

# TABLE TOPICS

HOLIDAY 2022



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# Thank You for Taking Hunger Off the Holiday Table



Dear Friend,

The holidays hold a very special place in my heart. My whole family makes the effort to be together so we can share meals and tell stories. The older we get, the further back the stories go!

Our table is always overflowing, and we have plenty of leftovers to last for days. I recognize what a privilege it is to have more than enough food. Not everyone has the luxury of a special holiday meal, or the guarantee of any meal at all.

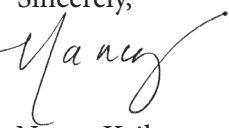
The need for food is up as grocery prices are at an all-time high, along with rent and household necessities. For people who were already struggling, accessing healthy food has become even more difficult.

At the same time, bulk food donations to Second Harvest are down, which likely won't improve anytime soon because of continued supply chain issues. That means we're spending more than we ever have to purchase food that would have been donated in the past.

We very much need your continued support and generosity to make sure we can get food to people who need it, wherever that may be in Middle and West Tennessee.

Holidays are for hope and if you don't have that special holiday meal, you may not get to celebrate what is to come. I'm so grateful we can work together to ensure every family has access to not just a holiday meal, but healthy food every day of the year.

The stories and photos in this special holiday edition of *Table Topics*, demonstrate the incredible impact your support is having. For that, I sincerely thank you.

Sincerely,  
  
Nancy Keil  
President & CEO



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)

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

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# Thank You for Fueling Hope in Young Lives

Damarres, 8, is a second grader at Purpose Preparatory Academy in Nashville. "My favorite thing to study is science," he says. "It is a very good thing to learn."

Each afternoon, Damarres looks forward to the afterschool program at Madison Community Center — a Second Harvest At-Risk Afterschool Meal Program site.

"I like coming here because you can have a snack and go to the playground and play basketball in the gym," he says with a smile.

Damarres already understands that good nutrition is important for a growing kid like him.

"You need food to play sports," he says. "You wouldn't be able to run fast without food."

He knows that good nutrition is also helping him focus on learning the science he loves and fuels his dreams for the future.

"I want to be a minister like Martin Luther King, Jr. because he was a good person. I want to be a good person like him," Damarres says with sincerity.

Thank you for your generous support that is helping boys and girls like Damarres live up to their potential by providing nourishing food through Second Harvest and our nearly 450 partners!

**"You need food to play sports. You wouldn't be able to run fast without food."**

DAMARRRES ENJOYS THE SNACKS YOUR SUPPORT PROVIDES AT THE MADISON COMMUNITY CENTER AFTERSCHOOL PROGRAM.

## Second Helpings Donors make 12x the Impact

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 our neighbors experiencing food insecurity!

This holiday season your support is vital to ensuring Middle and West Tennesseans have access to healthy food and that no one has to go without a holiday meal.

Monthly donations can be set to withdraw automatically, which means no due date 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).





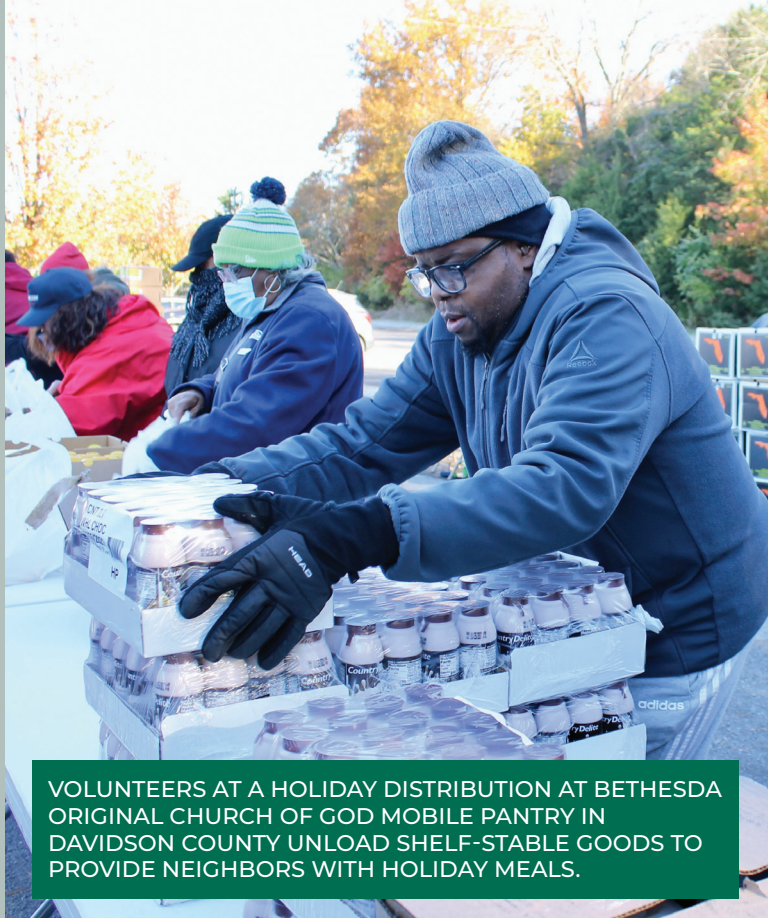
Thank You for Sharing Food and Hope this Holiday Season!



WHEN AN INJURY MEANT FORCED RETIREMENT, PAM STARTED TO STRUGGLE FINANCIALLY. SHE REALLY APPRECIATES THE HELP SHE GETS FROM THE FOOD PANTRY AT ST. PAUL MISSIONARY BAPTIST CHURCH.



MS. TENNESSEE COSMOS, AMANDA BELL, COMPLETED THE POWER OF ONE CHALLENGE THIS SEPTEMBER BY HELPING PACK OVER 2,400 BAGS FOR THE BACKPACK PROGRAM.



VOLUNTEERS AT A HOLIDAY DISTRIBUTION AT BETHESDA ORIGINAL CHURCH OF GOD MOBILE PANTRY IN DAVIDSON COUNTY UNLOAD SHELF-STABLE GOODS TO PROVIDE NEIGHBORS WITH HOLIDAY MEALS.



PAULA HAD TO TAKE TIME OFF WORK TO CARE FOR HER 103-YEAR-OLD GRANDMOTHER. NOW SHE AND HER HUSBAND ARE LIVING ON ONE INCOME. RECEIVING FOOD FROM A MOBILE PANTRY IN GALLATIN HAS BEEN A BIG HELP.

## News Briefs

### MS. CHEAP'S PENNY DRIVE THIS HOLIDAY SEASON



The 14th Annual Ms. Cheap's Penny Drive is back! Led by Main Street Media columnist Mary Hance, the Penny Drive has raised more than 8.2 million meals for our neighbors experiencing hunger. Participate online this year or take your donations by any Wilson Bank & Trust or Pinnacle location. Find out more at [secondharvestmidtn.org/pennydrive](https://secondharvestmidtn.org/pennydrive).

### #GIVINGFOOD DAY NOVEMBER 29



Every November we set aside one day for giving thanks and two days for getting great retail deals. Then comes Giving Tuesday, a global day dedicated to giving back. On Tuesday, November 29, you can help your neighbors access the healthy food they need to thrive by participating in our #GivingFood Day Virtual Food Drive. Watch for an email and social media posts about how you can help!

### MLK WEEK OF SERVICE WEEK OF JANUARY 16

Dr. Martin Luther King, Jr. lived a life of service to others. Join millions of Americans in honoring his legacy by volunteering during the week of his birthday. Second Harvest has a variety of opportunities available at our three distribution centers in Nashville, Smyrna, and Camden. Like Dr. King, you can make a difference in your community this season. Reserve your shift today at [secondharvestmidtn.org/volunteer](https://secondharvestmidtn.org/volunteer).

### SPREAD THE LOVE FEBRUARY 2023



Peanut butter is a staple in almost every home, including those struggling with hunger because of its nutritional value and long shelf life. Due to its widespread popularity, peanut butter is one of our most needed items, yet it is not often donated. Throughout the month of February, help us #SpreadTheLove by donating jars of peanut butter and other nut butters. Learn more at [secondharvestmidtn.org/love](https://secondharvestmidtn.org/love).



# You Help Bridge the Hunger Gap

The high cost of food and other goods is impacting all of us. For families like Jerry's, it has become a challenge each day just to put food on the table.

"We moved to Nashville to try to make a better life for my little kid," Jerry says. "But the prices of everything have gone up and up. It's hard to get by."

Jerry works full time at a nearby warehouse, and throughout the pandemic, he reported to work every day to support his wife and their 9-year-old son.

"They gave us the chance to stay working during the pandemic, so I kept working to support my family," he says. "No matter what, I had to be there."

Despite his full-time job, Jerry's family struggles to afford food and pay their bills. So, when he heard about New Garden Church's drive-thru food distribution in Hermitage, he made the trip knowing the extra help with food would offset other expenses.

While the mobile food distribution is a great help to Jerry's household and to many more who drove through that day, it's still out of reach for some families in Jerry's neighborhood who don't have transportation.

"I know some people who can't afford to come



JERRY FOUND HELP THROUGH A DRIVE-THRU FOOD DISTRIBUTION AT DUPONT TYLER MIDDLE SCHOOL IN NASHVILLE.

because they don't have a car, so I share with them," he says with a smile. "God gave it to us, so I give it to someone else who really needs it as well."

On behalf of children, families, and seniors throughout our 46-county service area in Middle and West Tennessee — thank you for helping

“The prices of everything have gone up and up. It's hard to get by.”

bridge the hunger gap this holiday season!

## Blessed to be a Blessing

Diane and her late husband, Marvin, both gave mightily of their time together even when finances were tight. When Marvin passed away, Diane was able to continue their giving spirit by sharing what he had worked so hard for with gifts to Second Harvest Food Bank of Middle Tennessee.

Diane and Marvin loved to say they are "blessed to be a blessing." And that is why Diane chooses to support Second Harvest with gifts of appreciated stock. Diane says, "I prefer to donate with

appreciated stock because it is truly a tax efficient way of helping others." Giving a gift of appreciated stock is not only beneficial to Diane as a donor, but it also helps Second Harvest fulfill its mission of providing food to people facing hunger and working to advance hunger solutions.

To learn more about giving stock and other planned giving options, please reach out to Marian Eidson at 615-627-1564 or [Marian.Eidson@secondharvestmidtn.org](mailto:Marian.Eidson@secondharvestmidtn.org)

# Holiday Help for Families in Need

Christina's family is like many families across Middle Tennessee. When every day is a struggle to put food on the table, planning a special holiday meal is hard to imagine.

"The holidays are coming up and we're wondering if we're going to have enough to feed the family," Christina says.

Her family of four lives in Chester County where her husband repairs semi-trailers for a living and she stays at home to care for their children. She would love to have a job, too, but childcare is just too expensive.

The one-income household earns just enough to not qualify for SNAP benefits but still struggles to make ends meet most months.

"It's very hard being a family these days, even when you are working," Christina says. "Paying bills, it's very hard — these are trying times."

Free school meals are a big help for Christina's kids, Caden, 11, and Alayna, 5. But when there is no school,

Christina worries about feeding her little ones.

Thankfully, Christina found help through one of our Partner Agencies, the Henderson Community Soup Kitchen. Here she has access to the healthy foods her growing children need — fresh fruit, vegetables, lean meats, and more.

"It's hard not having enough food to feed your family. What y'all are doing is a beautiful thing. Thank you."

Your support of Second Harvest today will help provide the essential food needed across the 46 counties we serve, taking the worry away for families who are hungry this holiday season. "It feels good because I know we have food to eat when we come here," Christina says.

“It's hard not having enough food to feed your family. What y'all are doing is a beautiful thing. Thank you.”



CHRISTINA AND HER DAUGHTER, ALAYNA, ARE THANKFUL FOR THE FOOD DISTRIBUTION THAT WILL MAKE THEIR HOLIDAYS BRIGHTER.



# Healthy Food is on the Table in Overton County

**W**ith inflation at an all-time high, many people can no longer afford even the basic necessities.

These are especially difficult days for Dale, who lost his job during the pandemic and is still struggling to recover.

"I used to work at a pallet mill and then I went to work at a cabinet shop after that," Dale says.

To get by, Dale cut back completely on buying things for himself, including clothing and other personal items, instead focusing all of his funds on his children, the youngest of whom is just 7.

When he needs extra help to put healthy food on the table, Dale visits

Five Loaves Mobile Food Pantry in Crawford which serves hundreds of families. It's a huge relief to know his children can receive the food they need during this challenging time.

"It helps quite a bit," he says. "Especially when you are low on money and can't afford much."

Dale is grateful for support from friends like you who care about the needs of others.

"Your donation is well appreciated, and the community thanks you," he says.

By partnering with Second Harvest Food Bank of Middle Tennessee,

you're sharing food and hope with people who are facing hunger this holiday season!

“Your donation is well appreciated, and the community thanks you.”

DALE VISITED THE MOBILE PANTRY AT WILSON ELEMENTARY SCHOOL IN CRAWFORD. "IT HELPS QUITE A BIT," HE SAYS.



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

To learn more about getting involved, join our online community @ [2HarvestMidTN](https://2HarvestMidTN)



Or visit us online at  
[secondharvestmidtn.org](https://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!

## **Thank you to these people and organizations for generous food drive donations**

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