

TABLE TOPICS

Holiday 2026

You Bring Holiday Hope!

Your compassion and generosity are nourishing families this holiday season.

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Comfort and Joy,
Thanks to You*

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A Community of Comfort and Joy, Thanks to You

Dear Friend,

There is something about the holidays that draws us closer together. Tables get fuller, doors open wider, and the ordinary act of sharing a meal becomes the thing we remember long after the season passes. Gathering, in the end, is what the holidays are made of.

But a table can only be as full as the pantry behind it. And across the 46 counties we are privileged to serve in Middle and West Tennessee, too many neighbors are approaching this season wondering whether there will be enough.



In the pages that follow, you'll meet a few of those neighbors. Vicky, a retired teacher of 36 years now raising four children and caring for her adult daughter. Eric, a small business owner who works every Saturday and still needs help closing the gap. Cathleen, who has had to learn to count every dollar since having a stroke, but says she isn't worried about the holidays because she knows this community will show up.

She is right to believe that, and the reason is you.

Your generosity is why a Mobile Pantry pulls into a neighborhood on a Saturday morning. Fresh fruits and vegetables reach children who need them. Neighbor Care Pantries are stocked with everything a family may need for a nourishing meal. The building blocks of a holiday meal make it off the back of a truck and onto a family's table.

That means fewer trade-offs, one less worry, and a little breathing room in a season that should be full of joy. That is the difference you make, and it is felt in kitchens and homes all across our service area.

As we close out this year and look toward the next, let's keep building a community where no neighbor has to wonder whether there will be enough. Together, we can nourish and empower our neighbors so they can thrive.

Thank you for making room at the table.

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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Because of Your Compassion, Eric Has a Lot to be Grateful for This Thanksgiving

When the holidays roll around, Eric loves nothing more than family time. Especially when they can gather around a festive meal.

But a holiday feast isn't a given for Eric and his folks. He works a full-time job, even on Saturdays, but it doesn't guarantee stability — or even three meals a day. Between rising costs, stagnant wages, and a reduction in SNAP benefits, he's facing impossible choices.

Pay the rent, or buy groceries? Take care of medical bills, or feed his family?

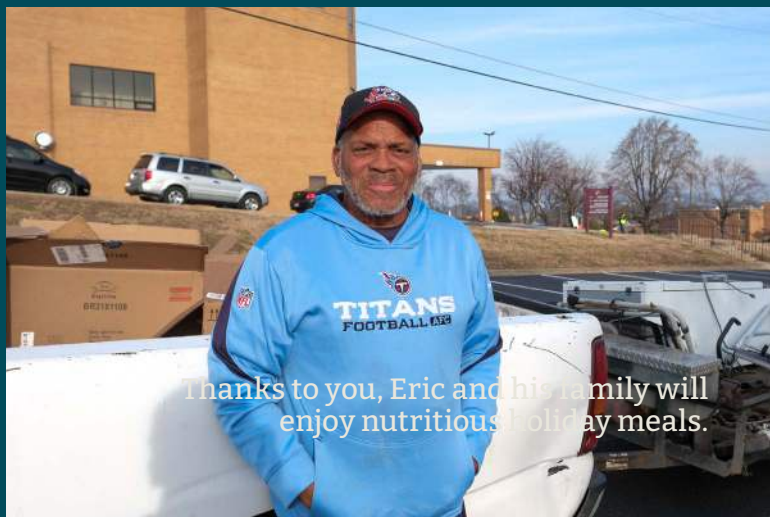
"Sometimes folks have had to go without," Eric says. "People have to go without food, man. It's terrible."

Nobody should ever have to go without food, but especially at the holidays. That's why Eric is grateful that he can visit one of our Partners to pick up the fixings for a nutritious Thanksgiving dinner for his family — a turkey, stuffing, green beans, and other staples.

Eric knows supporters like you make that possible, and he's thankful.

"It's good the community wants to make sure everybody gets taken care of," he says. "Thank you!"

Because of your kindness, families like Eric's can count on a nutritious family meal this Thanksgiving. Thank you!



Thanks to you, Eric and his family will enjoy nutritious holiday meals.



Vicky is grateful that she can feed her children, thanks to you.

Your Support is a Real Blessing!

When it comes to caring for children, Vicky seems to have a never-ending ocean of love.

She taught preschool for 36 years, but had to retire after having two strokes, which left her disabled. But her disability isn't slowing her down. Vicky cares for a 30-year-old daughter with special needs in addition to three adopted children, a 6-year-old, and 5-year-old twins.

But a heart of gold doesn't put food on the table, especially not on a limited income.

"I'm a single parent on Social Security," she says, "and inflation is pretty bad."

When a friend told her about a Second Harvest Mobile Pantry in her community, Vicky was thrilled.

"The food I get here makes sure my children get the fruits and vegetables they need to nourish their bodies," she says. "It makes sure they have meals every day."

And she has a message for friends like you:

"Thank you for everything you're doing to help us. It's a blessing."

The clock is ticking.

Have you fulfilled your RMD from your IRA this year?

You have spent a lifetime building something. The clock is ticking on this year's required minimum distribution (RMD), and it can become a season of full plates for your neighbors. If you are 70½ or older, you can give directly from an IRA, satisfy the RMD, and keep that amount out of taxable income.

Contact Marian Eidson
at marian.eidson@secondharvestmidtn.org
to learn more about giving through your IRA.

“Without You, We Wouldn’t Be Able to Have Thanksgiving”

Cathleen gets by with just a small truck, small apartment, and even smaller Social Security payment. She doesn’t need much.

She knows all her neighbors and is pretty content with her life ... until it’s time to go to the grocery store. She says her heart sinks when she walks up and down the aisles.

“When I was young, prices were nothing like this,” she says.

Cathleen had a stroke in 2013 and has been on Social Security ever since. Her fixed income doesn’t stretch very far. She says, *“We have got to get by.”*

But your support makes a real difference. At a recent food distribution, Cathleen said, *“It helps a lot of us.”*

Thanks to Second Harvest, Cathleen is confident she’ll have the nutritious food she needs for the holidays.

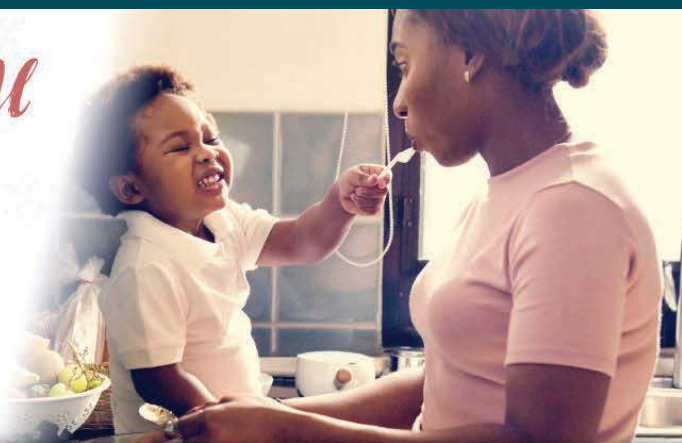
“Y’all take care of me,” she said. “Without your help and consideration of others, we wouldn’t be able to have Thanksgiving. I’m so thankful.”

Friends like you make the holidays brighter for neighbors like Cathleen. You’re not only providing food, but generous servings of hope too!



JOY *full*, CHEER *full*, GRATE *full*

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



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