

TABLE TOPICS

Summer 2026

For our neighbors,
let's make this
**A HUNGER
FREE SUMMER**

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How You're Bringing Joy to Neighbors This Summer

Dear Friend,

Summer has a way of shining light on what matters most. Long evenings, open windows, and children's laughter drifting through the neighborhood remind us that the richest moments are often the simplest ones. Unhurried conversations on the porch, pickup games in the driveway, and simple meals that give us the chance to be fully present with the people we love.



These are the scenes we associate with summer. Yet just beyond those porch lights and playgrounds, some neighbors are carrying a heavier burden. For too many families in our community, summer can also bring added strain.

Did you know that 1 out of every 6 children in Middle and West Tennessee are food insecure? These children's families often rely on free-and reduced-price school meals and other programs during the academic year to provide food for their family that they can afford. When summer arrives and those meals pause, the pressure at home increases. Grocery bills rise. Fixed incomes stretch even thinner. And grandparents, parents, and caregivers quietly make impossible choices to ensure the children in their lives have enough to eat. Kassie and her son, Messiah, and Linda's family represent just a few of the hundreds of thousands of Middle and West Tennesseans who carry that weight. You will read their stories on the pages to follow.

Stories like theirs span every corner of our service area, but they share one common thread: neighbors caring for neighbors. Because of you, children can enjoy fresh fruit on a summer afternoon. Parents can stretch their budgets a little further. Older adults can receive the nourishment they need to stay healthy and independent. Your generosity is building a legacy of hope that will last far beyond this season.

Thank you for standing with us, and with the families we serve. Together, we are creating a community where summer means joy, growth, and full plates for all.

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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Fresh Fruit Fuels a Hunger Free Summer



“You’re putting food on the table for this young boy’s family.”

Three-year-old Messiah is excited about summer, because for him, that means something he loves:

Fresh strawberries!

Messiah loves all the fruit that he and his mom, Kassie, pick up at Second Harvest’s Mobile Market. Providing fresh, healthy produce for our neighbors experiencing hunger is one of our highest priorities. In fact, last year, fruits and vegetables accounted for a full 30% of all the food we distributed.

“He likes to eat a lot,” says Kassie, a single mother of two. *“Especially fruit. I got two containers of strawberries recently, and he ate them all!”*

Kassie is grateful for the food that you help to provide for her and her kids, so that they don’t have to face hunger this summer when school is out. Because of good neighbors like you, every child across Middle and West Tennessee has access to the nourishing food they need to thrive!

Thanks to the kindness of friends like you, families like Kassie’s look forward to a Hunger Free Summer.

These Grandparents Are Very Grateful For You

Linda and her husband of 40 years are retired, living on Social Security and a small pension. They live with a disabled son and are raising two grandchildren – Gracie, 9, and Kaylee, 12.

Life is more expensive now than when they first retired, and taking care of two grandchildren adds even more stress. Feeding their family of five is not exactly something they planned for when they were younger and still working. Their limited income makes it hard to keep the fridge stocked and the cupboards full.

“Things get tight toward the end of the month,” says Linda.

But the food they receive from one of our Mobile Pantries helps them make it through. As you can imagine, they are incredibly grateful for Second Harvest Food Bank of Middle Tennessee – and caring friends like you, who give so generously to ensure their neighbors have nourishing meals and groceries to take home.

“This gives us a little bit extra to get us to the end of the month,” Linda says. *“This is helpful. A lot of grandparents aren’t getting much support, so this really helps those of us who are in need. Thank you.”*

Because of your goodness, a Hunger Free Summer can be a reality for neighbors like Linda and her family, and so many others, too. Thank you!



Thanks to you, grandparents are getting the help they need.

Her Legacy of Compassion Lives On

Mary Bandy grew up during the Great Depression. She saw the long lines at the unemployment office and at soup kitchens. She saw poverty and hunger.

But in the middle of it all, Mary also saw hope and goodness, right in her own home, as her mother fed strangers as they passed through town, searching for work.

Her mother's kindness left an impression on Mary. When she became a nurse, Mary more deeply understood the importance of consistent, nutritious meals to keep people healthy.

That's why Mary volunteered with Meals on Wheels for 20 years, delivering meals to older adults. That's also why Mary regularly supported Second Harvest Food Bank of Middle Tennessee.

And that's why Mary included Second Harvest in her will.

She wanted to continue that support long after she was gone.

Mary passed away on the last day of 2024 at the age of 101, but her legacy lives on through her thoughtful planned giving. And we at Second Harvest are forever grateful.

Would you like to give a gift that keeps on giving – and providing food – for years to come? Learn more at secondharvestmidtn.org/planned-giving or reach out to Marian Eidson at marian.eidson@secondharvestmidtn.org. Thank you!



Did you know?

Starting in 2026, non-itemizers can deduct up to \$1,000 in charitable cash contributions (\$2,000 for married couples filing jointly). Many people are already taking advantage of this and other giving options like stock gifts, IRA distributions, and donor-advised funds to make the biggest difference possible. **Now is a great time to explore what works best for you!**

Look What You Made Possible Last Year



46
counties served



50.8
MILLION
pounds of food distributed



75,078
hours generously donated by dedicated volunteers



42.3
MILLION
meals provided



96¢
of every dollar donated goes directly to feeding programs



16.4
MILLION
pounds of fresh produce distributed



30.1
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 involved, join our online community @ **2HarvestMidTN**



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