

# TABLE TOPICS

Fall 2021



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# You're Making Sure Kids Are Ready to Learn

Dear Friend,

This year, going back to school will be even more exciting than usual. Kids are looking forward to finally returning to old routines, socializing freely with friends, and – for many – having regular access to school meals.

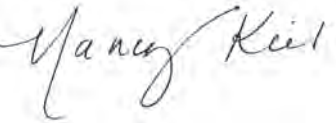
But while things may seem to be returning to normal for many, there are still families who are out of work or are underemployed because of the pandemic. Our most vulnerable neighbors will be feeling the economic effects of COVID-19 for years to come, and that could have a big impact on students of all ages.

Second Harvest Food Bank of Middle Tennessee is working hard to sustain and advance programs specifically to make sure children have the healthy food they need to thrive. Initiatives like the Backpack Program provide kids with easy-to-prepare food for weekends and during breaks from school. School Food Pantries provide support for entire families.

Just like the pandemic, though, hunger doesn't care what zip code you live in, and it doesn't only effect people of a certain socioeconomic status. Over the past year and a half, we have served

and spoken with people who never imagined being unable to feed their families.

Not everyone experiences hunger in the same way. Some need our services for a short time and some for longer. But we are here for everyone, no matter the season.

Sincerely,  
  
Nancy Keil  
President & CEO



## OUR MISSION

WE PROVIDE FOOD TO  
PEOPLE FACING HUNGER  
AND WORK TO ADVANCE  
HUNGER SOLUTIONS.

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# You Fuel Afterschool Learning for Diamond and Nevaeh

At a Second Harvest Kids Cafe in Warren County, best friends Diamond and Nevaeh have fun while eating and learning together.

"Diamond cares about me and gives me hugs. That's what best friends do," says Nevaeh, 6.

"Nevaeh is there when I am sad, and she makes me happy," adds Diamond, 5.

Diamond and Nevaeh love to play together at the Kids Cafe after school and during the summer. Nevaeh likes science and wants to be a scientist when she's older. Diamond wants to be a math teacher someday.

These two attend the same class in their elementary school but don't have much time for play while they're busy studying their favorite subjects. The pair love the

afterschool and summer programs at Kids in the Community, a Second Harvest Kids Cafe site in McMinnville. There they participate in nutrition education to build healthy habits for life.

“Eating healthy is good, so you can grow up faster and stronger.”

Kids Cafe sites are only possible because of support from generous friends like you. When you give to Second Harvest, you help provide fresh food and nutrition lessons to children who need them most.

"Eating healthy is good, so you can grow up faster and stronger," Nevaeh explains.

"I like eating good food because it makes me feel better," Diamond says.

As the COVID-19 pandemic continues to have long-lasting effects in our community, these programs are

more crucial than ever. Thank you for making these life-changing resources available.

"I love it here," Nevaeh says.

Diamond agrees. "This is my favorite place."



DIAMOND (LEFT) AND NEVAEH

## Second Helpings Donors Feed Hope All Year

Our Second Helpings donors are a critical partner in the fight to end hunger in Middle and West Tennessee. These individuals and families commit to giving monthly, and together they provide more than 330,000 meals every month for their neighbors experiencing food insecurity!

Since the pandemic arrived in Middle and West Tennessee last year, more than 500 new donors have committed to give monthly through Second Helpings, raising an additional two million meals during this uniquely challenging time.

Monthly donations can be set to withdraw automatically, which means no dates for you to remember while also helping us save on administrative costs. It's easy to get started, and your ongoing generosity will continue to make a difference in the lives of children, families, and seniors in our community.

Please join us as a Second Helpings monthly donor at [secondharvestmidtn.org/monthly](https://secondharvestmidtn.org/monthly). Or upgrade your monthly donation today by contacting Jennifer Jackson at 615-627-1583 or [Jennifer.Jackson@secondharvestmidtn.org](mailto:Jennifer.Jackson@secondharvestmidtn.org).



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

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



# Supporting Students of All Ages as they Return to the Classroom

The high price of going back to school is daunting for families facing serious financial hardship after the pandemic. Children need new clothes and school supplies. College students need money for textbooks and fees. These costs add up quickly and prevent families from being able to afford healthy food. Thankfully, committed donors like you are helping during these difficult times.

## Finding Support on Campus

Campus Cupboard is a community pantry on the Whitebridge Campus of Nashville State Community College. It's stocked with healthy food from Second Harvest and was a real lifeline for Korina's family during the pandemic.

She says, "I knew about the Campus Cupboard program when I first enrolled and thought it was a great resource. It wasn't until my family had to use it that I truly understood how vital it is for some."

In May, at age 43, Korina achieved one of her lifelong dreams and graduated from Nashville State Community College with an associate degree in psychology!

This fall, we're celebrating Korina's success and donors like you who helped her along the way. Read more about Campus Cupboard and how it helps students like Korina on page 6.



## After-school Nutrition



## Learning While Giving Back

Sarah Comuzie and Mary Beth Combs have been bringing their students to volunteer at our Ray Smith Family Distribution Center in Camden for two years. These outstanding teachers lead a work-based learning program for students with physical or developmental disabilities. The students learn food safety practices, warehouse safety, and teamwork skills.

Mary Beth says, "Everyone deserves to have a fair chance to be successful in life. And when you are hungry that isn't possible."

We're so grateful to these teachers for modeling the link between education and volunteerism for their students — every opportunity to volunteer is also an opportunity to learn. Join community members like Sarah and Mary Beth today by signing up to volunteer at [secondharvestmidtn.org/volunteer/](https://secondharvestmidtn.org/volunteer/)!

## Turn That Taxed Distribution into a Tax-Free Donation

Larry Grimes has been fighting hunger with Second Harvest since 2009, but his public service began long before that. As a state employee, he built his career working with people with intellectual disabilities. He knows firsthand the need for community support for families during difficult times.

"Addressing hunger is one of the most important components of the safety net in America," he says. "I donate to Second Harvest because of their mission to address the need of hunger in Middle and West Tennessee."

Now that he's retired, Larry gives through a Qualified Charitable Distribution (QCD), which is a direct

transfer of funds from his IRA to a qualified charity. This type of giving is available to anyone over the age of 70.5 with an IRA. The QCD is excluded from taxable income on your tax return and can lessen your exposure on other taxes.

There are many ways you can give back and feed hope! We can help you craft a giving plan that's right for you.

**Inspired by Larry?** To learn more about the many ways you can give to Second Harvest, call Marian Eidson at 615-627-1564.



# Campus Cupboard is Feeding Students at a Critical Time

College students are often overlooked in discussions about food insecurity. People joke about college students eating instant ramen every day, but sometimes it's the best meal they can afford. Thankfully, Dr. Shanna L. Jackson, president of Nashville State Community College, along with her dedicated staff, recognized the need for food assistance among students and was positioned to act.

In addition to leading Nashville State, Dr. Jackson

is also a Second Harvest board member, providing insight, support, and guidance towards the food bank's mission of providing food to people facing hunger and working to advance hunger solutions. In 2019, she partnered with the Nashville State Community College Foundation to put this experience to work, launching the Campus Cupboard program on several campuses to offer college students a pantry stocked with free, healthy food from Second Harvest.

Campus Cupboard is a resource for students of any age who are having trouble accessing nutritious food. Nashville State estimates an average of 100 students and their families make use of the pantry each semester.

"The Campus Cupboard program came from looking at the needs of our students and realizing that despite the financial aid of Tennessee Promise and Tennessee Reconnect, there were other barriers for students to complete their degree or certificate," Dr. Jackson says.

During the pandemic the need for food assistance grew significantly. To keep students, staff, and volunteers safe, Nashville State was able to move all food orders online thanks to a grant from the Tennessee Department of Human Services. Piedmont Natural Gas and Kroger also supported the College's efforts to expand the program.

Now that the Campus Cupboard program is running efficiently, Nashville State plans to start a Campus Cupboard program at the school's new North Davidson campus in Madison, which opens in 2022.

"Second Harvest does incredible work in the community and to be able to re-create that work here on our campuses has been great," Dr. Jackson says.

Thank you for your help in establishing the Campus Cupboard and proudly standing with us as the program reaches those who need it. Together, we are efficiently, safely, and continually helping our underserved community members in need.



## News Briefs

### NEWS 2 FOOD 2 FAMILIES AUG. 25 - OCT. 31

Second Harvest is partnering with WKRN News 2 for the annual Food 2 Families school food drive. All schools and grade levels are encouraged to participate. It's an opportunity not only to help our local schools, but to teach children they can make a difference. In 2020, 19 schools collected more than 250,000 pounds of food. Let's set a new record this year! To learn more and register your school, visit [secondharvestmidtn.org/food2families](https://secondharvestmidtn.org/food2families).



### TENNESSEE TITANS FOOD DRIVE SEPT. 26

We're teaming up with the Titans to tackle hunger! When you arrive to cheer on the home team against the Colts, bring shelf-stable food and monetary donations to charity drop-off points at Nissan Stadium. In the spirit of friendly competition, we're pushing to beat our previous total of 15,000 meals. Titan up!



### SONGWRITERS NIGHT SEPT. 30

In partnership with iHeart Media, Second Harvest presents Songwriters Night at Pennington Distillery in Nashville. Enjoy heavy appetizers and an open bar while listening to songwriters Liz Rose and The Warren Brothers share the songs they've written for Tim McGraw, Taylor Swift, Dierks Bentley, Keith Urban, Little Big Town, and many more. For more information, please contact Chelsey Wells at [chelsey.wells@secondharvestmidtn.org](mailto:chelsey.wells@secondharvestmidtn.org).

### HUNGER ACTION MONTH SEPTEMBER

An empty stomach makes it difficult for people to reach their full potential. In September, help us recognize Hunger Action Month, a national movement to raise awareness about the struggles and effects of hunger. Visit [secondharvestmidtn.org](https://secondharvestmidtn.org) and follow the hashtag #HungerActionTN to learn how you can take action to end hunger.

### YOU DID IT!

You showed us your big hearts through your overwhelming response to the Hunger Free Summer \$500,000 matching gift challenge, an effort to provide 5.4 million summer meals for hard-hit families. Because of you, children across Middle and West Tennessee received the food they needed and are energized for a new school year. Thank you for caring for our neighbors experiencing hunger during the tough summer months.







## Dorothy Pays It Forward

“This food means a lot because a lot of us don’t have money to make ends meet throughout the month,” says Dorothy, 64, a former healthcare worker and a resident of Smith County for 30 years. She now lives with her son and works at a local retailer a few days a week to help cover monthly costs. Even then, she doesn’t always make enough to afford the groceries she needs.

“This really helps because they give out good food. Some of this you can’t even buy at the store because it’s so expensive,” Dorothy says of the Second Harvest food distributions she’s attended.

Dorothy has been coming to the Living Waters Ministries Mobile Pantry for the past three years and is so grateful for the support and kindness

she’s found there. In fact, Dorothy has served as a volunteer at many distributions as a way to give back the good will she’s received.

“This is what we do in Smith County. Everybody loves everybody. We all get along and we all help each other where we can and when we can. That’s one of the reasons I love this town,” Dorothy says.

The support Dorothy describes is only available because of strong partners like you. We are grateful for the way you continually show up for people like Dorothy who just need a little help to get by.

To you, Dorothy says, “Thank you for helping me and this community. Thank you for being here for us.”



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,  
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