

TABLE TOPICS

Holiday 2020



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for the Holidays!*

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"Our kids know
how serious this is."





Thank You for Helping Your Neighbors Celebrate



Dear Friend,

I couldn't be more grateful for your support. Because you choose to give, people across Middle and West Tennessee have the hope of another meal — and a brighter future. As we reflect on a truly difficult year, it's a comfort to know we have people like you in our corner.

Your partnership is especially meaningful during the holidays. This time is typically when we join with loved ones to celebrate the year's blessings. Right now, you are the reason many of our neighbors give thanks.

Local families will soon sit down to a holiday table filled with food from Second Harvest Food Bank of Middle Tennessee. A shared meal can bring a real sense of stability to those facing uncertain circumstances. You make it possible.

Please take some time to meet a few of the people you're helping in this holiday issue of *Table Topics*. Flip to page 8 to learn how your gifts are making the holidays bright for Margaret, her sister Catherine, and their family in Maury County.

With the ongoing stress of the pandemic affecting everyone's lives, it's so good to hear stories of hope. Our community will see better days because people like you care so much.

Thank you sincerely for continuing to give as you're able. You're feeding our shared future!

Happy Holidays,

Nancy Keil
President & CEO

OUR MISSION

TO FEED HUNGRY PEOPLE AND WORK TO SOLVE HUNGER ISSUES IN OUR COMMUNITY

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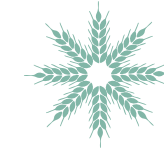
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Find past issues of our newsletter and our current donor acknowledgment page online at secondharvestmidtn.org/news.

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



One Less Worry for Claudia

Claudia and her husband welcomed their precious baby girl, Julia, in April. They were thrilled to add another daughter to their family, but giving birth during a global pandemic came with considerable stress. Claudia now must care for the little one while also managing online learning for her older children — Mateo, 5, and Natalie, 11.

since the pandemic. Jobs are fewer and farther between, and there's much more competition with so many people out of work.

Plus, the couple is always worried he may get sick. With an infant at home, contracting the virus is a real stressor.

“What if he gets sick and brings it home to us and the baby?” Claudia says. “But he has to work. He doesn't have a choice.”

Fortunately, the family doesn't have to fret about how they'll afford food this holiday season. They recently learned about the One Gen Away Mobile Food Pantry with food provided by Second Harvest that visits Plaza Mariachi near their home in Nashville.

“I don't worry about food for the holidays because I know I can come here.”

Claudia's husband works in painting and construction, but his hours have been limited



CLAUDIA, NATALIE, AND MATEO AT PLAZA MARIACHI IN NASHVILLE

Your support means Claudia can prepare balanced meals for her family. Although her family is disappointed social distancing will keep them apart from loved ones during the holidays, she looks

forward to her own family sharing a special meal together.

“I don't worry about food for the holidays because I know I can come here,” Claudia says. “I'm so grateful.”

"No child in the richest country in the world should go hungry, ever."

Stephen Patrick remembers the helpers. “Growing up, there were highs and lows,” he said. “My teenage sister was working to pay our electric bill, and my mother worked two jobs to make ends meet. But I remember the people who stood by us.”

“I also remember the negative feelings I had as a child, including shame and worry. As a pediatrician and a parent now, I don't want any child to go through that,” he said.

Now Stephen, Director of the Vanderbilt Center for Child Health Policy, and his family are fighting hunger as monthly donors to Second Harvest.

“Giving monthly to Second Harvest is one tangible way to make a difference for families,” he said. “Food is such a basic need. No child in the richest country in the world should go hungry, ever.”

Please join the Patrick family as *Second Helpings* monthly donors at secondharvestmidtn.org/monthly. Ready to upgrade your monthly donation? Call Jennifer Jackson at (615) 627-1583 or Jennifer.Jackson@secondharvestmidtn.org.

Meeting the Need

Your donations are making a difference across Middle and West Tennessee!

The need for our services grows more urgent as the pandemic continues to create hardship for our neighbors. "It's projected that 1 in 5 people (and 1 in 4 children) are now food-insecure as a result of COVID-19. That is why we are so thankful for your support.

Here are just a few ways your generosity is enabling Tennesseans to access the nutritious foods they need to stay active during this difficult time. We could not do it without you.



Volunteers deliver fresh produce during a no-contact, drive-thru distribution in Crawford, Overton County. Hosted by 5 Loaves Food Pantry, this event usually serves 180 families. With recent COVID-19 closures and job losses, however, this Second Harvest Partner Agency now serves up to 350 families per distribution.



Brett sorts food donations at our Nashville warehouse. With social distancing measures in place, our capacity to host volunteers dropped from 100 to 25. Despite these limitations, volunteers continue to give thousands of hours to serve our communities.



Sheila and Zena visit the Caywood/First Pentecostal Church Mobile Pantry in Lexington, Henderson County. They are both on a fixed income and currently share a one-bedroom apartment. Sheila said, "COVID-19 is hard on folks. Food is to be cherished these days and shared." Volunteers from local schools and churches helped with the distribution, including the Lexington Police Department.



We met Ashley at Looby Community Center in Nashville, where 200 families receive food boxes every week through a partnership between Second Harvest and Metro Parks and Recreation. She is a nurse practitioner and the mother of three teenage children with special needs. When schools moved to online learning, she had to take a leave of absence from her job to care for them at home. Money is incredibly tight, but Ashley is doing what she can to maintain a sense of normalcy for the kids. "You start to see what is really important," she said. "This right here, people helping other people – people they don't know – that's important."



Eric was a masonry worker in Mt. Pleasant until an injury forced him to leave his job. This visit to The Family Center at Maury Hills Church in Columbia is his first Mobile Pantry. He hopes the food he receives will help him make ends meet during a very tight month. Eric said, "I just love seeing all of the kind faces. It makes you feel welcome. You know someone cares and that means a lot when you are in a hard place."



Ivanka greets volunteers during a USDA Food Box Distribution at Glencliff High School in Nashville. Her family has never attended a food distribution before, but money is tight after her father's hours were cut. Ivanka and her siblings also received meals over the summer through several local feeding sites. Though Ivanka's big sister Kenay is only 12, she said, "I've thought, maybe I could get a job. Something to do to help."

Learn more about our continued response to this difficult situation at secondharvestmidtn.org/disasterresponse2020.

Career Educator Finds New Ways to Serve



The child of a pastor and a schoolteacher, Ernestine Wilson was taught that “anything we have can be a blessing to others.” Now she gives her time to help feed those in need.

As a volunteer for Second Harvest since March, Ernestine has assembled BackPacks for children, packed commodity food boxes for seniors, directed traffic at drive-thru Mobile Pantry sites, and more.

She says volunteering looks different during the pandemic. Volunteers wear

masks and practice no-contact food distribution. But despite the risks to their own health, volunteers give the same personal, compassionate service as always.

“When you give to others, you take the focus off of yourself,” she says, which is an important reminder during a time when so

“When you give to others, you take the focus off of yourself.”

many are struggling. For Ernestine, volunteering with Second Harvest is about putting aside your own comfort to do something important for others.

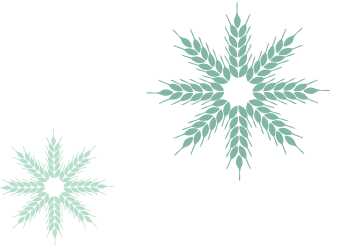
Throughout her career as an educator in New Orleans and then in Nashville, she has seen firsthand the need for nutritious food during school and after, which is why she always kept a small food pantry in her room. “You never know what the children are dealing with at home,” she says. “They don’t always

know where their next meal is coming from.”

The holidays are especially hard for families in need. Like many of us, Ernestine’s holiday celebrations have always happened around a dinner table. Her mother cooks a large meal for her children, cousins, and neighbors that stop by. Volunteering with Second Harvest is one way to bring some of that holiday spirit to those struggling with hunger.

“I would suggest you go and give your time,” she says. “There’s nothing like that feeling.”

"Our kids know how serious this is."



We hear stories about how people across our country face serious financial challenges in the wake of COVID-19. But we also hear stories about how much your support is helping people like James.

James started his own landscaping business to support his family, including his wife, who has a disability that prevents her from working, and their two children, ages 11 and 12. But since the pandemic began, he’s lost significant income.

James and his family live on a rural property outside Fairview. They enjoy the peace of nature. He’s worked his entire life and is proud of what he’s built. But these days, it’s tough to escape the financial strain of the pandemic.

“It’s scary,” he says of his family’s situation. “I try to keep things as normal as we can, but our kids know how serious this is. It breaks your heart.”

Although he does his best to stay positive, James says struggling to feed his family has impacted his well-being.

“It’s you guys who are feeding us and helping us.”

You make a real difference in their lives.

“It’s times like this you think, ‘Where do I go? Who do I turn to for help?’” James says. “And it’s you. It’s you guys who are feeding us and helping us. Thank you.”



JAMES AT FAIRVIEW HIGH SCHOOL

As we all look toward recovery — brighter days, fellowship with loved ones, economic security — I hope you take some time to reflect

on how your partnership with Second Harvest is making life better for your neighbors right now. You are creating a legacy of hope. Again, thank you.

Maximize Your Donations with a Donor-Advised Fund

As a donor to Second Harvest for 20 years, Laurel Krodel knows the importance of fighting food insecurity in Middle Tennessee. “Because feeding people is a priority, we love giving to Second Harvest and making food more available to our neighbors,” she said.

In 2019, Laurel and her husband Eric established a donor-advised fund (DAF) to streamline their giving. “I especially delight in using a DAF because the fund grows due to investment returns and I have more to give without being taxed,” said Laurel, who is also an active volunteer.

Your donation can go further with a DAF, as dollars that would have gone to taxes can go directly to feeding those affected by hunger in Middle Tennessee.

Consider creating a donor-advised fund today. DAFs are easy to set up and are available from most large mutual fund companies. To learn more, call Marian Eidson at (615) 627-1564.

Are you able to serve?

Sign up to volunteer and help those affected by hunger.

Visit secondharvestmidtn.org/volunteer today!



Margaret and Catherine Give Thanks for You



SISTERS MARGARET (LEFT) AND CATHERINE AT SPRING HILL HIGH SCHOOL



“Providing for her is my first priority,” Margaret says of her 11-year-old granddaughter, who she’s raising in Columbia. “We’re just so fortunate and grateful that people are willing to help us.”

We met Margaret and her sister Catherine at a drive-thru, no-contact food distribution at Spring Hill High School. Both women have retired after working more than 30 years at the GM plant in Spring Hill.

Now in their golden years, the sisters are having a hard time affording their monthly expenses on fixed incomes.

“With COVID-19, food prices have really gone up,” Catherine says. “This puts food on the table.”

She’s living in Antioch with her brother and his grandson and learned about The Well’s Mobile Pantry from their church. Catherine says the food means she’s able

to keep up with bills without having to sacrifice meals.

“We’re just so fortunate and grateful that people are willing to help us.”

So many older adults have a hard time affording groceries on limited budgets. Your support helps immensely

— especially during the holidays.

“This just makes a big difference when you’re struggling,” Margaret says. “Just a little help can mean a whole lot when you need it.”

“We appreciate this whole-heartedly!” Catherine adds.

Thank you for sharing hope with families at this critical time!



Second Harvest Food Bank of Middle Tennessee
The Martin Distribution Center
331 Great Circle Road
Nashville, TN 37228
secondharvestmidtn.org

To learn more about getting involved, join our online community @2HarvestMidTN



Or visit us online at secondharvestmidtn.org

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