

TABLE TOPICS

Holiday 2025

Full Plates, Full Hearts

How you're bringing comfort and joy – and food – to neighbors this holiday season.

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Let's Make the Season Brighter for Neighbors

Dear Friend,

The holidays have always been a celebration of comfort and joy. They're filled with warm embraces with loved ones, scents of family recipes cooking on the stove, and the simple magic of being together. Yet for many families, it's a time of added worry. Every year, families wonder how they will be able to face the added costs of the holiday season. This year, we have seen an unprecedented number of our neighbors turn to Second Harvest for help.



In the following pages, you will meet some of those neighbors. Neighbors like Joyce and Ethan. Your neighbors find comfort in the communities we are building together. Their stories are gentle reminders of why your support matters. Thank you for helping make their seasons brighter.

The holidays are also a time to reflect on the successes and growth we've shared this year. Second Harvest has launched two exciting new events, Summer's Harvest and Sunset Soirée. These events have brought together fresh faces and raised critical funds to fight hunger.

The past year has not come without its challenges, though. With budget cuts and shifts in federal funding, more families have found themselves in need of a little help. Yet through it all, your generosity has ensured that no one faces hunger alone. Together, we have turned stories of struggle into highlights of hope.

Your generosity makes all of this possible. As you celebrate with loved ones this season, I hope you'll remember the many neighbors who count on us. The neighbors whose celebrations you've made possible. Thank you for sharing your compassion and helping us ensure everyone has food on their table this holiday season.

With gratitude,

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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Thanks to You, This Growing Boy Gets His Fuel!

Ethan started high school this fall, and he was a little nervous about that. But the thing that worries him most is not having access to food.

"I hate when I walk around and my stomach is grumbling," he says. "You can't go long without food."

Especially when you're as active as Ethan, who plays football, baseball, and basketball. A growing boy like Ethan needs fuel to play all those sports.

Fortunately, your support of Second Harvest gets him that fuel. He takes part in the Kids Cafe program at a local community center in Davidson County.

"We get a lot of stuff from Second Harvest," he says. "My favorites are the muffins, apple sauce, and orange juice. We love Second Harvest!"

Kids like Ethan are grateful that there are compassionate friends like you in our community. Thank you for helping to get them the nutrition they need!

“I hate when I walk around and my stomach is grumbling.”



“We love the homecooked meals!”

You're Putting Food on the Table for Older Adults

Joyce is looking forward to spending Christmas with her family ... and that's a pretty big deal. With five grandchildren and 12 great-grandchildren, there's lots of love to go around!

In the past, Joyce would have loved to help with the cooking. Unfortunately, she's not able to do that anymore due to having a stroke. However, she and her husband, both retired, will be able to add some food to the feast thanks to the pantry at the Perry County Senior Center, one of Second Harvest's Partners.

Joyce and her husband live on a limited income, so they're a bit concerned about the cost of Christmas presents for so many family members. "It adds up quick, but I wouldn't have it any other way," she says. But their frequent trips to the senior center help to offset those expenses, and she's looking forward to holiday meals together.

"We love to sit around the table and talk," she says. "And we also love the homecooked meals. Thank you!"

Your kindness helps folks like Joyce and her husband — older adults on a fixed income — and other families deal with the extra costs of the holidays. Thank you!

A Sweet Holiday Thank You

As we celebrate the season of gratitude, Kate Bostick, Partnership Manager at Second Harvest, is sharing her Pumpkin Snickerdoodle recipe as a way to say thank you for the generosity that makes our work possible. Just as these cookies bring warmth and comfort, your support brings nourishment and hope to neighbors across Middle and West Tennessee.

Ingredients:

- 1 ½ cups all-purpose flour
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 ¼ sticks butter (room temp)
- ¾ cup granulated sugar, plus 2 tbsp
- 1 large egg
- ½ teaspoon vanilla extract
- ½ tablespoon ground cinnamon
- ½ tablespoon pumpkin pie spice

Preparation

1. Preheat oven to 375°F.
2. In a medium bowl, whisk together flour, cream of tartar, baking soda, and salt.
3. Using a mixer, beat butter and ¾ cup sugar until fluffy (about 2 minutes). Beat in egg and vanilla.
4. Add flour mixture and mix on low until just combined.
5. In a small bowl, combine remaining 2 tbsp sugar with cinnamon and pumpkin spice.
6. Roll dough into golf-ball sized balls, coat in sugar mixture, and place on a parchment-lined sheet, 3 inches apart.
7. Bake 10 minutes, until set and dry in the center. Cool completely on a rack.

They Donated Their Insurance to Give Neighbors Assurance

Eileen and Don moved to Nashville in 1993. Over the next 32 years, they built a strong community of friends and neighbors, so when retirement came, it was an easy decision to stay.

Having received support and kindness during challenging times in their own lives, Eileen and Don felt strongly about giving back. When they learned how many of their Middle and West Tennessee neighbors are experiencing hunger, they found that Second Harvest was the perfect place to make a difference.

“We appreciate that Second Harvest has an immediate impact on the people and organizations they support,” they said. “Access to healthy food reduces anxiety, improves student performance, job performance, and overall health.”



Recently, they decided to donate a portion of Don's life insurance policy to Second Harvest. This gift allowed them to expand their giving while also receiving a tax benefit, since the value of the donation was not counted as income (as it would have been if they had simply cashed it out).

Through their generosity, Eileen and Don are helping ensure that more neighbors have access to the food they need to thrive ... for years to come.

To learn more about giving through your life insurance policy, reach out to Marian Eidson at marian.eidson@secondharvestmidtn.org

JOYfull, CHEERfull, GRATEfull

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



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