

TABLE TOPICS

Fall 2024

The Power of ONE

You — yes, YOU — can make a difference for neighbors facing hunger through one simple act ...

IN THIS ISSUE:

You Can Make a Difference For Neighbors Facing Hunger

Page 3

Meet Michael, a 7th-Grader Grateful for YOU!

Page 4

46 Years Ago, We Started with ONE Big Idea ...



You Can Make a Difference for Neighbors Facing Hunger

Dear Friend,

I have always been comforted by Tennessee's turn to Fall. The crisp air offers a refreshing break from summer's heat, the rich colors of our autumn landscape provide a serene backdrop to our daily lives, and, after a Summer full of travel and activity, the predictable rhythm of Fall brings a welcome sense of calm. Routine is something that has been top of mind for me lately. The comfort of routine does not just apply to our cyclical season, but also **our belief in the Power of ONE at Second Harvest. One action, no matter how small, can make a significant difference, if practiced routinely.**



In our 46 years and across our 46 counties, we have learned that meaningful change takes regimented persistence and collective effort. In our fourth year of serving Middle and West Tennessee, we distributed just 132,000 pounds of food. Last year, 42,700,000 pounds went out our doors to serve those in need. We've gone from serving 240 families with our Mobile Pantries in their first year to over 56,000 last year alone. That growth took nearly half a century and couldn't have happened without the support of people like you.

As the leaves turn and we prepare for the season ahead, let us also commit to the continuous and steady work required to combat hunger. **One meal provided, one dollar donated, and one hour volunteered adds up to a profound impact.** That's the Power of ONE. Together, with your support, we can create a tradition of care and compassion that remains as enduring as the change of the seasons.

Gratefully,

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

BOARD OF DIRECTORS

Jennifer Peters
Board Chair

Drew Berg
Board Vice Chair

Bruce Esworthy
Board Treasurer

Sonya Hostetler
Board Secretary

MEMBERS

David Alperson
Michelle Bonnett
Suzanne Buchanan
Gerard Bullock
Dr. Juliana Ospina Cano
Rob Cook
Lee Cunningham
Darren De Gennaro
Dwayne Greene
Wade Hunt
Jerome Katz
Kim Less
Brad Marks
Lindsey Paola
Derek Schraw
Ruza Shellaway
Tuwisha Rogers
Brooke Baird Smith
Cathy Spencer
Ute Strand
Finis Stribling, III
Ryan Tabor
Carman Wenkoff
David Whelan
Erin Wilkins
Nancy Youssef

INTERNS

Brittany Boyer
Max Hackenbrack
Tate Pierson

PRESIDENT & CEO
Nancy Keil



Michael is glad that his school has food and snacks.

This Middle Schooler Is Thankful for Your Kindness!

*“School is stressful, but being hungry can be extra stressful.”
— Michael ”*

Michael is only in seventh grade, but he already knows what it's like to overcome challenges.

As an honor student in Nashville, Michael takes demanding classes. He loves science the most but admits his English as a Second Language class is difficult. Still, he enjoys reading in English, particularly graphic novels.

As captain of the school's soccer team, Michael pushes himself — in practice and in games — to continually improve.

But the hardest thing of all? Feeling hunger. He's been there.

“School is stressful,” he says, “but being hungry can be extra stressful.” He says that some of his soccer teammates “didn't eat because they couldn't.”

But all that was before your support of Second Harvest helped improve access to nutritious food through his school.

“Knowing that we can walk to the cafeteria and grab something helps a lot,” he says. “It's nice to know we can just get snacks when we need them.”

Michael's favorite snacks are applesauce and cereal, and he loves to get juice before playing soccer. These added boosts are just what a growing child needs!

When you take just one action step to support Second Harvest, you're helping hundreds of kids like Michael. That step might be a gift, a volunteer shift, or signing up for our emails. You've got what it takes to make a difference.

News Briefs

Stay in the know.

News 2 Food 2 Families

August 26 – October 31, 2024

Second Harvest is once again partnering with WKRN News 2 for the annual Food 2 Families school food drive. All schools and grade levels are encouraged to participate. It's an opportunity not only to help our local schools, but also to teach children they can make a difference. In 2023, 28 schools collected 137,465 pounds of food. Let's set a new record this year! **To learn more and register your school, visit secondharvestmidtn.org/food2families.**

Nashville Soccer Club Food Drive

September 21, 2024

The Nashville Soccer Club is a huge champion in the fight against hunger! Second Harvest volunteers will be at Geodis Park, collecting food and monetary donations on game day. Come watch NSC take on Cincinnati and bring your donation to fight hunger in Middle and West Tennessee. **Please visit our website for more information.**

Tennessee Titans Food Drive

September 22, 2024

The Tennessee Titans and Second Harvest are teaming up to tackle hunger! When you arrive to cheer on the home team against the Green Bay Packers on September 22nd, bring shelf-stable food and donations to charity drop-off points at Nissan Stadium. Our goal is to top last year's total of more than 6,180 meals. More details will be available soon! **Please visit our website for more information.** Titan up!

Hunger Free Summer Update

You showed your big heart through your overwhelming response to the Hunger Free Summer \$500,000 matching gift challenge, an effort to provide 4 million summer meals for children facing hunger. Because of you, children across Middle and West Tennessee received the food they needed and are energized for a new school year. Thank you for caring for our neighbors experiencing hunger during the tough summer months.



Each volunteer here is taking *one* action.
But *together*, it makes a big difference!

46 Years: The Power of ONE

When Second Harvest Food Bank of Middle Tennessee was formed in September 1978, the original 13 board members had no idea the chain reaction they had set off that day.

Our initial mission was simply to act as an emergency food distribution when normal distribution channels were disrupted. There were no Feeding Programs, no Partner Agencies, and barely a dedicated working space. Second Harvest's beginnings may seem humble to our modern standards, but those 13 board members knew we had to start somewhere.

Providing food to 410,000 neighbors facing hunger is a daunting task, but we have learned from those who came before us. Our founders knew that if

they committed one action to fight hunger, even if that action felt small, change would come. **When we come together and each contribute one action, that's when we see progress. That's the Power of ONE.**

If we've learned anything in our 46 years, it is that no action goes unnoticed when it comes to fighting hunger. One dollar can help feed a family of four. One volunteer shift can provide more than 5,000 meals. One can of food can have an impact that lasts a lifetime.

One action, no matter how small, can make a difference.

Snapshots of Generosity

Stars for Second Harvest



Stars for Second Harvest, presented by Nissan, returned this year on June 4, hosted and produced by ERNEST and featuring performances from Darius Rucker,

HARDY, Lukas Nelson and more. Thanks to friends like you, we raised more than 1.4 million meals for our Middle and West Tennessee neighbors.

Celebrating 30 Years of Partnership



In April, we joined our Partner Agency, the Martha O'Bryan Center, in celebrating 30 years of the **Renaissance Hotel's**

longstanding partnership with our Kids Cafe program! Twice a month for the past three decades, Ron Sapino, Director of Services at the Renaissance Hotel, has collected surplus food from the hotel to serve to children in need at the Kids Cafe at the Martha O'Bryan Center in East Nashville.

Stamp Out Hunger



Stamp Out Hunger is the nation's largest annual single-day food drive. Every year at this time, caring friends like you from across our community leave shelf-stable pantry items at their mailbox for their letter carriers to gather.

This year, we collected more than 75,000 pounds of food to be distributed to our neighbors!

Ode to Otha Block Party



The 30th Annual **Ode to Otha Block Party** took place on June 1st to celebrate the legendary five-and-drum bluesman Otha Turner. Ode to Otha was established on the understanding that food and music have the power to make a difference. Guests enjoyed the ultimate block party while giving back to Second Harvest. This year, we raised more than 124,800 meals for our neighbors, and the event has raised over 2.2 million meals since it began in 1994.

Thank You Perdue!



Our friends at **Perdue** generously donated **80,000 pounds** of chicken breast that was sorted and packed by our volunteers and distributed to neighbors facing hunger in our community.

Harpeth Hall BackPack Event



Seventh-grade students from **The Harpeth Hall School** joined us for a leadership and service day, where they used the skills they learned

in math class to optimize packaging space for our **BackPack program**. We look forward to exploring how to incorporate their great ideas to better serve children facing hunger!

You're Helping Him Write a Happy Ending

London is a lot like many sixth-grade boys: he loves playing video games. In those imagined worlds, a gamer like London can work toward a happy ending.

But hunger is no game, and in the real world, the results aren't always happy. Children sometimes go without food, and that's unacceptable. That's one reason for Second Harvest's Kids Cafe, which provides free meals, snacks, and nutrition education to children facing hunger through various community programs. More than 33,000 meals and snacks were distributed last year.

London, who likes rap music and wants to design video games when he grows up, loves snacks and quesadillas. He's grateful for the nutritious food he gets through Kids Cafe.

"You can't do anything in life without food," he says, "because you need energy."

London uses some of that energy to focus in school, where he loves social studies and math. After school, he does homework and plays pool with friends at a Kids Cafe at a Community Center in Nashville.

When you support Second Harvest, you're helping kids like London through Kids Cafe and other programs. Thank you!



Because of you, London has better access to food.

“ You can't do anything in life without food, because you need energy. ”
— London

JOIN NOW

THE
POWER
OF
1

SECOND HARVEST FOOD BANK OF MIDDLE TENNESSEE

September 1 - 30, 2024



1 in 8 of our neighbors in Middle and West Tennessee face hunger. But if we come together and each contribute one action — donating money, food, or time — we'll see progress! That's the Power of ONE.

To join the challenge, scan the QR code or visit secondharvestmidtn.org/PowerOfONE.

“It’s Really a Blessing!”

As a child, Hannah volunteered at food banks. She never thought she’d need one as an adult.

But then the unthinkable happened: Hannah had a bad accident. She broke her spine and had a brain injury. After missing a month of work, she wound up with \$40,000 in medical bills ... and she doesn’t have insurance.

“It’s too expensive,” she says. “I can’t afford anything right now.”

So, Hannah was grateful for a Second Harvest Mobile Pantry in her neighborhood.

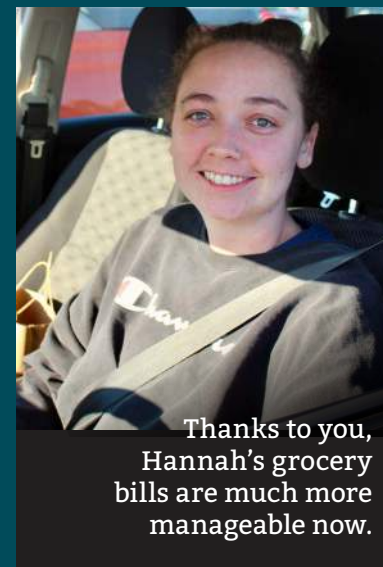
She had returned to work by the time she came to the distribution, but that mountain of medical debt was making it hard to pay her bills.

“This really helps,” Hannah said after picking up some food. “I’ve been healthy. I never thought I’d

be in a position to need this. It’s available for people of all income types who need help.”

“Everything is so expensive, groceries especially. Trying to eat well is expensive, and knowing I can get groceries here, it takes a load off. It’s really a blessing!”

Many of our neighbors are in Hannah’s shoes, never expecting to need food assistance. But they’re just one life event away from that need. Thank you for paving a way for neighbors like her to get the assistance they need!



Thanks to you, Hannah’s grocery bills are much more manageable now.

She Remembered Her Neighbors In Her Will



When Billie Jean Bates was growing up in Old Hickory during the Great Depression, her family didn’t have much money. They knew what it meant to sometimes go without.

She remembered those days as she grew into adulthood and raised a family. In her later years, she worked and owned a home in Goodlettsville. Then she moved into an assisted living facility before passing away peacefully in January 2023 at the age of 92. When making her will, Billie Jean wanted to leave

something for a charity. Her son suggested his mom include the food bank in her plans.

And that’s just what Billie Jean did, joining our Legacy of Hope giving society by including us in her will. It was a selfless decision that will impact neighbors facing hunger for years to come!

Legacy of Hope members are a special group of dedicated families and individuals who are deeply committed to providing the most basic human need — food. And there are benefits:

- private, behind-the-scenes tours
- a dedicated staff partner to be your ongoing, designated resource
- invitations to social and informational events
- regular updates on the impact of your generosity

August is National Make-A-Will Month, so there’s no better time for you to join Legacy of Hope! To learn more about including Second Harvest in your legacy plans, contact Marian Eidson at (615) 627-1564 or plan@secondharvestmidtn.org.

Local Agriculture Supports Neighbors in Need

Local agriculture is essential in ensuring that Second Harvest can provide our neighbors with the healthy, nutritious food they need — fresh produce, protein, dairy, and eggs. Second Harvest invests in local agriculture in two ways: through the LFPA grant that allows us to support our state’s agricultural economy by purchasing from farmers at full retail value, and through Project GROW, Second Harvest’s revolutionary community garden.

Project GROW

An initiative by Second Harvest, Project GROW is more than just a farm. It’s a community-centric program with several goals: engaging the agricultural community, increasing volunteer participation, providing educational opportunities, and producing high-quality, nutritious food for neighbors in need.

“The goal is to bring new people to the table, collaborate with others, and grow great produce,” says Donna Vick, Manager of Donor Relationships and leader of the Project GROW initiative. “Educating others how to grow, maintain, and preserve food is the key to working towards hunger solutions.”

Smiley’s Farm

Operating since 1805, Smiley’s has long relied on wholesale distributions to thrive. But those have begun closing in recent years, resulting in revenue loss. “There’s no place for us to sell,” laments Troy Smiley. Second Harvest purchases directly from him, which helps his bottom line, and Troy likes that it helps his neighbors.

“I don’t think anyone ought to be hungry,” he says. “I like getting people good food.”

Honey Bee Mine

Owner/operators Nick and Lana combine diverse backgrounds in environmental science, medicine, military operations, and management to promote and establish bee farms in Middle Tennessee. They work to strengthen our relationships with our neighbors, farmers, local beekeepers, and their thriving colonies. The result is a superb raw, unfiltered, local honey.

“Food insecurity resonates with me because of my military travels,” says Nick. “I’ve seen it firsthand, and I know what a little bit of help can do for a community.”



Project GROW



Smiley's Farm



Honey Bee Mine



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