

TABLE TOPICS

Fall 2026



The Power of ONE

One person *can* make a difference.

And that person is **YOU!**

Look inside to see all the good you're doing.

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ONE Seed Can Yield a Bountiful Harvest

Dear Friend,

In the spring, a seed is planted, which by Fall turns into a harvest. A simple seed, no bigger than a grain of rice, when properly cared for and nurtured, will yield a bountiful harvest.

This season, we are celebrating that same simple – and yet profoundly powerful – truth: one person, one action, one moment can yield unimaginable results.

That is the Power of ONE. The idea that a single step against hunger, taken with intention, ripples outward in ways we can't always see, but is always felt. When one neighbor shows up to volunteer, when one donor gives, when one family shares what they know about our Mobile Pantries, the fight against hunger grows stronger. The seed slowly grows towards harvest.

When all of us commit to one action together, the change becomes undeniable.

In this newsletter, you'll meet people who understand this truth deeply. Ruby, a retired seamstress living alone in Cannon County. You'll also meet Jayna and her five-year-old daughter Skylarr. For them, one trip to a food distribution makes the difference between managing and struggling.

Ruby and Jayna's stories didn't happen by accident. They grew from seeds you planted – your donations, your volunteer hours, your generosity – carefully tended by Second Harvest so that every neighbor in Middle and West Tennessee can enjoy the harvest.

Plant your seed in the fight against hunger this season: give, volunteer, or spread the word. Rest assured, Second Harvest will tend it well.



Nancy Keil
President & CEO



Our Mission

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

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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

How Friends Like YOU Help This Mom & Daughter



Jayna and daughter Skylarr, 5, are grateful for caring neighbors like you.

Jayna has a history of helping people.

She was a Head Start teacher in Metro Nashville Public Schools, helping kids about the same age as her 5-year-old daughter, Skylarr. Jayna also has worked in a call center.

But Jayna has been disabled since 2015 with major knee problems and scoliosis. So, these days, Jayna's past of paying it forward is coming back around.

And it's friends like you who are answering the call. Thanks to you, Jayna and Skylarr receive nutritious food at one of our Mobile Pantries.

"This helps with meals and snacks," says a grateful Jayna. *"It stretches the food we have."*

Jayna, hobbled by those knee issues, says that if people are unable to come get the food for themselves, she suggests sending a friend or family member.

That's what it looks like when a community rallies together. And it all starts with **the Power of ONE!**

Thanks to the kindness of friends like you, families like Jayna's look forward to staying nourished all year long.

Ruby Wants You to Know, "This Is Really Helpful!"

Ruby, a widow, lives alone. After a career as a seamstress, she's retired and gets Social Security.

It's not always easy for retirees on a limited income to make ends meet ... or put food on the table. But thanks to you, Ruby can turn to one of our Partners in Cannon County for nutritious food – and to help cut costs.

"This is really helpful," Ruby says. *"You've got your bills, your taxes, everything's coming due. And with the high prices of food, you can't hardly afford everything you need."*

But thanks to friends like you, Ruby is getting the good food she needs. Thank you!

“You’ve got your bills, your taxes, everything’s coming due. And with the high prices of food, you can’t hardly afford everything you need.”



Your kindness helps retirees like Ruby make ends meet.

She Wanted to Have a Local Impact

Lisa Wright called Murfreesboro home and spent decades building a life centered on service. She worked in roles focused on helping others and continued that work in retirement through local volunteering.

Her generosity was grounded in lived experience. Lisa had received charitable support during difficult seasons of her own life, and that never left her. She remained committed to giving back, even when resources were tight, because she believed firmly that everyone deserved the dignity of food on the table.

When Lisa chose to support Second Harvest, it was intentional. She saw the need growing in her own community and wanted her giving to have a direct local impact. Guided by her faith and her values, she made the decision to leave a bequest gift to Second Harvest in her will. It came as no surprise to those who knew her. That was simply who Lisa was.

To learn more about leaving a legacy through a planned gift, visit secondharvestmidtn.org/legacy or contact Marian Eidson at marian.eidson@secondharvestmidtn.org. Thank you!



Stars for Second Harvest

Stars for Second Harvest, presented by Nissan, returned this year on June 2, hosted and produced by ERNEST and headlined by Ella Langley. The show also featured an incredible writers round with HARDY, Lee Thomas Miller, and Dean Dillon. Thanks to friends like you, we raised more than 1.7 million meals for our Middle and West Tennessee neighbors.

JOIN NOW



THE POWER OF 1

SECOND HARVEST FOOD BANK OF MIDDLE TENNESSEE

September 1 – 30, 2026



1 in 7 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.



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