

TABLE TOPICS

Spring 2020



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Thank You For Feeding Seniors



OUR MISSION

TO FEED HUNGRY PEOPLE
AND WORK TO SOLVE
HUNGER ISSUES IN OUR
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Nothing fills me with hope like the stories I hear from the people on the receiving end of our work — and they wouldn't be possible without you.

Your support ensures that seniors across Middle and West Tennessee have access to nutritious food today and all year long. Thank you!

With my sincere thanks,

Nancy Keil
President & CEO

who's having a hard time keeping enough food on her family's table. Despite a long and successful career, Maggie now struggles to keep up with daily costs like medicine, groceries, and heating her home.

Maggie told me how grateful she is that friends like you are standing behind her. It means so much to her to know that you care enough to give so she can eat. You give her and so many other seniors in our community such hope.

As you read through this issue of Table Topics, please remember that the changed lives — just like Maggie's — are thanks to your generosity.

Dear Friend,

You definitely know how to start a new year off right! Thanks to you, we met our \$800,000 match before the end of 2019, which will help provide an incredible 6.8 million meals for our neighbors facing hunger this year.

That's especially wonderful news for our community's senior citizens. As you know, hunger affects people of all ages, but at this time of year, many older adults are forced to choose between heating their homes, filling much-needed prescriptions, and putting food on the table.

I'm reminded of one senior neighbor I met



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

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

Brenda Can Feed Her Grandchildren, Thanks to You

Joey is only 13 years old, but he already dreams of being a chef one day. Thanks to the nutritious groceries you help provide for him and his family, he's practicing his kitchen skills — and getting nourishment for his future.

"He calls himself 'chef Joey,'" says Brenda, Joey's grandmother.

Brenda and her husband are raising Joey and two other grandchildren. Brenda works at a fast food restaurant to help make ends meet for their family, but her husband has a disability that prevents him from working.

"We're just needing some help right now until he can get on his feet," Brenda says.

That's why Brenda visits the food pantry at Mt. Juliet Help Center, a Partner Agency of

Second Harvest. She says the groceries her family takes home from the food pantry are helping them survive the time when her husband can't work.

"If it wasn't for [the food pantry], we wouldn't make it," Brenda says.

Her husband is diabetic, and Joey has a heart murmur. Most of the family members take at least one medication, and they must pay out-of-pocket for their prescriptions.

"Everything we can save can help pay for medications," Brenda says.

“If it wasn't for [the food pantry], we wouldn't make it.”



JOEY

Thank you for giving generously so neighbors like Brenda can keep nutritious food on the table for their families.

You really make an immense difference. "We very much appreciate the people that donate," Brenda says.

Phillip reflected on a Bible passage when deciding how to honor his late wife

Phillip Leonetti and his wife, Nettie, knew what it meant to struggle. There were times when they were on the edge, not sure if they'd have grocery money. So they had a great deal of empathy for people experiencing hunger.

On his most recent birthday, Phillip was thinking about how to best honor his beloved late wife, and he reflected on Matthew 7:9: "Or what man is there among you who, if his son asks for a loaf, will give him a stone?"

The retiree from Smyrna decided to establish a monthly donation of \$25. That tribute to Nettie provides 100 meals to hungry Tennesseans every month.

"During Jesus' ministry on Earth, he frequently fed large groups of people who were following him....," Phillip said. "Imagine a helpless child with an ache in their belly because they haven't eaten in several days. This happens every day in our abundant society."

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



You're a Lifeline to People Facing Hunger



GEORGE



YOU'RE AMAZING

THANK YOU, #GIVINGFOODDAY DONORS



You are the best friends a nonprofit could ask for: You donated an incredible \$130,826 on #GivingTuesday (aka #GivingFoodDay). Paired with the dollar-for-dollar match from a generous group of donors, that's more than **1 million meals** that you provided for your hungry neighbors in just one day. 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 1.8 million pounds 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 | MAY 7
EAT. DRINK. GIVE BACK.



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 beef tenderloin with horseradish mashed potatoes, avocado crispy rice, and unique takes on Nashville hot chicken. Pair the delicious tastings with complimentary wine and beer and enjoy a fabulous evening that supports our grocery rescue program. **Learn more at secondharvestmidtn.org/generoushelpings.**

SAVE THE DATE

STAMP OUT HUNGER | MAY 9
LETTER CARRIERS' ANNUAL FOOD DRIVE



Do an easy peasy good deed: Simply leave a bag of nonperishable food next to your mailbox on May 9 and 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 326,894 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 the 28th annual food drive at secondharvestmidtn.org/stamp-out-hunger.**

KYLER



KENDRA AND DEE





STUDENTS OF THE TENNESSEE SCHOOL OF THE BLIND ASSEMBLE BAGS OF FOOD FOR SECOND HARVEST'S BACKPACK PROGRAM.

Students Give Time, Receive Valuable Experience

Trenton Smith, 18, is no stranger to giving back to his community. He's been volunteering at Second Harvest all school year and he and his classmates have a system down.

The 11 students are packing for Second Harvest's Backpack Program – providing easy-to-prepare, take-home meals for children at risk of hunger. Breaking up into teams – because they say “a little competition makes it fun” – Trenton and the other students quickly begin assembling the bags.

One student puts a cereal cup in a Ziploc bag and then passes the bag to the next student who puts in a carton of milk and so on. Their process is so seamless, you'd never guess these student volunteers are without full sight.

“I am sight-impaired,” said Trenton, a student at the Tennessee School of the Blind. “But that doesn't stop me from helping kids who need it.”

Tennessee School of the Blind has nearly 130 students between the ages of 5 and 22. Andy Joiner,

the school's business and workplace teacher, says volunteerism keeps the students connected to the community while giving them a skillset they can use after they graduate.

He says the inclusive-volunteer environment at Second Harvest is a great example of how we can lift each other up as a community. “We are helping feed those struggling with hunger while our students gain experience and the feeling of accomplishment,” said Andy. “It's a great partnership.”

As for Trenton, his experience volunteering has impacted what he would like to do career-wise after he graduates. “I would like to try to work at a food bank,” said Trenton. “I think it would be fun to help others every day for a job.”

“We are helping those struggling with hunger...”

You Bring Comfort to Tennessee

Melvin has lived in Nashville his entire life, so he's seen the city go through numerous changes. But one thing that's always stayed the same is the community's generosity.

“I know someone is looking out for me, and that means something to an old guy like me,” Melvin says, smiling.

Melvin, 67, worked for the same roadside assistance company from age 17 until his retirement five years ago. Now that he's retired, he says there's little money left over once his bills are paid.

That's why he's so grateful for the groceries you help provide for him and other seniors each month when Second Harvest delivers boxes of food to Kelly Miller Smith Tower.

“I know someone is looking out for me.”

“[It helps] having this come right here and all we have to do is come downstairs to pick it up,” he says. “It's great and helps an old man like me out.”

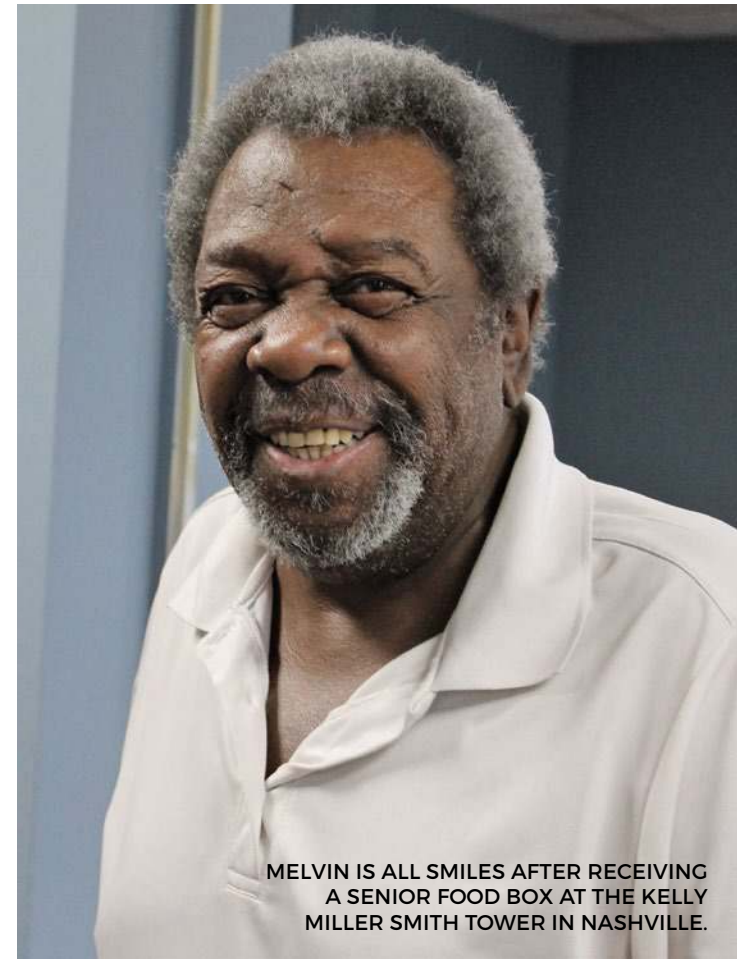
Melvin has a few health concerns, so he says he tries to eat the most nutritious food he can. You're helping make that possible through your ongoing support.

“So many don't get to grow old,” he says. “I thank God every day I wake up for another day on this earth.”

Melvin also thanks generous donors like you for choosing to help neighbors like him.

“I loved helping people fix their trucks so they could get back on the road,” he says of his former job. “Now people are helping me. Isn't that something?”

Thank you for making our community's hardworking seniors stronger and healthier through your gifts to Second Harvest.



MELVIN IS ALL SMILES AFTER RECEIVING A SENIOR FOOD BOX AT THE KELLY MILLER SMITH TOWER IN NASHVILLE.

'Bottom line, they help get food to people who need it.'

Jan Bell realized two years ago it was time to update her will. “The process allowed me (forced me!) to consider who and what in my life I cared about.”

An advocate for hungry Tennesseans since 1999, Jan chose to include Second Harvest as part of her legacy.

“Bottom line, they help get food to people who need it,” said the Nashville glass artist. “I am very impressed with the organization and their ability to

grow and develop new areas of food creation and distribution. I want to help.”

By including a future gift to Second Harvest in your will like Jan has done, 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 for years to come.”

Inspired by Jan? Learn more about leaving a legacy gift to Second Harvest by calling 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 today!

JAMES



Navy Veteran Thanks You

James, a Navy veteran, had to stop working after damaging his back and knees. He walks with a cane to help support his arthritic knees, and he's currently in the application process for disability benefits.

James has a long list of favorite recipes he's learned over the years. He loves to cook and says it's because of your generosity that he can keep healthy — and tasty — meals on his table.

James says he makes a meal depending on the ingredients he receives from the Mobile Pantry. It's a special day when he finds sweet potatoes there and can make one of his favorite recipes.

“Every little bit helps out.”

In the meantime, James struggles to pay for groceries on his limited Social Security income. That's why he's especially grateful he can pick up nutritious food from Second Harvest's Mobile Pantry at the Nashville Fairgrounds.

“The more you give, the more we benefit,” James says, thanking you for your gifts.

Because you choose to give to Second Harvest, neighbors like James never have to worry about missing vital meals. Your generosity supports our shared mission to help feed Tennesseans of all ages and solve hunger issues in our community.

“Every little bit helps out,” he says.



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

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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Smokin' Oaks Organic Farms
SoBro Self Storage
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STAR Physical Therapy

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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Willow Pointe Apartments
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Thanks to all of you for your volunteer hours, financial contributions,
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