

TABLE TOPICS

Fall 2025

The Power of ONE
*By taking just ONE action, you
can change a whole community.*

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Thank You
Note from a
Grateful Mom



One Step Can Make a World of Difference

Dear Friend,

I always treasure the moment I spot the first touch of autumn foliage. It only takes one leaf. Even the smallest shift foreshadows the coming of something beautiful. That moment reminds me of the power that one choice, one action, or one person can have.



One step can make a world of difference to someone facing hunger. That is why in the fall, we invite you to take just one step to help a neighbor in need. That one step could mean everything to a parent like Nicole, who relies on Mobile Pantries to help nourish her family and whose story you'll read in the pages ahead. You will also hear from families who benefit from our BackPack Program. For them, one bag of shelf stable food means the difference between not having enough to eat over the weekend and returning to school ready to learn. One small gift can fuel a child's potential.

Everywhere I look, I am inspired by the power that one action can have. Just as fall begins with a single leaf turning, lasting change begins with one generous act. This fall, I hope you'll join us in taking one meaningful action. Hunger won't wait. Take one step today and be the reason for brighter days ahead.

Gratefully,

A handwritten signature of Nancy Keil in black ink.

Nancy Keil
President & CEO

Nourishing Neighbors Through Education



There's nothing much more satisfying than teaching a growing child how to grow their own food. That's just one of many things we offer through Project Grow, an agricultural initiative at our 18-acre farm in Benton County. Project Grow's educational series, in collaboration with the UT Extension Office, empowers neighbors of all ages with the practical skills and knowledge needed to fight hunger. Hands-on classes, with topics chosen based on neighbor feedback, include gardening, cooking, food preservation, and more, ensuring that people in the community are learning what they need to know to thrive.

Our Mission

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

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Local Farmers Provide Fresh Food for Neighbors



“Fresh tastes better, and it’s better for you.”

Tony and Denese Eldridge have been farming in Middle Tennessee for decades. Their business, Eldridge Farms, is part of Second Harvest’s Farm to Families Program, which provides fresh and local produce, meat, dairy, and more to neighbors.

“We want to be a conduit,” says Tony, “to provide wholesome, nutritious, locally grown vegetables to individuals who may not have access otherwise. Fresh tastes better, and it’s better for you.”

Farms that participate in the Farm to Families program rely on Local Food Purchase Assistance (LFPA) funding. Although the Farm to Families program currently receives funding through the Tennessee Department of Agriculture, the federal government recently canceled LFPA funding, which means Second Harvest will soon face a \$3 million loss. That will make it much more difficult to buy food from local farmers, which in turn makes it harder to get enough fresh produce to neighbors in need.

As a result, Second Harvest needs you to help close the gap. Our local farmers are counting on your generosity. So are we. And most important, so are children, families, and seniors throughout Middle and West Tennessee.

Please consider another gift today to help protect our Farm to Families Program and ensure our neighbors can have fresh produce. Thank you!

Catching the Vision of Second Harvest

When Susie and Travis Brannon moved to Nashville in 1990, they met new friends who were regular supporters of Second Harvest. The Brannons caught the vision and soon started supporting the food bank, too.

“Food insecurity is a REAL problem, yet they meet people where they are to extinguish that concern and, if needed, direct individuals to additional support services,” Susie says. “Second Harvest is compassionate, respectful, and hospitable. We were very impressed that .96 of every dollar donated goes to support their mission.”

After years of support from their personal funds, they decided they would start donating through their Required Minimum Distribution from their IRA, saving on taxes in the process.

Susie urges others to join them in including Second Harvest in their charitable gift planning.

“We have been blessed in many ways by Second Harvest, and Second Harvest has blessed many in our community,” she says. “We highly encourage you to consider giving generously to this wonderful organization.”

For more on this type of giving, contact Marian Eidson at marian.eidson@secondharvestmidtn.org.



“Second Harvest meets people where they are to extinguish food insecurity. They have blessed many in our community.”

Reliable Help in Uncertain Times

Nicole loves getting her children involved in gardening “because it teaches them how things grow. There’s something about the aroma when you grow it yourself.”

But the family garden alone isn’t enough to sustain them. Nicole’s husband works in construction, and his income is as unpredictable as the weather. So she’s grateful for the food they get through Second Harvest’s Mobile Pantry program.

“It helps when we’re struggling in these uncertain times,” she says.



Nicole and her kids, Yazmine and Hector, are grateful for your kindness!

Dear Second Harvest,

The BackPack program is more than a blessing! When things are hard, our family can count on the BackPacks. The children love seeing what’s in the bag each week, and it makes them feel special. Every Friday they come home and yell, ‘**Mom I got a new bag!**’ The BackPacks have come in handy so many times for our family. I’m so grateful my kids are a part of it!

— A Grateful Mom

Last year, almost 7,000 children received a bag of easy-to-prepare food through our BackPack Program to take home every weekend and during holidays.



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



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secondharvestmidtn.org

To learn more about getting involved, join our online community @ 2HarvestMidTN



Or visit us online at secondharvestmidtn.org