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Spring 2022



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Seniors are Grateful for You This Winter

Dear Friend,

When I meet older adult clients of Second Harvest, I often think of my own neighbor, who I got to know better during the pandemic. This strong, previously-independent woman found herself totally isolated because of the pandemic and her limited mobility.

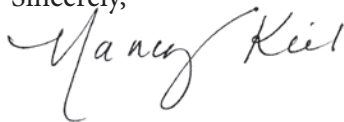
The isolation took a toll on her mentally and physically. Occasionally, I picked up medications and groceries for her, and we would have a conversation through her closed glass door. The pandemic has been a very difficult time for many. As I saw with my neighbor, the lack of transportation and resources completely upended her life.

I am more motivated now than ever to help our senior community members live life to the fullest. Second Harvest Partner Agencies include many organizations like Fifty Forward that focus on our seniors. Another Partner Agency, Manna Café, works closely with our Veterans. In addition, the Commodity Supplemental Food Program that we manage on behalf of the Federal Government delivers fresh, healthy food directly to seniors throughout our community.

This is all possible because of generosity from donors like you.

Please read stories of health and hope from Richard, Katelin, and best friends Dorothy and Cordelia, and remember you make critical support and nourishing food available for those who need it.

Thank you for your commitment to the fight against hunger right here in Middle and West Tennessee.

Sincerely,

Nancy Keil
President & CEO



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



OUR MISSION

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

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Best Friends Dorothy and Cordelia Give Thanks

Retired educators Dorothy and Cordelia are neighbors in a senior living center. Both women retired from the school system several decades ago. Dorothy worked at Metro Nashville Public Schools for 30 years, and Cordelia taught preschool for 45 years.

The two friends are incredible examples of people who gave back to their community their entire lives. Unfortunately, the Social Security benefits Dorothy and Cordelia receive aren't enough to cover all their living expenses.

"Everything is so expensive," Dorothy says. "Food is expensive."

Through word of mouth, Dorothy and Cordelia learned about the Mobile Pantry run by Second Harvest Partner Agency One Gen Away at Maplewood High School in Nashville. Both friends are so happy to have a source of nutritious food to make ends meet each month — food like fresh produce, milk, eggs, and dry goods.



DOROTHY AND CORDELIA THANK YOU FOR SUPPORTING SENIORS.

“Thank you for keeping us in your heart!”

To donors like you who make this resource available for neighbors facing hunger, Cordelia says, “Thank you for keeping us in your heart!”

Dorothy adds, “This is a big help. I'd like to

thank everybody who had anything to do with this.”

Thank you for serving children, families, and seniors at risk of missing meals. As our community navigates the skyrocketing cost of living, your support does so much good for so many.

Second Helpings Donors Live Out Their Beliefs

Cameron and Jennifer James of Murfreesboro are Tennessee natives who still remember the subsidized lunches in their school's cafeteria. They did not grow up hungry, but they know some families are not so fortunate.

Along with their sons Gavin and Langston, they have volunteered at both the Nashville and Smyrna locations to live out the words of Matthew 25:35 — “For I was hungry and you gave me something to eat.” To date, the James family's gifts have provided nearly 100,000 meals for our neighbors living with food insecurity.

“We believe everyone has an inherent desire to help,” says Cameron. “Monthly auto-payments to Second Harvest make this easy, and it ensures we are never late with our donations!”



You can join the James family as Second Helpings monthly donors at secondharvestmidtn.org/monthly or by contacting Jennifer Jackson at 615-627-1583 or Jennifer.Jackson@secondharvestmidtn.org



Neighbors Thank You for Your Help



"BECAUSE OF SECOND HARVEST, PEOPLE CAN HAVE FOOD AND MEDICATION TOO," SAYS DOROTHY OF COLUMBIA.

WE'RE HIRING!

Second Harvest Food Bank of Middle Tennessee offers more than just a job. We provide opportunities to build your career while making a difference in our community. View and apply for open positions today at secondharvestmidtn.org/job-opportunities

THANK YOU!

Giving Food Day was a HUGE success thanks to our incredible neighbors who truly care for our community's well-being. Because of your generosity and that of Second Harvest's generous matching donors, we were able to raise \$183,182. With the match, that is **1,465,456 meals!**

#GIVING *Food Day* TUESDAY

GENEROUS HELPINGS

Everyone's favorite food and wine event, Generous Helpings, has undergone big changes since the start of the pandemic, transitioning to carryout events throughout the city. We're grateful to the many partners who helped keep it going during this socially distanced time. We are now working hard to bring it back as an in-person event on May 17th! More info is available at our website.

News Briefs

MARCH IS NUTRITION MONTH

Throughout March, Second Harvest is working with longtime partner LifePoint Health to promote the importance of nutrition in advancing hunger solutions. For more info, visit secondharvestmidtn.org/nutritionmonth

WILL YOUR COMPANY DOUBLE YOUR DONATION?

Instantly find out if your employer will match your donation to Second Harvest. Use our easy online search tool to see if your company has an employee match program.

It may not be too late to match a gift you made over the holidays! Search now at secondharvestmidtn.org/matchinggifts

See if your employer will match your donation!

Search company name...

Let's Check

All information provided by
Double the Donation



HENDERSON COMMUNITY SOUP KITCHEN SHARES HOT MEALS IN CHESTER COUNTY.



DAVIDSON COUNTY SHERIFF'S DEPUTIES DROPPING OFF A PRODUCE DONATION FROM THEIR HORTICULTURE PROGRAM IN SOUTH NASHVILLE.



"VOLUNTEERING IS FUN! I LIKE TO HELP OTHER KIDS," SAYS PARKER FROM NASHVILLE.



ZELLINA VISITS A MOBILE PANTRY FOR SUPPORT AFTER A SUDDEN JOB LOSS.

Our Corporate Partners Advance Hunger Solutions

Through their donations of time, expertise, and much-needed funds, our corporate partners have long been essential to the work of Second Harvest. Learn how these three partners are making a difference in the communities they serve.

COVIA MAKES VOLUNTEERING A PRIORITY

Covia is an international provider of essential minerals to industries around the world. Since acquiring their Camden facility — which produces industrial sand for the container, automotive, and pharmaceutical glass industries — the Covia team in West Tennessee have hit the ground running to give back.

Camden Plant Manager, Paul Alford, said, "We believe it is imperative that individuals and organizations give back, in time or talent, to help others that may be experiencing difficult times." They recently volunteered for three shifts in one month with 19 volunteers sorting over 9,000 pounds of food!



DELTA DENTAL SERVES WITH A SMILE

Since 2013, Delta Dental of Tennessee has provided toothbrushes to include in our Backpack Program, which provides easy-to-prepare weekend meals for nearly 6,000 children in food-insecure homes. Delta Dental employees volunteer frequently at our Mobile Pantry distributions, and the company supports our Fall campaign to encourage meaningful action in the fight against hunger.

"Second Harvest has been a great community partner for us," said Phil Wenk, Delta Dental President and CEO. "We're privileged to be a part of helping Second Harvest fulfill its mission."



FARM BUREAU HEALTH PLANS OFFERS A HAND IN TOUGH TIMES

Farm Bureau Health Plans provides health care coverage to Tennesseans. They are also committed to providing food to our neighbors facing hunger by volunteering at our distribution centers and sponsoring Mobile Pantries. In the last five years, Farm Bureau Health Plans have helped Second Harvest distribute more than 125,000 pounds of food to more than 1,200 households in Maury County.

"Being of service is fundamental to who we are as a company," said CEO Anthony Kimbrough. "Giving back to the community through Second Harvest is just another way we can support our neighbors during a tough time."



You Help Richard Afford Crucial Medication

Richard's diabetes requires him to monitor his glucose levels, which means he needs insulin to survive. Another important way for him to keep his disease in check is by eating a wide variety of fresh, nutritious food. Unfortunately, insulin and healthy food are both very expensive — more than Richard can currently afford with his disability and Social Security benefits.

"One of my insulins is \$700 a month and the other is \$600 a month — plus all of my other medicine," he says.

Fortunately, with the help of Second Harvest and the United Ministries Food Bank of Robertson County, Richard is able to get the food he needs, which means the money he saves on groceries can be put toward his medication each month!

"If it weren't for y'all," Richard says to friends like you, "I'd be in trouble. Y'all are awesome people."

Richard is so appreciative of his supportive community that he volunteers at food distributions to give back. He breaks down boxes and helps bag up fruit and other food items. He likes helping people the way he is helped.

“If it weren't for y'all, I'd be in trouble.”

To you who make this support possible, thank you for being such a sure source of strength for our community. Your kindness is a bright light for our neighbors at risk of going hungry.



RICHARD THANKS YOU FOR EVERYTHING YOU DO TO HELP NEIGHBORS.

With a Gift of Stock, Everyone Benefits

Most Tuesday mornings you'll find Suzanne Buchanan sorting food as a volunteer in our Nashville distribution center. She and her husband Mark have supported Second Harvest through their gifts for nearly 20 years. Suzanne even serves on our Board of Directors.

"We are thankful that Second Harvest is able to get food to those who need it throughout Middle and West Tennessee," says Suzanne, "And we are grateful to be able to help in some small way."

The Buchanans also give back through gifts of stock, which provides them a unique benefit for their annual tax planning. Suzanne says, "While we're giving back to a nonprofit important to our family, we're also able to simultaneously receive a tax credit for the amount of stock donated."

To learn more about the unique benefits of gifts of stock, reach out to Marian Eidson at 615-627-1564 or Marian.Eidson@secondharvestmidtn.org

You're Setting Katelin Up for Success

Katelin is 10. She attends fifth grade and is really committed to getting good grades. After school, you'll often find her diligently plugging away to get her homework done before anything else.

Her mom works long hours as a Certified Nursing Assistant. Some

days, she'll leave the house at 6AM and not get home until 8PM.

"My mom works extra hard," Katelin says.

That's why coming to the Kids of the Community Afterschool and Summer Programs is such a great experience for Katelin — because she gets a

“I love coming here after school and during the summer because there is always something fun to do and something tasty to eat.”

“tasty” meal, help with her schoolwork, and a fun place to play with friends.

“It can be tough to get homework done on an empty stomach,” she says. “We get big suppers here so that is nice to have before we start our schoolwork.”

Right now, 1 in 7 Tennessee kids face hunger. But because of generosity from partners like you, children who might otherwise not have enough food at home have access to nutritious meals.

“I love coming here after school and during the summer because there is always something fun to do and something tasty to eat,” Katelin says.

Thanks to you, Kids of the Community Afterschool and Summer Programs help prepare Tennessee children for greatness. Thank you for your generosity that provides our community's kids with tools for success.

AT KIDS OF THE COMMUNITY AFTERSCHOOL AND SUMMER PROGRAMS, KATELIN RECEIVES TASTY MEALS AND HOMEWORK HELP.



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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Thanks to all of you for your volunteer hours, financial contributions,
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Thank you to these people who donated \$500 or more

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