

TABLE TOPICS

Summer 2025

*Working together,
let's make it*
**A HUNGER
FREE SUMMER**

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"Thank You!"



You're Providing a Hunger Free Summer

Dear Friend,

For many of us, summer brings back memories of sun-drenched days, laughter with loved ones, and meals shared under open skies. I can still picture my family gathered on a checkered blanket, enjoying the simple pleasure of homemade sandwiches and farm-fresh fruit. Food wasn't just nourishment — it was the heart of our togetherness, the thing that turned moments into lifelong memories.



But for far too many children in our community, summer looks very different. When school is out, so are the meals that so many families rely on. Instead of looking forward to picnics and play, thousands of children worry about where their next meal will come from. No child should have to spend their summer facing hunger instead of enjoying the joys of the season.

That's why Second Harvest Food Bank of Middle Tennessee is committed to making this a Hunger Free Summer. **Together, we can ensure that children and families in our community have the nutritious meals they need to thrive. Because of you, kids can focus on being kids — playing, learning, and making memories, not struggling with hunger.**

Inside this newsletter, you'll read powerful stories of hope — stories of neighbors who have faced food insecurity but found relief through your generosity. These aren't just stories; they are proof that a brighter future is possible. A future where no child has to wonder where their next meal will come from. A future where families can come together over food and fellowship. A future that we can build together.

Thank you for being part of this mission. Your kindness, generosity, and commitment to our community make a real difference. Because of you, countless families can spend their summer creating memories instead of overcoming 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

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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Snack Breaks Are Important!



Solara

Thanks to your generous support, children are receiving the nourishment they need to thrive in and out of school.

Middle school is hard enough for kids. It's even harder if you've moved to a new school where you don't know anybody.

Solara knows the feeling. **"This is my first year at my new school, and I don't know many people there,"** says the 6th-grader.

Fortunately, Solara has friends at an afterschool program in Davidson County, where she receives good, healthy snacks. The afterschool program is one of our Partner Agencies, and kids in the program have access to well-balanced nutrition.

"You can come here and get a snack," Solara says. "It's important to have a snack break before starting your homework or playing with friends."

When summer break begins, students like Solara lose access to the free breakfasts and lunches their families depend on each weekday. With your support, Second Harvest's summer programs can help fill the gap and nourish kids all summer long.

Because of your support, students like Solara are more likely to have a Hunger Free Summer. Thank you!

She's Thankful for Your Kindness

When Kristina took time off from work after the birth of her little girl, Sapphire, the family income dipped. Between her husband's income and WIC (a federal nutrition program for Women, Infants, and Children), their budget is still tight.

"Groceries are so high now, and it's set us back," she says.

So, Kristina's grateful for the food she picks up at a Second Harvest Mobile Pantry in Williamson County, especially to make baby food for Sapphire, who loves fresh bananas.

"It really helps," Kristina says. "My mom used to seek out opportunities like this, because as she used to say, we'd eat her out of house and home. Anytime we needed help, it was there. So, I'm thankful."

Your kindness makes it possible for neighbors — and their children — to get the nutrition they need this summer.



Kristina and Sapphire

"Groceries are so high now, and it's set us back. This really helps."
— Kristina

This Man Has a Plan



When he retired, Bob Doolittle made a commitment to himself — and his community:

He would focus on supporting nonprofits that are, in his words, “in the trenches, helping underserved populations in healthcare, education, housing, nutrition, and more. And Second Harvest Food Bank of Middle Tennessee is a leader in some of those areas.”

Bob, a former partner with J.C. Bradford & Co., knows this because he has supported Second Harvest for more than 26 years. Long before he retired, Bob had already seen what a difference his donations can make.

Now that he’s retired, he takes a certain amount out of his IRA each year and gives it to charities, including Second Harvest. The practice has tax advantages while also helping vulnerable neighbors.

“Our greater Nashville community will always have a need for the services of a Food Bank like Second Harvest,” Bob says. “Among the local nonprofits to which we give, Second Harvest is one of the most important.”

If you are over the age of 70.5, you can transfer IRA funds to a charity as a Qualified Charitable Distribution, which is excluded from taxable income and can lessen your exposure to other taxes. For more on this type of giving, contact Marian Eidson at marian.eidson@secondharvestmidtn.org.

Look What You Made Possible Last Year



46
counties served



47.8
MILLION
pounds of food
distributed



62,621
hours generously
donated by dedicated
volunteers



41.2
MILLION
meals provided



96¢
of every dollar
donated goes
directly to feeding
programs



15.8
MILLION
pounds of fresh
produce distributed



29.6
MILLION
pounds of food
rescued from
Food Rescue

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



Second Harvest Food Bank of Middle Tennessee
Martin Distribution Center
331 Great Circle Road
Nashville, TN 37228

secondharvestmidtn.org

To learn more about getting
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