

# TABLE TOPICS

Holiday 2021



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# You're Making a Difference This Holiday Season



Dear Friend,

In my family, crescent rolls were a must-have item at all holiday dinners. They were, and still are, my brother's favorite. I smile now whenever I recall arguing over who would get the last one. But then I think of the countless households across Middle and West Tennessee experiencing hunger, and the children, families, and seniors who do not share similar fond experiences with food.

During this time of plenty, many of our neighbors are still struggling to put nutritious food on the table.

That's why, as we head into the new year, Second

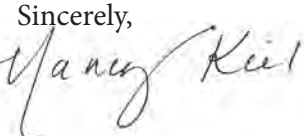
Harvest Food Bank of Middle Tennessee's resolution is to remain as steadfast and goal-oriented as we've been since the initial outbreak of COVID-19.

With your generous help, the food bank distributed more than 42 million meals – a significant increase from the previous year. Our capacity and partnerships across our service area have been amplified. Because of you, we are stronger than ever.

As we look ahead to 2022, I am hopeful we can continue to move toward healing and recovery so the pandemic will soon seem far behind

us. Please let Deborah, John, and Gladys' words of thanks in these pages inspire you this holiday season. May their stories invigorate your passion for fighting hunger just as they did for me.

Thank you endlessly for all you've done and all you will do for Second Harvest and the people we are proud to serve.

Sincerely,  
  
Nancy Keil  
President & CEO

## OUR MISSION

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

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# You're Giving Hope to a Hardworking Family

Deborah's family has always worked. Asking for assistance does not come easily to her, her husband Jim, or their grown daughter Rachel. But Rachel's prolonged back injury gave them no choice. They needed help.

her. The increased expense has put the couple behind on their bills, and money for food is tight.

"She has been looking for work every day," Deborah says. "But when you have physical limitations, you can't just take any job. She's a hard worker. It's just defeating."

They hope this situation is temporary. In the meantime, they are so grateful to get help with food from Second Harvest's Partner Agency, Destiny Center, and their Mobile Pantry in Rutherford County.

"I think there's a lot of people, like myself and my

“ We appreciate your time and helping people at a time when they need it. ”

When Rachel lost her job in home remediation because of her ongoing back issues, Deborah and Jim stepped in to support

## A Neighbor During Good Times and Bad

When tough times hit, it's nice to know you have neighbors like Christy and Paul Nicholson who care. Christy saw the need for food assistance firsthand while working at a food pantry during the financial crisis of 2008.

"I saw how Second Harvest provides a helping hand to people from all walks of life," she says. "Through floods, tornadoes, and a pandemic, Second Harvest has been there for Middle Tennessee."

The Nicholsons have been Second Helpings monthly donors for 6 years. In that time, they have helped provide more than 16,000 meals for Tennesseans experiencing hunger!



RACHEL (LEFT) AND DEBORAH (RIGHT) ARE THANKFUL FOR YOUR HELP.

daughter, who've always worked. It's really difficult to find out where to go when you need the help," Deborah says.

She says to you as a supporter of Second Harvest, "We appreciate your time and helping people when they need it."

That help from generous friends like you serves hope in the form of food to children, families, and seniors who would otherwise go hungry. Thank you for showing compassion for your neighbors during this holiday season.



Christy says, "Donating to Second Harvest is one way our family gives thanks for the food on our table every day."

Please join the Nicholsons as a *Second Helpings* monthly donor at [secondharvestmidtn.org/monthly](https://secondharvestmidtn.org/monthly) or by contacting Jennifer Jackson at 615-627-1583 or [Jennifer.Jackson@secondharvestmidtn.org](mailto:Jennifer.Jackson@secondharvestmidtn.org).



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)



# You Share Food and Hope!



SECOND HARVEST STAFFER STEPHEN HELPS  
DISTRIBUTE HOLIDAY HAMS IN NASHVILLE.

## Ms. Cheap's Penny Drive December

The 13th Annual Ms. Cheap's Penny Drive is back! Led by Main Street Nashville columnist Mary Hance, the Penny Drive has raised more than 5.6 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).



## Giving Food Day November 30

Every November we have 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 30, you can help your neighbors access the healthy food they need to thrive by participating in our Giving Food Day Virtual Food Drive. Watch for an email and social media posts about how you can help!

#GIVING  
TUESDAY  
*Food Day*

## 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).



JONATHAN LEARNS TO MAKE  
HEALTHY CHOICES AT A FUN KIDS  
NUTRITION CLASS AT EASLEY  
COMMUNITY CENTER IN NASHVILLE.



SECOND HARVEST BOARD MEMBER LEE  
GREETES A YOUNG NEIGHBOR DURING A  
FOOD DISTRIBUTION IN NASHVILLE.

PARTNER AGENCY  
COMMUNITY  
RURAL FOOD  
DELIVERY SENT A  
SPECIAL ENVOY  
TO PICK UP FOOD  
FOR FAMILIES IN  
GILES COUNTY.



"THANK YOU FOR GIVING," SAYS  
TONI DURING A DRIVE-THRU  
MOBILE PANTRY IN ANTIOCH.





# Volunteers Give Back During Difficult Times

Providing food to those who need it is hard work. That’s why this holiday season, we’re giving thanks for all the incredible help we’ve received from neighbors who stuck with us through another tough year. Volunteers like Joshua, Crystal, and Elyse are investing time in our community and sharing the joy of giving!

Joshua started volunteering at our Nashville location in the summer of 2018 after learning about Second Harvest through his school’s annual food and funds drive. He’s returned every summer since!



“It’s important to volunteer in order to support the most vulnerable within the community.”

He says there are perks to being at Second Harvest in the summer. “Since I can only volunteer over the summer, the coolness of the freezer gives relief from the summer heat!”



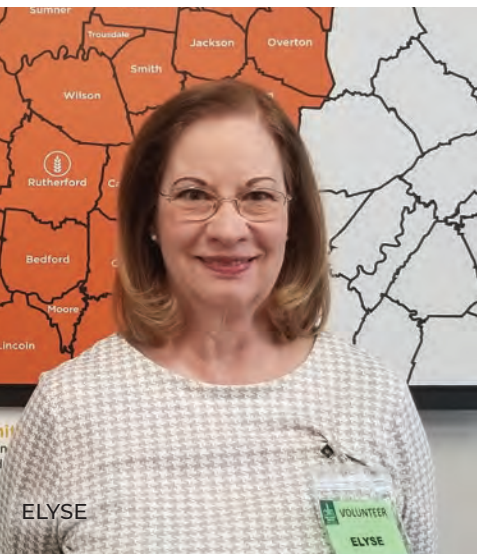
Crystal, a volunteer at our Nacarato Distribution Center in Smyrna, has been giving back through Second Harvest since August 2019.

“It can sometimes be hard work,” she says, “But it’s always time well spent because you

know your actions are very tangibly helping people in our state.”

“Volunteering is a way to get outside yourself and help someone else.”

Volunteering is also an opportunity to reflect. “Sometimes the busyness of life can keep us from realizing that there is a world outside of our ‘personal bubble,’” she says. “Volunteering is a way to get outside yourself and help someone else. It not only helps the recipient, but also the volunteer.”



Elyse has been sorting and packing food with us since early 2020 at the Ray Smith Family Distribution Center in Camden. “Food-insecure families are struggling to put food on their tables during these difficult times of high unemployment,” she says. “I want to be part of the solution to hunger.”

“I try to imagine a parent or a child receiving one of the food items and how excited they will be to enjoy a healthy meal.”

She has also helped distribute this food in her community. “After volunteering at the warehouse for several weeks, I began participating in a drive-thru distribution at my local church, which is a Second Harvest Partner Agency. It was exciting to be a part of the process from sorting food to serving people.”

# Gladys & Casper Are Living Happier, Healthier Lives

Gladys and her 20-year-old son Adrian, nicknamed “Casper,” have just returned to Nashville from Colorado. There they were seeking special treatment for Casper’s developmental issues that impair his ability to communicate verbally. Gladys is Casper’s sole caretaker.

Casper’s medications and allergies require the family to eat a very

special diet of mostly fresh vegetables — foods that Gladys explains are very expensive.

“Fresh food...let’s face it,” Gladys says, “That’s some of the most expensive food on the shelves.”

Living on a limited fixed income and without a car, Gladys says that affording and accessing the good vegetables Casper needs to stay healthy is a challenge.

When Gladys heard about the Juneteenth Health & Wellness Fair at Nashville General Hospital, she was excited to attend!

At the fair, the family was able to get a well check visit, health tips, and other benefits provided by Meharry Medical College and United Healthcare.

Additionally, Gladys received a large bag of fresh produce — carrots, onions, cabbage, potatoes, and more — from Second Harvest.

“It might just be me and Casper,” Gladys says, “but I am not doing this alone. All of the help we receive has been amazing. Thank you!”



GLADYS AND HER SON CASPER OUTSIDE OF THE JUNETEENTH HEALTH & WELLNESS FAIR AT NASHVILLE GENERAL HOSPITAL.

## Support Second Harvest’s Mission and Receive an Unprecedented Tax Break!

Tax deductions under the CARES Act have been extended through 2021, which means cash gifts made directly to charitable organizations are deductible at 100% (normally just 60%) of adjusted gross income.

### What does this mean for you?

If you itemize...	If you use the standard deduction...	For an extra boost...
Previous limits on tax deductions for cash gifts have been suspended, allowing you to deduct up to 100% of income.	You may now deduct an additional \$300 per person or \$600 for a married couple filing jointly.	Consider combining different giving strategies such as cash and appreciated securities.

The extension expires at the end of this year. With the proper planning and advice, your charitable gifts can significantly reduce your income tax burden.

Curious to learn more? Contact Marian Eidson at 615-627-1564 or [marian.eidson@secondharvestmidtn.org](mailto:marian.eidson@secondharvestmidtn.org).



# Forced to Stop Work, John Turns to Second Harvest

John spent his entire working life as a corrections officer, but recently a chronic medical condition left him unable to work.

“It wasn’t an easy job, but I was good at it,” he says, sad to have had no choice but to end his career.

John, his wife, and their child have been living off his wife’s income as a hairdresser, but it isn’t enough. They’re using the savings John built up over his years as a corrections

officer, but that won’t last forever.

Now, John is waiting for his application for disability benefits to be processed so he and his family can afford to pay bills and buy food each week.

“The food means a lot and I’m thankful to receive it.”

“It’s been tough while waiting to see if I can get benefits,” he says. “I’ve

never needed to apply for this stuff before.”

And obtaining these benefits isn’t easy. In fact, it’s quite difficult — the application itself can be confusing, the requirements are strict, and, if one is successful in getting disability benefits, there’s a lot of fine print that comes with maintaining them.

No matter what happens with John’s benefits, the family is grateful to receive much-needed help

from the food pantry at St. Paul Missionary Baptist Church, a Second Harvest Partner Agency that hosts a bi-monthly, drive-thru food pantry.

“The food means a lot and I’m thankful to receive it,” John says.

To our friends who make this resource available for families experiencing hardship like John’s, thank you for all your help. You’re supporting people through difficult times every day.

JOHN WAITS IN LINE AT THE ST. PAUL MISSIONARY BAPTIST CHURCH FOOD PANTRY IN DECATURVILLE.



Second Harvest Food Bank of Middle Tennessee  
The 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](https://www.facebook.com/2HarvestMidTN)



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