

TABLE TOPICS

Holiday 2024

Thankful!

*This holiday season,
you're helping to provide
the turkey and trimmings ...
and helpings of hope!*

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*Help Neighbors
Put Joy
On The Table*

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Meet Razhi,
Who Gives Thanks
For Your Kindness!

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How You're
Helping This
Brother & Sister



You're Helping us Fill the Plates and Hearts of Families this Holiday

Dear Friend,

The holiday season has always been more than a time for grateful reflection. As the weather changes and homes are adorned with decorations, I can't help but think about what's to come in the next year. This year marked our 46th anniversary at Second Harvest Food Bank of Middle Tennessee, representing the 46 counties we are privileged to serve. We have spent joyful hours reflecting on our history of empowering our community with you over the past year, and now is the time for forward thought.



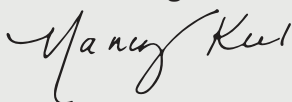
During the holidays, when the joy of sharing nourishing meals becomes central to our gatherings, the reality of those without enough to eat is felt even more deeply. Your generosity allows Second Harvest to approach the issue of food insecurity in an innovative and revolutionary way, helping countless individuals and families thrive.

Specifically, our Mobile Market continues to be a cornerstone of communities in Nashville, reaching directly into neighborhoods hardest hit by food insecurity and meeting neighbors where they are. Stocked with fresh produce, dairy, and pantry staples and joined by partner organizations, this mobile food distribution method ensures that healthy food and important resources are accessible to all, especially during these critical holiday times.

Additionally, your support has enabled the expansion of our initiatives like Project Grow. This agricultural endeavor extends beyond traditional farming — it is a vibrant, community-centric program designed to foster engagement with the agricultural community, increase volunteer participation, and provide educational opportunities, all while producing high-quality, nourishing food for our neighbors in need.

As we celebrate this season of giving, let us also look forward with optimism and determination to build a hunger-free future. Together, we can continue to nourish and empower people so they can thrive. We have envisioned a better future for our neighbors — let's build it together.

Warmest regards,



Nancy Keil
President & CEO



Find past issues of our newsletter 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

Second Harvest's mission is to nourish and empower people so they can thrive

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Razhi loves the food he gets in his Afterschool Program.

Afterschool Snacks for the Win!

“I can’t be hungry, or else I’ll be tired on the field.”
— Razhi

It’s football season, and Razhi can’t get enough of it.

At school recess, he plays pickup games with his classmates. “If you win,” he explains, “you get to keep playing until another team beats you. No one wants to get beat.”

Razhi, a promising wide receiver, says the key to playing well — and winning — is good nutrition.

“I can’t be hungry,” he says, “or else I’ll be tired on the field.”

Razhi is one of many students who take part in the At-Risk Afterschool Meal Program sponsored by Second Harvest Food Bank of Middle Tennessee. The program provides more than 68,000 meals to students at eleven participating schools during the school year.

Razhi enjoys the afterschool program ... especially when they serve cheese crackers and juice.

“It’s really fun!” he says. “We play with our friends, and the snacks are good.”

Razhi makes sure to put his backpack away and wash his hands before getting his food. Then he goes and gets his hands dirty again on the football field.

For this boy, the combination of snacks and football is a certain touchdown!

Your support of Second Harvest helps thousands of local kids like Razhi. Our Children’s Feeding Programs wouldn’t be possible without friends like you. Razhi says, “Thank you!”

News Briefs

Stay in the know.

Ms. Cheap's Penny Drive This Holiday Season



The 15th Annual Ms. Cheap's Penny Drive is back! Led by Main Street Nashville columnist Mary Hance, the Penny Drive has raised more than 8.7 million meals for our neighbors experiencing hunger. Participate online this year or make your donations at any Wilson

Bank & Trust or Pinnacle Bank location. Find out more at secondharvestmidtn.org/pennydrive.

Giving Food Day

December 3, 2024



GivingTuesday is a global day dedicated to giving back. On Tuesday, December 3, 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!**

MLK Week of Service

Week of January 13

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 many opportunities 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.**

Spread the Love

February 2025



Peanut butter is a staple in almost every home, including those experiencing 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.

46 Years of Working Toward Innovation

As we mark our 46th anniversary, we celebrate not just our past achievements but the beginning of an exciting new chapter in our story. Over the past year, we've reflected on the incredible journey we've undertaken and the profound impact we've made across the 46 counties we serve. This milestone is not just a testament to our past efforts but a guiding light for our future endeavors.

The holiday season, a time traditionally of abundance and joy, can be particularly challenging for many of our neighbors. Thanks to your help over the past 46 years, we have kept Middle and West Tennessee's hearts and stomachs full so there is no room left for hunger.



Over these years, we have seen the face of food insecurity change and evolve, and we have adapted alongside it. Our commitment to improving food distribution, providing nutrition education, and advocating for a world where access to food is a human right remains steadfast. Looking ahead, we are excited to continue this fight with renewed vigor and a clear vision.

The future of fighting food insecurity is bright. Alongside our partners, we plan to expand our programs, increase our reach, and enhance our services so that we can nourish all 410,000 people facing hunger in Middle and West Tennessee. As we continue to strengthen our ability to adapt, evolve, and practice radical hospitality, we know that there is a future where everyone is food secure, and zero food is wasted.

Snapshots of Generosity

Joining Together for Tennesseans



Tennessee's five Feeding America food banks have formed the Tennessee Food Bank Association to more effectively combat hunger across the state. Executive Director Dr. LaRhonda S.D. Magras says, "When we join forces, we can achieve so much more. I look forward to helping all Tennesseans achieve reliable, equitable access to nutritious food."

ERNEST Volunteers with Us!

We were lucky to have ERNEST and his band volunteer with us! The country singer-songwriter and longtime friend to Second Harvest stuffed BackPacks, providing easy-to-prepare food for at-risk children on weekends and during school breaks when other resources are unavailable.



Thank You, Kim



Second Harvest recently celebrated the retirement of our longtime Chief Operating Officer, Kim Molnar. Kim has spent 17 years fighting hunger at Second Harvest and has left an inspiring legacy, including building Second Harvest's social enterprise, Project Preserve, and our Innovative Meal Solutions program.

Southeast Food Bank Conference

Second Harvest hosted a conference with 68 CEOs and senior leaders from 53 Feeding America food banks and state associations in the Southeast, and presenters from Feeding America. We covered a variety of topics, including best practices in disasters, healthcare partnerships, food sourcing, the Farm Bill, and so much more.



Expanding Capacity for Partner Agencies



We were awarded a Retail Agency Capacity Building grant from Feeding America and the Walmart Foundation to better serve areas of our community with the greatest need. Thanks to the grant, our Partner Agency, The Branch, secured two new freezers and stainless-steel tables to store frozen food and sort and pack meat, dairy, and produce.

Workshopping with Our Partners

Our Grants team presented a Grant Writing Workshop for 25 of our Partners. They learned writing best practices, how to find and report on grants, and more. In addition, our Manufacturing team prepared a delicious lunch for the workshop so our Partners could sample the tray pack meals Second Harvest provides. Collaboration at its best!





Nancy and Christopher say your help is “a blessing.”

“ It’s a big deal.
It’s making ends meet. ”
— Nancy and Christopher

How You’re Helping These Siblings

Christopher and Nancy know what it’s like to go without.

This brother and sister grew up in a family of 15 that sometimes struggled to put food on the table. And now, sharing a home as adults, they still know that feeling on occasion.

“We really did have it rough coming up,” Nancy says. “But we survived, and my mom always taught us to appreciate anything somebody gives you.”

She and Christopher certainly appreciate a Second Harvest Mobile Pantry in Williamson County, where they have come for several food distributions.

“It helps my family a great deal,” says Nancy, a longtime state employee. “I’m thankful for all the food and all the hard work they do. I so appreciate it.”

Christopher echoes his sister.

“It’s very helpful,” says Christopher, who cleans floors at Nashville International Airport. “It’s a big deal. It’s making ends meet. You pay the bills regardless, but sometimes you might have to eliminate your food. But you have to survive.”

These siblings are grateful for Second Harvest, and for you. “Second Harvest is real strong on helping,” Christopher says. “It’s a blessing.”

Your kindness and compassion make it possible for folks like Christopher and Nancy to get the nutritious food they need. Thank you!

A Family Meal Is “What It’s All About”

Wanda loves the holiday season so much, she was wearing a Santa suit when she visited a Second Harvest Mobile Pantry in Williamson County. And her favorite part of the holidays is having a nice meal with her loved ones.

“Gathering around the table with your family is what it’s all about,” she says.

But putting food on the table is sometimes difficult for Wanda, who is unable to work due to some health issues. And her disability benefits don’t stretch very far. So, she was extra grateful to pick up some food that your support so kindly provided.

“I’m on disability, so affording the food I need is hard,” she says. “It’s very difficult with today’s prices.”

Wanda and her husband have nine grandchildren, making it difficult to provide enough food for a holiday feast. She says the food from Second Harvest will make it possible.



Wanda really gets into the holiday spirit ... especially for family meals.

Many in our community are in Wanda’s shoes, struggling to make ends meet due to the high cost of groceries, gas, and housing. But your giving helps them make it through!

“We Felt Called to Give Back”



When Jeff Clanton was in college, he had a summer job in rural Mississippi. He saw poverty up close and personal, and met many people who were experiencing food and housing insecurity.

That memory has stuck with him, prompting him to support Second Harvest. And now that he and his wife Pam are enjoying their retirement years, they’re giving back even more — through a Qualified Charitable Distribution (QCD) from his IRA.

“Second Harvest is the recipient of our first QCD gift!” says Jeff, who retired after working as a nuclear pharmacist at a Nashville hospital. And Pam is a retired CPA.

The couple has long supported their community.

“Even in lean times, we felt called to give back,” they say. “We feel blessed with resources that we want to share with others.”

“We like Second Harvest because of its primary mission to help alleviate food insecurity, and also by using volunteers of all ages and backgrounds.”

A QCD is a tax-free way to support Second Harvest. To learn more about including us in your charitable gift planning, contact Marian Eidson at (615) 627-1564 or plan@secondharvestmidtn.org.

“I Give Because I Believe in the Mission”

Jayne Day served Second Harvest Food Bank of Middle Tennessee as President and CEO for 31 years — more than two-thirds of our history! She has been pivotal in our 46 year history, and we wouldn't be where we are today without Jaynee's service.

However, since her retirement in 2019, she has not merely put Second Harvest in the rearview mirror. She continues to support the food bank and has included us in her will.

“My years at Second Harvest allowed me to witness daily our neighbors who struggle with food insecurity,” says Jaynee. “Our organization became the lifeblood for many of our neighbors who don't know where their next meal is coming from. I listened to our seniors, single parents, college-age students, and young children who often just need a helping hand to feed themselves and their families. I learned that the face of hunger looks like you and me.”

When she started writing her will years ago, Jaynee knew she would include Second Harvest. “I wanted to continue this extraordinary mission of

feeding our neighbors,” she says. “Second Harvest has demonstrated to this community its efficiency and effectiveness in providing food to those in need. I know of no other charity that is a better steward of one's charitable dollars. I give because I believe in the mission, and I have seen firsthand how food can change lives for the better.”

Jayne encourages you to consider including Second Harvest in your charitable gift plans, too.

“I can't think of a better way to give the gift of life that will live on forever to those in need.”

To learn more about including Second Harvest in your charitable gift planning, contact Marian Eidson at (615) 627-1564 or plan@secondharvestmidtn.org.



JOY *full*, CHEER *full*, GRATE *full*

With your help,
we can keep
plates *full*



Many Tennesseans are at risk of having an empty table this holiday season. But when just one dollar can fill the plates – and hearts – of a family in need, there's no room left for hunger. Give today at secondharvestmidtn.org



46 Years of Feeding Hope

Second Harvest Food Bank of Middle Tennessee
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