

# TABLE TOPICS

Summer 2024

*You can help make this*  
**A HUNGER FREE  
SUMMER**  
*for kids and families*

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a 7th Grader  
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For You



# Your Impact For Children This Summer

Dear Friend,

Every year around this time, I am reminded of the stark reality that summer is not full of carefree experiences for many kids in Middle and West Tennessee. So many of our neighbors rely on affordable and nutritious meals at school, leaving a gaping hole in the lives of countless families during the summer. This means that summer becomes a time of stress, rather than enjoyment like my fond summer memories.



With nearly half a century of compassionate service, Second Harvest is celebrating years of transformative work in the fight against hunger across our 46 counties. For 46 years we have witnessed communities rally behind our commitment to feed the future — our children — and we know this will continue.

Thanks to the generosity from our community, we make a dent in this stress felt by families and children by providing food to programs that continue to feed and nurture our children throughout the summer. And right now, you have the opportunity to provide twice as much food to children facing hunger this summer! Thanks to a group of generous donors, your gifts will be matched up to \$500,000 until June 30th.

As you read about hunger relief and stories of triumph in the pages ahead, remember that you have made this possible. These are not just stories; they are testaments to the difference we can make together; to the better community we can build.

Thank you for standing with us in our vital mission. The laughter and leisure of summer should never be overshadowed by the pain of hunger.

Gratefully,

A handwritten signature in black ink that reads "Nancy Keil".

Nancy Keil  
President & CEO



Find past issues of our newsletter 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

Second Harvest's mission is to provide food to people facing hunger and work to advance hunger solutions

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Maya

## How You're Helping Students Like Maya

Maya, a seventh-grade student in Nashville, loves to express herself, particularly as a writer and through the arts.

She sings in the choir, and her favorite artist is composer Lin-Manuel Miranda. Maya starred in her school's production of *Moana*, singing the songs Miranda wrote for the musical.

In the story, *Moana*, a young girl, lives on an island where blight is killing vegetation and shrinking the fish catch — so there's a food shortage, and the people are going hungry ... until the protagonist saves the day.

Maya knows what it's like to sometimes experience hunger. She says it can be hard to focus in class or get ready for after-school choir on an empty stomach.

*“If you come from a family that doesn't have a lot of money, it's hard to get nutritious food.”*  
— Maya

“If you come from a family that doesn't have a lot of money, it's hard to get nutritious food,” she says. “I think it's important to have nutritious food, because not a lot of people have it. Getting it at school just makes things easier.”

Maya loves the snacks she gets at school thanks to Second Harvest Food Bank of Middle Tennessee — nourishment that your support helps make possible. But like so many other kids in our community, Maya doesn't have access to school snacks and meals during the summer.

**Your support of Second Harvest can go a long way right now, thanks to a \$500,000 matching gift challenge. From now until June 30th, your gift will double in impact for children facing hunger this summer. Thank you!**

# News Briefs

## Stay in the know.

### Hunger Free Summer

**\$1 = 8 meals**

When classes let out for summer, families now must suddenly provide an extra 10 meals per week per child. For families already facing food insecurity, this additional stress can be difficult to overcome.

Let's make this a Hunger Free Summer for children facing hunger. Your gifts until June 30th will be matched, up to \$500,000, providing twice as much food for children this summer! **Scan QR code to donate now.**



### Ode to Otha Block Party

**June 1, 2024**

Join us in Nashville on June 1 for the ultimate block party to celebrate the music of legendary fife-and-drum bluesman Otha Turner. All proceeds benefit Second Harvest. **Learn more about this all-inclusive event at othaturner.com.**

### Stars for Second Harvest

**June 4, 2024**

Stars for Second Harvest returns to the historic Ryman Auditorium on June 4th. Join us for an incredible acoustic line-up of country music with ERNEST & Friends, presented by Nissan. More info at [secondharvestmidtn.org/events/stars](https://secondharvestmidtn.org/events/stars).

### Tomato Art Fest

**August 9 & 10, 2024**

Join us at Nashville's annual Tomato Art Fest, a festival full of fun-themed art, local music, delicious food, costumes, wacky contests, shopping, kids activities, & more. Stop by our booth to learn about what you can do to help Second Harvest in the fight against hunger! **Learn more at [tomatoartfest.com](https://tomatoartfest.com).**

### We're hiring!

Second Harvest 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](https://secondharvestmidtn.org/job-opportunities).**

## Why We Give Monthly

"Nothing speaks love more than feeding the hungry."

That's the word from Jon and Megan Williams, who have been Second Helpings members — Second Harvest supporters who give monthly — since 2022.

Jon and Megan met in 2009 as graduate students at Vanderbilt, got married in 2013, and now live in Franklin with their 2-year-old son Theo.

When looking into ways of giving outside of the traditional church setting, they discovered that Second Harvest's mission aligned with what was in their heart. And they're confident their donations are going to help provide food and nutrition to neighbors facing hunger.

"It's comforting to know exactly where our donation is going," they say, "and that is to a very good cause."

**Want to join Jon & Megan as a Second Helpings member? Learn more at [secondharvestmidtn.org/givemonthly](https://secondharvestmidtn.org/givemonthly).**

*To become a monthly donor, sign up at [secondharvestmidtn.org/givemonthly](https://secondharvestmidtn.org/givemonthly). Or upgrade your monthly donation today by contacting Jennifer Jackson at 615-627-1583 or [Jennifer.Jackson@secondharvestmidtn.org](mailto:Jennifer.Jackson@secondharvestmidtn.org).*



# Snapshots of Generosity

## Generous Helpings

Generous Helpings' 17th year was a success! With the help of 26 local restaurants and vendors, guests ate, drank, and gave back at our annual event benefitting our Grocery Rescue Program. A special thanks to Kroger, who through its Zero Hunger Zero Waste Initiative is helping to create communities free of hunger and waste.



## Campbell's Chunky Sacks Hunger



Campbell's Chunky and Tennessee Titans linebacker Azeez Al-Shaair teamed up to give back to Second Harvest as part of Campbell's Chunky Sacks Hunger program. For every sack made by the Titans, Campbell's donated 2,000 pounds of soup to Second Harvest. Thanks to Campbell's generosity

and the Titans' crushing it on the field, 28,000 pounds of soup were donated to fight hunger in Middle and West Tennessee.

## Food for Thought



At Second Harvest's Food for Thought event in February, we were joined by Charlotte Miller of Mama Blanche (pictured), Malia Mosby of TSU's Expanded Food and Nutrition Education Program, and Second Harvest's own Amy

Qazi. Together, we learned about how food can be a tool to heal the mind, body, and soul.

## Friends of the Food Bank Mobile Pantry



Second Harvest's Friends of the Food Bank, a group of young professionals making an impact in our Middle and West Tennessee communities, volunteered at a Mobile Pantry in Williamson County to

distribute nutritious food directly to our neighbors facing hunger! **Learn more about our Friends of the Food Bank here: [secondharvestmidtn.org/friendsofthefoodbank](https://secondharvestmidtn.org/friendsofthefoodbank).**

## Nutrition Month



**Lifepoint Health**

In March, we celebrated Nutrition Month in partnership

with Lifepoint Health to bring awareness to the important relationship between hunger and health. Because people experiencing food insecurity are at a higher risk of long-term health conditions like diabetes and high blood pressure, Lifepoint provides diabetic tray pack meals and heart healthy food boxes to make nutritious options available for neighbors in need.



Your kindness gives Jerick  
the nutritious food he needs!

## This 11-Year-Old Is Thankful for Kids Cafe!

“Eating vegetables  
helps me feel full and  
gives me energy.”  
— Jerick

Jerick, 11, loves gym class and hopes to be a professional soccer player when he grows up.

The sixth grader knows that any athlete needs fuel to excel, so he's really glad that Second Harvest provides nutritious food through a Kids Cafe at a Community Center in Nashville.

Jerick admits that he's a sucker for gummy worms as a snack, but he knows he needs to eat nutritious foods if he wants to be a pro athlete when he's older.

“Eating vegetables helps me feel full and gives me energy,” says Jerick, who lives with his parents

and two older siblings. “And I love the juices — they're really good!”

Second Harvest's Kids Cafe program provides free meals, snacks, and nutrition education to children facing hunger through a variety of community programs during the school year and in the summer months. More than 33,000 meals and snacks were distributed last year.

**Thousands of children like Jerick are happy that friends like you make Kids Cafe possible. Thank you for your compassion for our young and growing neighbors!**



# How a Mobile Pantry Makes a Difference



Brenton

Brenton is feeling the pinch.

He and his wife live with their 3-year-old daughter. And despite having two incomes, they can barely pay their bills and keep their family fed.

Brenton earns a decent wage as an accounts payable

clerk. Combined with his wife's part-time job, they make a little too much to qualify for much government help ... but not enough to keep up with regular expenses.

"Daycare is really expensive," Brenton says, noting that it can cost up to \$350 per week. So, they take turns working to try to keep daycare costs more manageable. His wife stays home with their little girl while Brenton works, and vice versa.

What makes things worse is that their rent has gone up several hundred dollars in the last couple of years.

So has the cost of gas and groceries. Brenton has even taken side jobs to try to make it work.

"It's just hard making ends meet," he says.

That's why Brenton and his family are so thankful for Second Harvest's Mobile Pantry program. Brenton and his wife regularly pick up food from a Second Harvest Mobile Pantry at Good Shepherd Methodist Church in Sumner County.

A typical Mobile Pantry visit provides a family with several days of groceries. **More than 138,000 individuals received assistance through this program last year.**

**Thank you for making a way for families like Brenton's to supplement their food supply.**

*“It's just hard making ends meet.”*  
— Brenton

## This Remarkable Woman Had a Good Plan

Mary Elizabeth Williams was a college teacher — and a lifelong student.

Williams, who died in 2021 at the age of 97, taught English Literature and Composition at three colleges, but it was her constant pursuit of further education that marked her life. She earned a bachelor's degree (Music Education), two master's degrees (Theology and English), and a doctorate (English Literature).

At the age of 67, she enrolled at Nashville State Technical Institute and learned computer programming. She worked as a programmer for about 10 years until she retired.

An active member at Belmont United Methodist

Church, Williams put a high priority on helping others in the community, requesting that the majority of her estate be donated to charity — including Second Harvest. Because of her foresight and planning, neighbors in need will be fed for many years to come.

For more information about including Second Harvest in your charitable gift plans, please contact Marian Eidson at (615) 627-1564 or [plan@secondharvestmidtn.org](mailto:plan@secondharvestmidtn.org).



Mary

# 46 Years of Feeding the Future

Our Children's Feeding Programs started in 1992 with a simple yet powerful idea. Kids Cafe was born out of a vision to provide a safe and nurturing space where children could receive more than just nutritious meals — they could have a place they belong.

Kids Cafe provides free meals, snacks, and nutrition education to children facing hunger through a variety of community programs during the school year and in the summer months. Second Harvest's hands-on approach at the original cafes laid the foundation for what would come.

Kids Cafes were a necessary starting point to combat childhood hunger, but we knew there had to be next steps. In 2004, inspired by pilot programs nationwide, Second Harvest launched the Backpack Program at two sites: Ingram Sowell Elementary School in Lawrence County and the Jackson County Board of Education in Gainesboro. The Backpack Program bridges the gap left by school meals over the weekend by providing easy-to-prepare food for children facing food insecurity.

The School Food Pantry Program started after a counselor from John Early Middle School spotted a student searching for food in a trash can. The counselor contacted Second Harvest, leading to the opening of our first School Food Pantry at John Early Middle in January 2013.



Second Harvest has been providing children with food, snacks, and smiles for decades.

School-based pantries have a permanent residence in schools, where food is distributed to children and their families as needed. Last year alone, those pantries served more than 311,000 meals through 48 schools.

From the inception of Kids Cafe to the expansion of our School Food Pantry and Backpack Programs, our efforts have always centered on the goal that no child should go hungry. These initiatives represent more than just meals; they are a testament to the power of community, the importance of partnerships, and the belief that we can create a Middle and West Tennessee where everyone has the food they need to not just survive, but thrive.

## Look What You Made Possible Last Year



**96  
CENTS**

of every donated dollar goes directly to Feeding Programs



**38.9  
MILLION**

nutritious meals provided to our neighbors in need



**46**

counties served



**222**

Mobile Pantries



**42.7  
MILLION**

pounds of food distributed



**13.7  
MILLION**

pounds of fresh produce delivered

Check out our latest Annual Report by scanning this QR code:



**SECOND HARVEST  
FOOD BANK**  
of MIDDLE TENNESSEE

46 Years of Feeding Hope

**Second Harvest Food Bank of Middle Tennessee**  
**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)