Dear Friend,

I’m so thankful partners like you make it possible for Second Harvest Food Bank of Middle Tennessee to look ahead with confidence, believing we’ll help even more children, families, and seniors this year than ever before.

I want to share my gratitude for your generosity this past holiday season and officially report that because of you, we met our $850,000 matching gift challenge! In total, you helped raise enough money to provide more than 6.8 million meals for your neighbors facing hunger!

That’s especially wonderful news for seniors who have a hard time during cold weather months. Many older adults on fixed incomes struggle to afford the increased costs of heating their homes while also paying other bills and buying food.

But your involvement makes a real difference every single day for senior neighbors like Sherry (page 8), who rely on the nutritious food they receive through your donations. I hope you’ll enjoy reading about the lives you’ve changed through your generous gifts.

Of course, we still have a lot of work ahead of us as we continue to fight hunger. We’re still short 34 million meals a year in Middle and West Tennessee. This is unacceptable. With your support we’ve made great progress, but Second Harvest hasn’t been able to fully close that meal gap because we’re already operating at full capacity.

We realized we needed a plan to re-organize and expand so we can accept more grocery store rescues, deliver more food to community partners, and serve all 46 counties more efficiently. In 2015 we launched a capital campaign, Setting the Table for the Future, to fund that plan, and we’re almost there!

The changes we’re making to our Nashville headquarters, the opening of branches in Benton and Rutherford Counties…all of these things are necessary to close that meal gap. With your help this spring, we can raise the last dollars we need to implement this plan – a plan that will ensure access to enough nutritious food for people struggling with hunger.

Please visit our website to learn more and help us launch this new era. We really can’t do this important work without you!

With my sincere thanks,

Jaynee K. Day
President & CEO

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You Ease Seniors’ Worries

At age 75, Frank walks with a cane, and his back constantly hurts him. If it weren’t for the generosity of people like you, he says he’d have to find a way to work again — despite his age and ailments.

“It really helps me out,” he says of the warm meals and nutritious groceries he receives from the Milan Mustard Seed, a Second Harvest Partner Agency.

“I greatly appreciate it,” he says of your support.

Thank you for choosing to give to Second Harvest so neighbors like Frank never have to worry about missing vital meals.

Your generosity is the first and most important step to providing seniors with ongoing access to nutritious food!

---

A Letter from Anita: Her Journey from Client to Monthly Donor

My husband and I have been the ones who didn’t know where their next meal would come from. That experience put a fine point on what really matters. And we knew that once we were on the other side of hunger, we would want to help others going through it.

We have donated to Second Harvest before, but we recently felt strongly that we wanted to give more consistently. We decided to cancel our Hulu account and transfer that payment to something more meaningful. It isn’t a high dollar amount, but we wanted to do better than giving only on special occasions — like Christmas or Thanksgiving.

Thank you for what your organization does. I see struggling people on street corners and in parking lots every time I make a trip to the store. I know how important Second Harvest and charities like yours are to Nashville. — Anita

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Find past issues of our newsletter and donor acknowledgment page at secondharvestmidtn.org/news-room.

Your suggestions and comments for Table Topics are always appreciated! Please send an email to news@secondharvestmidtn.org

Feeding Hope™
You’re a Lifeline to People Facing Hunger

YOU’RE AMAZING!
THANK YOU, #GIVINGFOODDAY DONORS

You’re the best friends a nonprofit could ask for. You donated a whopping $91,358 on #GivingTuesday (aka #GivingFoodDay). Paired with the dollar-for-dollar match from a generous group of donors, that’s an incredible 730,864 meals that you provided for your hungry neighbors.

Thank you for supporting this annual day of giving! We can’t beat hunger without you.

NUTRITION MISSION
CREATING HEALTHIER OPTIONS
MARCH

March is Nutrition Month and we are partnering with LifePoint Health to promote the importance of nutrition in addressing hunger issues. Without healthy foods, the cycle of food insecurity is perpetuated. Through our partnership, LifePoint Health has helped Second Harvest provide 1.2 million pounds (that’s 30 truckloads!) of fresh fruits and vegetables to our hungry neighbors. We hope you will join us as we work together to create healthier communities.

DON’T MISS OUT!
GENEROUS HELPINGS
EAT, DRINK, GIVE BACK.
MAY 9

The perfect bites from Nashville’s finest restaurants are waiting for you at Generous Helpings, our annual fundraiser at City Winery. Past delicacies have included a cheese grit cake with andouille sausage mousse, and crab-topped polenta with shaved fennel. Pair the delicious tastings with fine wines and craft beers, and enjoy a fabulous evening that supports Middle Tennessee’s Table, our grocery rescue program. Learn more at secondharvestmidtn.org/generoushelpings.

SAVE THE DATE
STAMP OUT HUNGER
LETTER CARRIERS’ ANNUAL FOOD DRIVE
MAY 11

Do an easy peasy good deed: Simply leave a bag of nonperishable food next to your mailbox on May 11. U.S. Postal Service letter carriers will collect your donation when they deliver your mail. Last year through Stamp Out Hunger, you gave more than 218,000 pounds of food to our hungry neighbors in Middle Tennessee. Most-needed items this year include peanut butter, canned chicken and tuna, and canned fruits or vegetables. Learn more about 27th annual food drive at secondharvestmidtn.org/stamp-out-hunger.
West End Home Foundation Supports Better Health for Seniors

The West End Home Foundation’s (WEHF) mission is to enrich the lives of older adults in the Middle Tennessee community. And one way they’re tackling that mission is through their support of Second Harvest Food Bank of Middle Tennessee.

“We invest in Second Harvest because it’s doing exceptional work in addressing hunger in our community,” says WEHF Executive Director Dianne Oliver.

WEHF began supporting Second Harvest in 2004 with a grant to help fight senior hunger with emergency food boxes. Since then, they’ve provided more than 2.3 million meals for older adults.

The funding goes specifically to programs such as Mobile Pantries for seniors and bulk food distributions at government subsidized housing for seniors.

“We were it not for these programs, these older adults would just go hungry,” Dianne says.

In 2019, WEHF is funding a new project with Second Harvest, providing nutrition education for older adults at Chippington Towers I & II in Madison. Dry and frozen food is delivered monthly to the apartments, coupled with nutrition education and cooking classes.

But Dianne stresses Second Harvest and WEHF can’t do this critical work for seniors facing hunger without help.

“Individual donors are a big part of keeping these programs alive,” she says. “Give money; give time. It’s an incredible opportunity to serve the community.”

Thank you to West End Home Foundation for your ongoing compassionate partnership to fight hunger.

“I directly translates into better health [for seniors],” she says of the healthy food made available to them, and the classes to teach them how to eat well.

It’s an incredible opportunity to serve the community.

Support Better Health for Seniors

The funding goes directly into the West End Home Foundation’s mission to feed hungry adults with a grant to help them get on their feet again, to continue to pass their gifts without help.

“We are very thankful for the gifts God has given us, and we would like to pass some of them on to others after we are gone,” Chris said.

“Perhaps our gifts will inspire some people, when they get on their feet again, to continue to pass their legacy to others,” Chris said. “The circle of giving at its finest.”

When you give to Second Harvest, you’re helping our seniors stay happy and healthy longer. Thank you for being a part of our mission to feed hungry seniors across Middle and West Tennessee!

Healthier Food for a Healthier Life

Anna raised three children and is a proud grandmother to 12 — she works hard to stay as healthy as possible for her family. That’s why she’s so thankful for you and the nutritious food you make available to her.

“It’s good nutrition,” she says of the fresh food she receives from the Second Harvest Produce Truck, which stops at ConnectUS Health in Nashville each month.

Anna is retired and living on a fixed income. It’s often difficult for her to afford nutritious groceries, so when a friend told her about the Produce Truck a month ago, she didn’t hesitate to visit.

The Produce Truck travels around Davidson County several days each week bringing fresh vegetables, fruits, bread, milk, eggs, and other perishable items directly into her neighborhood.

“Thank you for giving me this food,” she says enthusiastically. “It helps me out a lot!”

When you give to Second Harvest, you’re helping our seniors stay happy and healthy longer. Thank you for being a part of our mission to feed hungry seniors across Middle and West Tennessee!

Paying it Forward

Goodlettsville Couple Established a Legacy of Kindness

Chris and Tricia Casa Santa want to help those touched by hunger — for now and for years to come. The Goodlettsville couple decided their best option was to leave a legacy gift to Second Harvest in their will.

“We are very thankful for the gifts God has given us, and we would like to pass some of them on to others after we are gone,” Chris said.

The Casa Santas have been Second Harvest champions for two decades, so adding us to their will six years ago was a natural progression in their partnership to fight hunger.

By including a future gift to Second Harvest in your will, you combine your charitable goals with your overall financial, tax, and estate planning goals. You establish a personal legacy that impacts the lives of those coping with hunger.

To learn more about leaving a legacy gift to Second Harvest, call Marian Eidson at (615) 627-1564.
Sherry Thanks You for Your Help!

For individuals and families living on fixed incomes, one added expense can mean the difference between eating that day—or not. That’s why Tennesseans like Sherry are so thankful for you.

“If you need new tires, or have to go to the doctor—anything like that—you don’t have the extra money to do it,” Sherry explains of her tight budget.

Sherry, like many seniors, has a monthly, fixed income that just doesn’t allow much wiggle room.

“I’m on [Social Security] Disability and I only get so much every month,” she says. “It doesn’t go very far.”

You can imagine how grateful Sherry was when a friend told her about the Second Harvest Mobile Pantry at New Beginnings Church of God Annex in Camden. She’s relieved she can pick up nutritious, shelf-stable items from the food pantry, but also fresh produce and meat.

“It really saves me a lot,” she says. “I don’t ever have to worry about running out of food now.”

Sherry’s also resourceful with the food she receives. She loves to cook, and if she thinks food might be expiring soon, she uses her dehydrator to preserve it.

“I’ll dehydrate my tomatoes so later on I can use them in soups or chili,” she says, as one example.

Your gifts make such a difference for neighbors like Sherry. Thank you for ensuring better health for seniors who are facing hunger.

“I really appreciate everything that you do to help people who are less fortunate,” Sherry says.

“'I really appreciate everything that you do to help people who are less fortunate.' Sherry says.
Second Harvest is so grateful for last quarter’s extensive community support. Thanks to all of you for your volunteer hours, financial contributions, and donated food, goods, and services!

Thank you to our DONORS!

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Advanced Financial Foundation
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Ann Hoke & Associates
Apex Moving & Storage
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Lucus Lee
Luke Duncan
Mariel Watkins
Mariner Finance
Marion Hixon
Mary Ann Hogan
Mary Ritter
Matt Zahn
Matthew Morgan
Molly Stokes
Nancy Hammons
Natalie Meyer
Nicholas Canley
Pamela Barr
Pat Pile
R. Moxley
Rich Gilson
Richard Shepherd
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