monthly at any of our partner distribution sites listed below. Second Harvest is also providing homebound deliveries to previously enrolled homebound participants.

## Team

### Jan Miller

Agency Relations Manager  
NE Davidson, Clay, DeKalb, Jackson, Macon,  
Overton, Pickett, Putnam, Smith, Sumner,  
Troupdale, White, Wilson  
Jan.miller@secondharvestmidtn.org

### Vivian Bowen

Agency Relations Manager  
Benton, Carroll, Chester, Decatur, Gibson,  
Hardin, Henderson, Henry, Houston,  
Humphreys, Perry, Stewart, Wayne,  
Weakley  
Vivian.bowen@secondharvestmidtn.org

### Katie Renner

Agency Relations Manager  
NW/SW Davidson, Cheatham, Dickson,  
Giles, Hickman, Lawrence, Lewis, Maury,  
Montgomery, Robertson  
Katie.renner@secondharvestmidtn.org

### Courtney Gray

Sr. Agency Relations Manager  
SE/SW Davidson, Bedford, Cannon, Coffee,  
Franklin, Lincoln, Marshall, Moore,  
Rutherford, Warren, Williamson  
Courtney.gray@secondharvestmidtn.org

### Cheryl Hanson

Administrative Coordinator  
Cheryl.hanson@secondharvestmidtn.org

### Tracey Alderdice

Sr. Director, Agency & Program Services  
Tracey.alderdice@secondharvestmidtn.org

### Whitney Cowles

Director, Nutrition & Program Assurance  
(USDA/Grants)  
Whitney.cowles@secondharvestmidtn.org

### Caroline Pullen

Registered Dietician  
Caroline.pullen@secondharvestmidtn.org

### Paige Hopkins

Benefits Outreach Counselor  
Paige.hopkins@secondharvestmidtn.org

### Leigh Blancato

Program Services Manager  
Leigh.blancato@secondharvestmidtn.org

### Kayla Neal

Program Services Administrative Coord.  
Kayla.neal@secondharvestmidtn.org

## CSFP Pickup Sites:

### Martha O'Bryan Center

711 South 7th Street  
Nashville, TN 37216  
615-254-1791  
Monday-Thursday 8:30-10:30am  
Friday 8:30am-12:30pm

### Catholic Charities / McGruder Family Resource Center

2013 25th Avenue North  
Nashville, TN 37208  
615-291-4513  
Monday-Thursday 8:30-11:45am

### Catholic Charities / Pastoral Center

2806 McGavock Pike  
Nashville, TN 37214  
615-352-3087  
Tuesday 8:30am-4:30pm  
Thursday 1:30-4:30pm



## 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.
- **OPEN SHOPPING >>** The last day for shopping appointments is December 21st. Construction on the new "Market" will be complete in the Summer of 2019.



## 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](http://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!

# WESTERN DISTRIBUTION CENTER NOW OPEN IN CAMDEN

The Ray Smith Family Distribution Center in Camden (Benton Co.) opened November 2018. The nearly 26,000 square foot distribution center will house food bank operations and a volunteer engagement center that will serve 40,000 food insecure people across 14 counties in our western service area. The new facility will increase overall capacity and allow us to distribute more fresh produce and shelf-stable food items to the thousands of food insecure children, families and seniors in the community. For more information on the recently revised delivery route schedule in the west, contact Vivian Bowen at [Vivian.Bowen@secondharvestmidtn.org](mailto:Vivian.Bowen@secondharvestmidtn.org). Volunteer shifts are available Tuesdays from 1:30-3:30 p.m. and Thursday- Saturday 9:30-11:30 a.m. To sign up for a shift, visit the Volunteer Opportunities page at our website.



## HOLIDAY ROUTE AND CUT-OFF CHANGES

Second Harvest will be closed December 24th-25th and December 31st - January 1st. As a result, the following changes have been made to routes and cut-off dates:

### Christmas/New Year's

- Mon 12/24
  - Rural to Columbia/Hampshire – rescheduled to 12/26
  - Perishable to Springfield/Clarksville – cancelled
  - Rural/Perishable to Humboldt/Milan/Trenton – cancelled
- Tues 12/25
  - Perishable to Shelbyville/Winchester – cancelled
  - Rural to Franklin/Fairview/Bon Aqua – moved to 12/26
  - Rural to Hohenwald – moved to 12/26
  - Rural/Perishable to Dover/Greenfield/Martin/Paris – cancelled
- Mon 12/31
  - Rural/Perishable to Humboldt/Milan/Huntingdon – cancelled
- Tues 1/1
  - Perishable to Lawrenceburg – cancelled
  - Rural to Springfield – moved to 1/2
  - Rural/Perishable to Dover/Greenfield/Martin/Paris – cancelled
- Wed 1/2
  - Perishable to Dickson/Centerville – cancelled

### Cut-off Deadline Changes

- Wed 12/26 order cut-off on Wed 12/19
- Thurs 12/27 order cut-off on Thurs 12/20
- Fri 12/28 orders will have cut-off of Tues 12/25
- Wed 1/2/19 orders will have cut-off of Wed 12/26
- Thurs 1/3/19 orders will have cut-off of Thurs 12/27
- Fri 1/4/19 orders will have cut-off of Tues 1/1/19

## AGENCY SPOTLIGHT: CATHOLIC CHARITIES MCGRUDER FAMILY RESOURCE CENTER

The McGruder Family Resource Center at Catholic Charities is a beacon of hope in the North Nashville community. McGruder is committed to increasing the well-being of children and families. It is a partnership of health and social service providers, residents, schools, businesses and faith-based organizations, all working together to build on the strengths and address the needs of the neighborhood. By co-locating services close to home, the center makes help for individuals and families more accessible. By offering a coordinated and holistic approach to providing services and support, the center eliminates duplication of efforts on the part of residents and service providers. By focusing on the strengths and assets of the people who live, work and go to school in the neighborhood, McGruder helps build community.

Catholic Charities has redesigned what service delivery looks like at McGruder for families, youth, adults and the community. They are meeting basic needs for short term stabilization, laying foundations for youth for empowered future attainment, building skills to increase work opportunities and earning power for adults and fostering positive community identity, stewardship, and relationships. Residents of North Nashville benefit from transformational workforce opportunities for youth & adults to assist in breaking the cycle of generational poverty. The McGruder FRC partners with organizations capable of delivering these services. Working together, they've mapped a strategy full of vision and hope for the future.

## NUTRITION: COOKING DRIED PEAS, BEANS, & LENTILS

Peas, beans and lentils belong to the legume family of vegetables. They are loaded with nutrients such as fiber, B vitamins, potassium and iron. They are also an excellent source of protein, which makes them a great meat substitute. However, many people are intimidated by them because they require soaking before they are cooked. Dried lentils and split peas do not have to be presoaked, but soaking will reduce their cook time. Soaking is an easy process:

- Regular soak: Put beans in large bowl and cover with 2-3 inches of water. Let sit at room temperature for 8 hours and drain well.
- Quick soak: Put beans in a large pot and cover with 2-3 inches of cool water. Bring to a boil for 2-3 minutes. Cover pot, remove from heat and let sit for 1 hour. Then drain well.

Soaked beans, peas or lentils still need to be cooked or can be frozen for future use. Enjoy cooked peas, beans and lentils as a side, soup, salad, or a meat substitute in tacos, pastas, or burgers.

