

TABLE TOPICS



SPRING 2023



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Every Senior*

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Neighbor
Thanks You



You're a Lifeline to Neighbors of All Ages



Dear Friend,

I can still recall one very special woman I met years ago at a Second Harvest Food Bank of Middle Tennessee Mobile Pantry. I had the honor of listening while she shared the incredibly rich life she had lived up to then, the children she raised, and the grandchildren she now helped care for.

This resilient woman inspired and motivated me to think about what more we could be doing to support our senior neighbors who are living on fixed incomes. Seniors are especially vulnerable to hunger during seasons when utility bills spike, or anytime living expenses rise faster than Social Security benefits – both of which are converging right now.

Thanks to generous donors like you, programs like our Commodity Supplemental Food Program, Senior Nutrition Program, and SNAP outreach all directly benefit seniors in our community.

I'm also incredibly proud of our Project Preserve, which provides nutritious, easy-to-prepare trays of food using a cook-chill process.

Flip to page 8 of this edition of *Table Topics* to see how one of these programs proved to be lifesaving for one senior neighbor.

I hope you'll also enjoy reading about just a few of the people who were able to greet the new year with warm meals and full tables, thanks to your thoughtfulness.

We're working hard to connect even more neighbors with nutritious food for better health and more fulfilling lives this year — none of which would be possible without you.

Thank you for your partnership!

Sincerely,

Nancy Keil
President & CEO



Find past issues of our newsletter and our current donor acknowledgement page online 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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Mary is Singing Your Praises

Mary, 81, spent her career proudly working at some of Nashville's finest restaurants, from the Tail and the Fox to the Hyatt Regency's Polaris.

"I was a server," she says. "I enjoyed and loved it so much."

Mary's other great pride is her two grown children, one who lives in Clarksville and the other in Franklin. Mary is retired and her husband passed away in 1994. Since it's just her at home now, she moved into a senior low-income housing apartment to help cut down on costs.

But sometimes she still struggles to have enough left over to afford rising grocery bills. To further help, a friend recently told Mary about Second Harvest's drive-thru USDA food box distribution at Dupont Tyler Middle School.

"I never thought I would ever have to get food from another source, but I did," Mary says.

She's so thankful for the distribution and especially for the kindness of friends like you who make it possible.

"I'm just very, very grateful," she says. "This really helps me a lot because my Social Security is not a whole lot of money."

Thank you for partnering with Second Harvest and our entire community to make sure our neighbors of all ages have nutritious food on the table and hope for tomorrow.

"I'm just very, very grateful."

MARY NEVER THOUGHT SHE WOULD NEED HELP GETTING FOOD. THANKS TO YOU, SHE IS NOW ABLE TO HAVE HEALTHY FOOD AND STILL MAKE ENDS MEET.

You Can Be a Force for Good, Too



Derek and Robyn Moore are pivotal forces for good in their Middle Tennessee community. In addition to Derek's life-saving career as a transplant surgeon, the couple has been

generous supporters of Second Harvest Food Bank of Middle Tennessee for several years.

Derek and Robyn shared, "It is especially important for us to give to Second Harvest because we find it very troubling that anyone in this country should suffer from food insecurity."

The Moore's choose to make their gift to Second Harvest monthly as members of our Second Helpings giving group. Their gift helps them budget what they plan to give throughout the year, and it allows Second Harvest to better plan the many programs and services offered throughout the year and know that support will be coming in consistently.

Please join us as a Second Helpings monthly donor at secondharvestmidtn.org/monthly or upgrade your monthly donation today by contacting Jennifer Jackson at 615-627-1583 or Jennifer.Jackson@secondharvestmidtn.org.

Neighbors Thank You for Your Help

Helping in a Disaster

On September 28, 2022 Hurricane Ian first made landfall on the coast of Florida and began causing devastating destruction to homes, businesses, schools, and communities. Many neighbors were left without running water or safe shelter, and even more were left without reliable access to food.

As a member of the Feeding America network, Second Harvest Food Bank of Middle Tennessee is often called upon to provide food in times of great need, even when that need may be outside of our 46-County service area in Middle and West Tennessee. So when disaster struck our Florida neighbors, supporters like you immediately jumped into action. Daily food sorting shifts were filled by devoted volunteers to pack over 100,000 Disaster Relief Boxes of both ready-to-eat and shelf-stable food, as well as napkins and utensils.

Volunteers like Guy came in to lend a hand. Guy shared on why he decided to volunteer with Second Harvest to build Disaster Relief boxes. "We've had some disasters here, two years ago we got hit by a pretty bad tornado that affected people I know, it's nice to know you are helping people in other parts of the country who are going through similar circumstances."

In addition to packing and distributing thousands of pounds of food, Second Harvest's very own Partnership Manager, Vivian Bowen,

graciously made the trip to Southwest Florida to assist firsthand in the rebuilding efforts.

During the two weeks Vivian spent in Florida, she was able to see the scale of the destruction caused by the hurricane and help local food banks facilitate multiple Mobile Pantries each day, serving between 800-1,200 households daily.

We are so grateful to not only be a part of the Feeding America network, but to also have the resources available to help our neighbors across this country when they make the call for help. And from the bottom of our hearts, thank you for being a part of our mission. We could not do this work without you.



WE ARE PROUD TO HAVE PARTNERED ONCE AGAIN WITH BOTH THE TENNESSEE TITANS AND NASHVILLE PREDATORS FOR THEIR ANNUAL GAME-DAY FOOD DRIVES. THANK YOU TO THE THOUSANDS OF FANS WHO DONATED A COMBINED 12,614 MEALS.

WHAT AN HONOR TO BE INVITED BACK BY JASON ISBELL TO ACCEPT DONATIONS DURING HIS 8-DAY RESIDENCY AT THE RYMAN AUDITORIUM. THANKS TO JASON AND HIS GENEROUS FANS, NEARLY 13,000 MEALS WERE PROVIDED DURING THE HOLIDAYS.



OUR BOARD OF DIRECTORS HELPED DISTRIBUTE 1,000 TURKEYS GENEROUSLY DONATED BY CMA CGM THROUGH THE MOBILE PANTRY AT OUR DAVIDSON COUNTY PARTNER AGENCY RURAL HILL CHURCH OF CHRIST IN NOVEMBER.



THANK YOU TO OUR PARTNERS AT FIRESTONE FOR FUNDING A FALL MOBILE PANTRY DISTRIBUTION IN WILLIAMSON COUNTY. VOLUNTEERS BRAVED THE COLD TO PROVIDE FRESH FOOD TO MORE THAN 200 HOUSEHOLDS.

STUDENTS FROM BENTON COUNTY HIGH SCHOOL JOINED US TO BREAK GROUND AND BUILD THE FIRST RAISED GARDEN BEDS AT THE SECOND HARVEST RAY SMITH FAMILY DISTRIBUTION CENTER IN CAMDEN. "I HOPE WE CAN BUILD MORE ON THIS SO WE CAN HELP EVEN MORE PEOPLE," SAID JACK, A SOPHOMORE AT BENTON COUNTY HIGH.



News Briefs

GENEROUS HELPINGS

APRIL 19

Second Harvest's signature food and wine-tasting event is back and better than ever! Eat, drink, and give back with some of the best local restaurants in Nashville showcasing their signature dishes, along with wine and craft beer selection. Visit secondharvestmidtn.org/generoushelpings for info.

STAMP OUT HUNGER

MAY 13

Simply leave a bag of nonperishable food next to your mailbox. U.S. Postal Service letter carriers will collect your donation when they deliver your mail. Most needed items include peanut butter, canned chicken, soups or stew, rice, pasta, cereal, tuna, and canned fruits or vegetables.

MS. CHEAP'S PENNY DRIVE

Thank you to all who contributed to yet another incredible Penny Drive. Because of you, we were able to provide 153,140 meals to our neighbors in Middle and West Tennessee.

THANK YOU!

#GIVING TUESDAY Food Day

Giving Food Day was a HUGE success thanks to our incredible neighbors who truly care for our community. Because of your generosity and that of Second Harvest's matching

donors, we were able to raise \$400,356. With the match, that's **1.6 million meals!**

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

You Help Care for the Caretakers

Carolyn is passionate about caring for her family — an adopted family of friends and neighbors spans across her entire community.

At 76, Carolyn, or “C.C.” as she’s better known, is retired from her position as a Program Coordinator for Murfreesboro Parks and Recreation Department. She worked there for 25 years planning activities for children and adults in the Patterson Holloway community.

“I was with the city for over 25 years planning activities that meant

something to the community,” she says.

Since retirement, C.C. says she has maintained her passion for working with people by “adopting” neighbors with various needs, like homebound neighbors she takes food to.

But recently, C.C. also found herself in need of help. She was diagnosed with diverticulitis — a

“You are not only helping us, but you are helping humanity.”

severe and painful abdominal illness that required treatment and a new, special diet.

“The food I needed to eat was expensive. That’s why I started coming here,” she says of her visits to the Second Harvest Mobile Pantry at Midland Baptist Church in Bell Buckle.

C.C. is especially grateful for the recipe cards produced by Second Harvest and distributed with the food she receives. She attributes her new, healthy eating habits to the nutritious food she receives as well as

the tips and recipes on those cards.

“I have learned so much and I truly believe it is why I am as healthy as I am today,” C.C. says.

C.C. also wanted to share her special thanks with donors like you who join her and your community to make sure every neighbor has nutritious food on the table.

“You are not only helping us, but you are helping humanity,” she says.



HENRY SHARES APPRECIATION FOR YOUR HELP.

Lifelong Waynesboro Neighbor Thanks You

Henry, 77, has a deep love for his Waynesboro community. He lives in the same house he was born in, and he worked more than 30 years as a brick mason in the same town before retiring.

“You work hard, and you try to save, but my money just doesn’t go as far as it used to,” he says.

That’s why Henry is so grateful he can turn to a Second Harvest Mobile Pantry at Waynesboro Ministerial Alliance when his fixed income doesn’t stretch far enough.

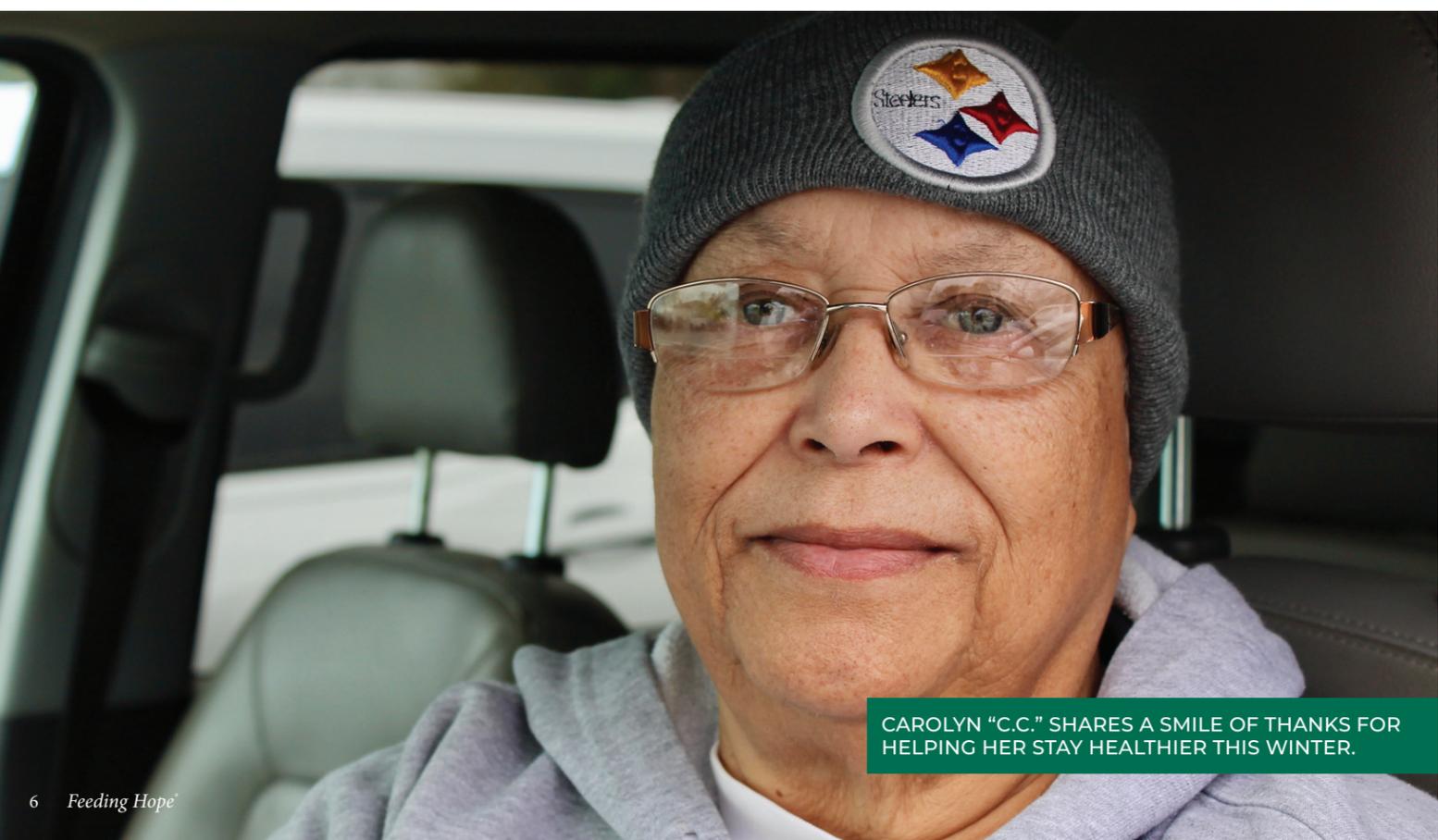
He says he’s especially careful how he spends his money these days because trips to the grocery store have become increasingly expensive and it takes more money to get by while his income stays the same.

“I am just so thankful to everyone who donates to make this happen.”

“This food comes in handy and helps me save money, so I can pay my bills,” Henry says.

Before leaving the Mobile Pantry, Henry wanted to share a word of appreciation to donors like you who make this support possible for him and so many more neighbors.

“I am just so thankful to everyone who donates to make this happen,” he says. “I really appreciate it.”



CAROLYN “C.C.” SHARES A SMILE OF THANKS FOR HELPING HER STAY HEALTHIER THIS WINTER.

With a Gift of Stock, Everyone Benefits



Art and Nancy Boll are long-time advocates in the fight against hunger, supporting food bank organizations on the local and national level.

Arriving in Nashville six years ago, they quickly recognized the vital role Second Harvest serves for Middle and West Tennessee. Nancy shared, “When we volunteer at Second Harvest, we’ve always been impressed by the energy, goodwill, pride, and spirit shown by everyone we interacted with on our shift. The importance of organizations like Second Harvest became obvious during the pandemic lock down, so we increased our

support and commitment to this essential safety net organization to help our community.”

The Bolls decided to make recurring monthly gifts through their Donor Advised Fund and also arranged a bequest to Second Harvest. Art added, “Giving in this way is strategic, allowing us to make financial gifts from appreciated assets while continuing to meet the growing needs of our neighbors who are facing hunger.”

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 Help Save Lives

Bette, 80, looks forward to every visit from Second Harvest Commodity Supplemental Food Program representatives — visits that have been lifesaving in more ways than one.

Bette overcame serious hardships and was happily making ends meet when the COVID-19 pandemic began. After all her hard work, she lost her only income and was hospitalized for neglecting her nutritional needs just to pay her basic bills.

During her hospital stay, Bette found out about the Commodity Supplemental Food Program. The program, coupled with a newfound affordable living arrangement, helped Bette settle into a healthier routine and regain her footing.

That routine also includes regular visits from Second Harvest delivery driver, Jess, who delivers food to seniors across Davidson County. Bette always waits by the door for Jess'

visits, both for the food they deliver and for the friendship they bring.

That's why Jess knew something was wrong

“ I've had guardian angels along the way, and I consider Second Harvest to be one of my angels. ”

one day when Bette wasn't at the door. After hearing a low murmur, Jess proceeded inside and discovered Bette had fallen three days earlier and had been too weak to get up or call for help.

“I did everything possible to lift myself up, and I couldn't for three days,” Bette recalls. “Then I heard this beautiful voice — Jess from Second Harvest. They saved my life.”

Since that day, Bette has regained her mobility, independence and most importantly, her confidence. She still looks forward to her visits from Jess and is thankful for friends like you for making the nutritious food, and the visits from Jess, available to her.

“I've had guardian angels along the way, and I consider Second Harvest to be one of my angels.”



BETTE IS ALL SMILES AS SHE SHARES HER STORY AND HOW YOU WERE THERE TO HELP HER.



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!

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

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