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Fall 2019



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Message from Nancy Keil, President & CEO

Dear Friend,

During the past 41 years, Second Harvest Food Bank of Middle Tennessee has been a critical community resource. We make sure food gets from those who have it – like grocery stores, farms, and food manufacturers – to those who need it. Our strong foundation of hunger-relief has been built on the generosity of people like you – thank you.

It's because of this foundational strength that I'm thrilled to begin my journey as President and CEO of Second Harvest. I've had the honor of serving as chief development and marketing officer here for the last five years. During that time, what's been most striking to me is this community's willingness to stand up for Tennesseans in need.

We will continue to follow our strategic plan and will remain focused on bringing hope to our neighbors in need. Alongside our community partners, we'll continue to pursue our goals with determination and vigor. We'll ensure people struggling with hunger have access to enough nutritious food, so they can live active, healthy lives.

In my years at Second Harvest, I've had the privilege of working alongside an incredible board, staff, volunteers, and most critically: you. I'm encouraged to know that together, we can move forward in fighting hunger in Middle and West Tennessee. I value your friendship, your continuing support, and the many ways you help us assist our neighbors in need. We couldn't do our work without you.



As we head into Hunger Action Month this September, I hope you'll continue giving your time, talent, treasure, and voice to the issue of hunger in your community. It's going to take every one of us working together to raise awareness and inspire others to get involved next month and throughout the year!

In this fall newsletter, I hope you'll enjoy reading about the lives you change for the better every day.

Gratefully,
Nancy Keil
Nancy Keil
President & CEO

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

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You Help Dad Manage Son's Health Condition

Ever since Brian learned his son has autism, he's worked hard to provide the healthiest food possible to best manage 5-year-old Logan's symptoms.

Brian explains there are certain foods that are especially beneficial for a child with autism, like fresh fruits and vegetables. But the food Logan most needs is also typically the most expensive at the grocery store.

“It helps, and you know food is coming.”

Brian receives some SNAP benefits and disability assistance. But he says after paying bills he often struggles to afford the nutritious groceries and supplements Logan needs — especially toward the end of the month.

Last year at Logan's school, Brian heard about Second Harvest's Mobile Pantry at 5 Loaves 4 Kids in Tullahoma. Ever since, he's been coming to pick up healthy groceries for himself and his son.

“It helps, and you know food is coming,” Brian says of the Mobile Pantry you make possible.

On the day we met them, Logan was listening to music and dancing around the food at the Mobile Pantry. He told us his favorite foods are grapes, apples, and strawberries.

“Thank you,” Brian says to donors like you. “[You] definitely give a lot.”

Your generosity ensures that kids like Logan can return to school this fall with the nourishment they need to learn and grow. Thank you so much for caring for children and families in need!



LOGAN AND HIS DAD, BRIAN, AT 5 LOAVES 4 KIDS FOOD PANTRY IN TULLAHOMA.

Low Effort, Big Impact

Monthly donors like Susan Woods aren't just kindhearted – they're also practical. Autopay is easiest for her and it reduces Second Harvest's overhead, meaning more resources for hungry people. And that's why we're all here, right?

A retired teacher from Camden, Susan wants to maximize her donated dollars to help Tennesseans become healthier — especially children.

“Making my automatic donations monthly keeps me from forgetting, and gives Second Harvest income they can depend on,” Susan said. “This way, I never miss the money and it's completely painless.”

Please join Susan as a *Second Helpings* monthly donor at 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-room.

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



Your Gifts Are Changing Lives!

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 and follow the hashtag #HungerActionTN to learn how you can help end hunger. A big thanks to our local sponsors Farm Bureau Health Plans, First Tennessee Bank, Delta Dental, Jackson National Life, and Kroger.

YOU DID IT!

You showed us your big hearts through your overwhelming response to the Hunger Free Summer \$250,000 matching gift challenge, an effort to provide 4.5 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 about our hungry neighbors during the tough summer months.



BRICEN



SONYA AND DANIELLE



CAMERON AND MAKAYLA

NEWS 2 FOOD 2 FAMILIES

Second Harvest is partnering with WKRN News 2 again 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 2018, 65 schools collected more than 356,000 pounds of food. Let's set a new record this year! To learn more and register your school, visit secondharvestmidtn.org/food2families.

TENNESSEE TITANS FOOD DRIVE OCTOBER 20



We're teaming up with the Titans to tackle hunger! When you arrive to cheer on the home team against the Chargers, bring shelf-stable food and donations to charity drop-off points at Nissan Stadium. In the spirit of friendly competition, we're pushing to beat last year's total: 35,000 meals. Thank you to Kroger for sponsoring this food drive. Go Titans!



RONNIE

TAKE ACTION TO END HUNGER

 VOLUNTEER

GO ORANGE 

 DONATE FOOD

MAKE A PLATE 

 GIVE A GIFT

Medical Experience Fuels Volunteer Service

With more than 30 years of medical experience, Dr. Linda McCafferty has seen hunger up close.

She's seen patients who must choose between filling their prescription and filling their pantry, whose poor nutrition only feeds their chronic illnesses, and who have suffered adverse emotional and mental effects from being food insecure.

These first-hand experiences fuel her dedication to our mission.

"Hunger is a big passion of mine," Linda said. "I think we have a responsibility for those of us who have been blessed to take that on and do something about it."

After giving monetarily for several years, Linda started donating her time as well in early 2018. Her first shifts were in Second Harvest's warehouse where she sorted food and enjoyed the fast-paced environment.

But she was quickly drawn to our Mobile Pantries, one-day distributions that bring about 20,000 pounds

of food directly to hungry families and individuals in their neighborhoods.

A friend introduced her to Chris Whitney, founder of One Generation Away, a Second Harvest Partner Agency and indispensable Mobile Pantry partner. Since that introduction, Linda has volunteered her time at several Mobile Pantry distributions.

At a typical Mobile Pantry, she'll bag food, escort families through the distribution line, and push grocery carts full of food to clients' cars.

But her favorite responsibility is giving kindness, dignity, and the occasional hug to those in need. "When you go do a Mobile Pantry, you're getting more out of it than you're giving," Linda said.

If Linda's firsthand experiences fuel her passion to fight hunger, it's her innate desire to give back that sparked that passion. When asked why she keeps coming in to our warehouse and out to our Mobile Pantries, she said, "It is a need to serve."

Whether it's helping her patients or providing for our hungry neighbors, Linda has turned her need to serve into her vocation, because in her words, "that's the stuff that feeds your soul."

Do you feel a need to serve?

Sign up to volunteer and help those struggling with hunger.

Visit secondharvestmidtn.org/volunteer today!



You Help Struggling Caregivers

Jill was diagnosed with a rare medical condition 12 years ago called Budd-Chiari syndrome. She survived a liver transplant at age 29, but afterward

she was unable to continue her work in an assisted living facility. Since then, she's struggled to support herself and her son on her disability check alone.

Her son is an energetic 9-year-old who loves to play soccer. Jill is focused on providing him the most nutritious food she can.

"I appreciate [your] kindness very much."

That's why she's so thankful to receive groceries from Family Connections, a Second Harvest Partner Agency in Camden. She's especially grateful for the meat, fish, fruits, and vegetables you help provide.

"This food helps out a lot," she says.

Jill was excited to get engaged recently, but her fiancé has had a hard time finding work lately as a mechanic. Jill says it's a relief to know that resources like the food pantry exist to help in times like this when both of their budgets are especially tight.

Jill wants to make sure you know what a difference your gifts are making for her family — and many others. She says she knows many people who face financial struggles, and it's comforting to know you care.

"I appreciate [your] kindness very much," Jill says to donors like you. "It's a wonderful help."

It's so amazing to know that we can count on friends like you to look out for your neighbors in need, especially as we work to raise awareness of hunger in our community this September during Hunger Action Month. Thank you!



JILL PROUDLY DISPLAYS THE FRESH STRAWBERRIES SHE RECEIVED FROM FAMILY CONNECTION IN CAMDEN.

Nashville Couple's Passions Guide Their Legacy

When it came time to do estate planning, Joan Signorille and Dennis Greeno thought long and hard about where their hard-earned money should go. The Nashville couple is most passionate about two issues: education and food, as both are essentials on the path to future success.

So Joan and Dennis put half of their legacy dollars into a scholarship fund, and designated the other half for Second Harvest.

"Being Italian, food is wrapped up in so many things, and the thought of anyone not having enough to eat is hard for me to fathom," Joan said. "I know Second Harvest will be good stewards of the resource and keep Middle Tennessee fed."

To learn more about leaving a legacy gift to Second Harvest, call Marian Eidson at (615) 627-1564.



EVA AND EFREN

You're Bringing Hope to Families Like Eva's

With four kids at home and only one income, it's hard for Eva to keep her kitchen stocked with healthy groceries for her family. Her husband works outside the home while she cares for their children, ages 10, 6, 2, and 15 months.

Eva recently earned her GED certification so she can find a job to help supplement her husband's income. But their youngest child is having surgery soon and

will require Eva's around-the-clock care.

Eva's husband works in construction, but his income isn't stable from week to week. Work slows during the rainy season, leaving the family without a paycheck sometimes.

The older children receive free lunches at school, though Eva says it's especially challenging to make up for meals when the kids are at home. She says it's difficult to watch her kids open the refrigerator

and ask for food — food that often isn't there.

Thankfully, Eva connected with the food pantry at First Baptist Shelbyville, a partner agency of Second Harvest. Your gifts help make sure this food pantry is stocked with healthy groceries, including fresh fruits and vegetables.

“With all this food, you're helping so many people.”

”

Now, her children can be better prepared for success in the classroom as a new school year gets underway.

“With all this food, you're helping so many people,” Eva says, thanking you for your generosity.

We couldn't agree more with Eva's sentiment. We're so grateful for your partnership in feeding hungry Tennesseans and working to solve hunger issues in our community.



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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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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