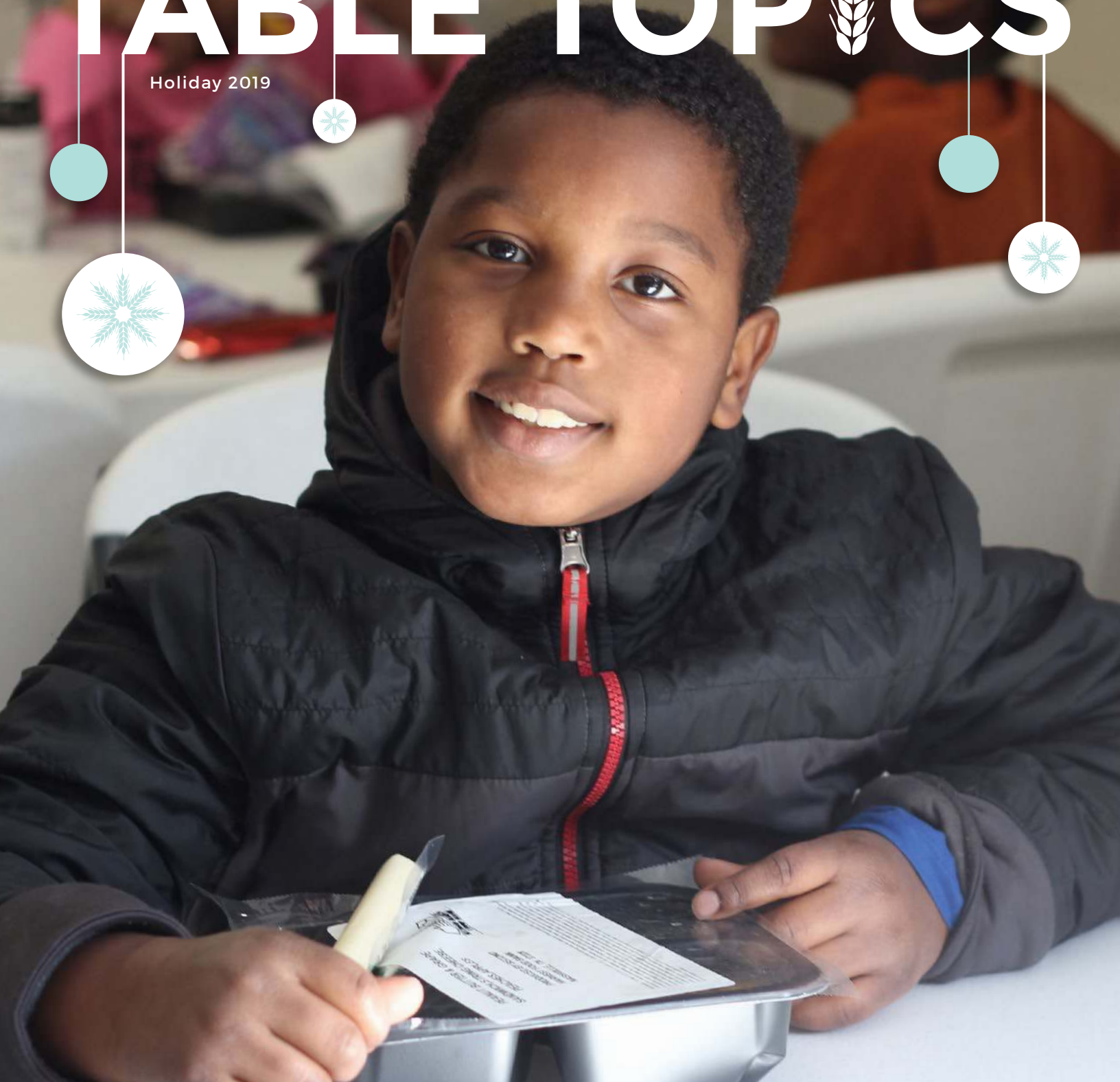


# TABLE TOPICS

Holiday 2019



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# You Bring Holiday Joy to Hungry People



Dear Friend,

Every year at this time, I reflect on the holidays I've spent with loved ones in years past, and look forward to the celebrations to come. I'm so thankful for the opportunity to gather together.

We all observe holidays in different ways — but no matter what your traditions are, I'm willing to bet they center around a table full of food.

While preparing for our holiday gatherings, let's not forget how fortunate we are. At the same time as we're making plans and digging out old family recipes, there are many of our neighbors — at church,

at school, at work — who simply don't have the means to fill a table with a special meal.

The good news is that you have stepped up to help.

You are what makes Second Harvest work. Your gifts of money and time are feeding your hungry neighbors year-round, including at this special time of year.

We now have three facilities operating in Middle and West Tennessee so we can do an even better job of serving every person who needs help with food in our 46-county service area.

If you haven't visited Second Harvest yet, we'd love to host you for a tour at one of our sites to show you the incredible work you make possible. You are the heartbeat of hunger relief, and your neighbors in need are endlessly grateful for your thoughtful generosity.

But don't take my word for it — read on for firsthand stories of lives changed, because of you.

Happy Holidays!

Nancy Keil  
President & CEO

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

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# Your Generosity Spreads Hope and Joy

Greens. Tomatoes. Apples. Kale. If you're fortunate, these are foods you can put in your shopping cart anytime you want. But fresh produce is usually out of reach for our neighbors who struggle to afford even inexpensive (and less nutritious) foods.

You can imagine the joy Karen felt when she got to heap these foods and

more into her basket at a Second Harvest mobile pantry held at Grace Place in Hermitage. What a feast she'd make for her grandson, Christopher!

Karen is retired and raising Christopher on her own. She only receives \$30 a month in SNAP benefits, and it's barely enough to buy the milk they need each week.

"When you walk in the store, you have to pick and choose what to buy, but this allows you to give your child healthy stuff," she says of the Mobile Pantry. "It's wonderful here!"

**"It makes me believe there are still good people out there."**

She says the mobile pantry food also leaves her more money to pay bills, which is a big deal at this time of year when heating costs go up. And when Christopher is out of school for the upcoming holiday breaks, Karen won't have anxiety about how to feed him... all thanks to you.

"I'm grateful. I know this is a gift," she says, directly to donors like you. "You don't have to do this for us. It makes me believe there are still good people out there."

This holiday season, Karen and Christopher have the means to cook healthy, beautiful meals together. Because of you, they'll get to celebrate the big days with the comfort of each other's company and a full table.

Thank you for reducing the burden of hunger for your neighbors in need. Your heartfelt generosity spreads hope and joy, especially at this time of year.



KAREN AND CHRISTOPHER GRAVES

## 28 Years of Support

Making Monthly Giving a Priority

When asked why he donates to Second Harvest, Bob Forrester jokes, "I am really just an old man trying to sneak into heaven."

In truth, Bob has supported our work for 28 years. The math teacher from Hendersonville is a reliable monthly donor and an enthusiastic volunteer.

"I save the correspondence that I receive from Second Harvest and I place it on my desk at home in a very conspicuous place," he said. "It serves to tweak my conscience and remind me of other, less fortunate people."

Please join Bob as a *Second Helpings* monthly donor at [secondharvestmidtn.org/monthly](https://secondharvestmidtn.org/monthly). Ready to upgrade your monthly donation? Call Destiney Patton at (615) 627-1611.



Find past issues of our newsletter and donor acknowledgment page at [secondharvestmidtn.org/news](https://secondharvestmidtn.org/news).

Your suggestions and comments for *Table Topics* are always appreciated! Please send an email to [news@secondharvestmidtn.org](mailto:news@secondharvestmidtn.org)



# Thank You for Feeding Hope This Holiday Season!



KAILYN

## 11th ANNUAL MS. CHEAP'S PENNY DRIVE NOW THROUGH JAN. 31



Ms. Cheap wants your loose change! During the past 10 years, the fund drive, led by Mary Hance (aka Tennessean columnist Ms. Cheap) has raised more than \$577,000 — the equivalent of 2.3 million meals! Ms. Cheap's Penny Drive shows when we pool together a little here and a little there, we can make a big impact.

Your company, church, group, school, or family can pick up penny drive cans at these locations:

- Pinnacle Financial Partners
- Wilson Bank & Trust Bank Branches
- Second Harvest Food Bank in Nashville

You have until Jan. 31 to turn in your cans. Visit [secondharvestmidtn.org/pennydrive](https://secondharvestmidtn.org/pennydrive).

Thanks to sponsors The Tennessean, Pinnacle Financial Partners, Wilson Bank & Trust, and Kroger.

## GIVING TUESDAY DECEMBER 3



Every November we have a day for giving thanks, and two days for getting great retail deals. Now, we have Giving Tuesday, a global day dedicated to giving back. On Tuesday, Dec. 3, please support Second Harvest's Giving Tuesday Virtual Food Drive. Be part of this new holiday tradition by helping the thousands of people in Middle Tennessee who are suffering from hunger this winter. Look for an email and social media posts about ways you can help.

WILLIAM, ELIZABETH, SAVANNAH, AND ALEX



SKYLAR



## MLK WEEKEND OF SERVICE JANUARY 17, 18, AND 20

Dr. Martin Luther King Jr. lived his life serving others. Follow his example and join millions of Americans who honor his legacy by volunteering on MLK weekend.

Second Harvest will connect you with volunteer opportunities at our Partner Agencies, where you can choose from many ways to help feed our neighbors in need. This collaboration is an opportunity for you to see where food goes after it leaves our warehouses, and to support Second Harvest's partners!

We'll also offer special volunteer shifts at all three of our distribution centers. To sign up for a shift, visit [secondharvestmidtn.org/volunteer](https://secondharvestmidtn.org/volunteer).

LINDA



# Camden Church Members Make Service a Priority

Their ages range from 8 years old to 69, but every Camden Church of Christ volunteer shows up ready to laugh together, work together, and make a difference in their community.

When one church member suggested members give their time helping at Second Harvest's Ray Smith Family Distribution Center, it didn't take long for a group to form with volunteers

ready to do their part. The group has been showing up every Monday now for more than six months.

"This is great work, the best work," says Gail Townsend, one of the faithful volunteers. "We work hard and feel like we are making a difference."

By now, the group knows exactly what to do, and they jump right into work sorting food at the warehouse.

Michelle Ballard says this volunteer service allows her the opportunity to give back to her community. But it also gives her a chance to teach her grandson the importance of helping others in need.

"This is something we can do after work and school," Michelle says. "It's been a really great experience for my grandson and me."

And the youngest volunteer of the group, Junah Smith, 8, says he has a couple of reasons to volunteer.

"I just like helping people out," he says. "Plus, this gets me out of doing my homework right away."

Michelle wants to encourage others in the community to consider giving their time — every little bit helps, she says.

"I would suggest you go and give your time," she says. "There's nothing like that feeling."



JUNAH

# You're Making it a Happy Holiday Season for Donny



DONNY IS ALL SMILES INSIDE RADICAL HEART FOOD PANTRY AT HERMITAGE HILLS BAPTIST CHURCH.

It hasn't been an easy year for Donny. After suffering a massive heart attack, he's had some major health setbacks, including memory loss. But the kindness of friends like you encourages him this holiday season.

Because of his poor health, Donny's been out of work, leaving him struggling to afford basic bills and groceries. He especially needs nutritious food like fresh fruits and vegetables to help him heal and gain strength, but healthy food is often too expensive on Donny's limited budget.

Thankfully, a friend recently told Donny about the Radical Heart food pantry at Hermitage Hills Baptist Church, a Partner Agency of Second Harvest. We met up with Donny on his second visit there.

"The food they gave me last time helped me through all these problems I'm going through," Donny says. "It made me believe these people believe in me, no doubt."

Especially during the holidays, you can imagine what it means to Donny to know people like you care enough to remember him and put good food on his table.

"Thank you," he says, smiling.

At this special time of year, you're making such a difference in the lives of thousands of neighbors like Donny across your community. Thank you for embracing this season of sharing and giving generously to your neighbors facing hunger.

"The food they gave me last time helped me through all these problems I'm going through."

## Get Your 2019 Tax Benefits

### Family Maximizes Donation Through Donor-Advised Fund

If you're itemizing deductions for your taxes, you can deduct charitable contributions. A Donor-Advised Fund (DAF) is a simple tool that can reduce your taxes and increase the dollars available to support your favorite nonprofits.

Brentwood donor Bryan Richardson said he and his wife, Karen, are thankful they can

share their financial blessings supporting Second Harvest.

"We are excited that through the use of our DAF, we can maximize the dollars going to Second Harvest," he said. "We know that each dollar that otherwise would have gone to taxes is going directly to feed someone in Middle Tennessee."

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

Do you feel a need to serve?

Sign up to volunteer and help those struggling with hunger.

Visit [secondharvestmidtn.org/volunteer](http://secondharvestmidtn.org/volunteer) today!

# Your Kindness Inspires Juana



For Juana’s family, their greatest gift this holiday season is the nutritious food that you provide. And inspired by your generosity, Juana now donates her time to help others facing similar struggles.

Juana, her husband and children live in a Nashville apartment complex that has a seasonal food pantry and meal program. It’s operated by St. Mary of Bethany Parish, a Second Harvest Partner Agency.

“Kids have school meals, but I can see moms struggling with food at home after school,” Juana says of families who live in the apartment complex.

When children are out of school for long breaks — like the upcoming winter break — your gifts help get food to Juana and her neighbors right where they live.

“ Thank you very much and God bless you. ”

“[The feeding program] helps children feel secure in knowing they have a meal.”

Though Juana is medically unable to work, she gives back by volunteering at her apartment building’s food pantry and at other organizations in her community — she clocked nearly 700 hours of volunteer service in one year!

Juana says that when she’s serving food to others, she sees how

much need there is, and she sees how you help meet that need through your generous gifts.

“Thank you very much and God bless you,” she says to donors like you. “Although I don’t know you, I wish that God continues to bless you.”

We echo Juana and thank you for your help filling empty plates this holiday season — and all year long.



Second Harvest Food Bank of Middle Tennessee  
 The Martin Distribution Center  
 331 Great Circle Road  
 Nashville, TN 37228  
[secondharvestmidtn.org](http://secondharvestmidtn.org)

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



Or visit us online at [secondharvestmidtn.org](http://secondharvestmidtn.org)

# Thanks to our DONORS!

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!

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Raymond James | Morgan Keegan  
The RECO Foundation  
Red Seal Development Corporation  
Restaurant Loss Prevention  
and Security Association  
Reynolds Family Foundation  
Saint Thomas Hickman  
County Hospital  
Sandra Schatten Foundation  
The Second Fiddle, Inc.  
Signcraft, Inc.  
Smyrna/Rutherford County  
Airport Authority  
Sony/ATV Music Publishing  
State Auto Insurance  
Structural Detailing, LLC  
Taylor Farms Tennessee, Inc.  
Tennessee Valley Authority  
Thornton's  
T-Mobile  
Trex Commercial Products/  
Staging Concepts  
Trilogy Foundation Inc.  
Two Rivers Baptist Church  
Tyson Foods  
United Healthcare Community  
Plan of Tennessee  
United Way of Metropolitan Nashville  
United Way of the Midlands  
United Way of Williamson County  
United Way of Wilson County  
and the Upper Cumberland  
Vi Jon, Inc.  
Wal-Mart Foundation  
Waterhout Construction  
Zander Insurance Group  
Zwanenberg Food Group (USA) Inc.  
Zeitlin Sotheby's International Realty

Gifts made between Aug. 1 and Oct.  
31, 2019