

TABLE TOPICS

Spring 2024

**Special 46th
Anniversary
Edition:**

**46 years
of service
across
46 counties.**

**IN THIS
ANNIVERSARY ISSUE:**

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History. Celebrating
Future Hope.*

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Couple Married for
70 Years Leaves a
Legacy of Love



Celebrating 46 Years of Community Impact

Dear Friend,

As spring brings new growth and renewal, it's a fitting moment for us at Second Harvest Food Bank of Middle Tennessee to reflect on our 46-year-long journey. Serving as a beacon of hope across 46 counties in Middle and West Tennessee, from Hardin to Pickett, we want to celebrate this significant anniversary by honoring our years of dedicated service and the 46 vibrant counties we support. Our enduring strength and unwavering commitment are rooted in our rich history and the strong bonds within our community.



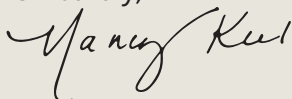
Our story is made richer by those we've served over these 46 years, like Chris. Chris, living with PTSD and facing economic hardships, represents the silent struggles we have heard far too often in our history. In the pages that follow, you'll learn more about how your support has been a lifeline for people like Chris during difficult times. His story reminds us of how important our work has been, not just in providing food, but also in offering 46 years of hope.

During our 46 years at the forefront of addressing food insecurity, we've recognized that seniors like Chris often face challenges in accessing food due to transportation barriers. This insight has inspired the launch of our Mobile Market. Specifically designed to reach directly into communities most in need, the Mobile Market is a testament to our commitment to learning from our history, our community, and finding innovative ways to serve — ensuring no one is left behind in our fight against hunger.

Our achievements are not ours alone. They are the result of the unwavering support from our volunteers, donors, and partners. Your support is the driving force behind every meal provided, every life touched, and every step taken towards a future where no one faces the uncertainty of hunger.

Join us as we continue this 46-year-long journey. Together, we are making a difference.

Sincerely,



Nancy Keil
President & CEO



Find past issues of our newsletter and our current donor acknowledgment page 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 provide food to people facing hunger and work to advance hunger solutions

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Extending Your Compassion

For 46 Years, We've Pursued Innovative Solutions to Address Hunger. Chris is Thankful Your Life-Changing Gifts Reached Him.

If you met Chris now, you would never know how much he's survived just to get to a place where he's mostly at peace. Sadly, he endured significant abuse as a child, and it left him with PTSD (post-traumatic stress disorder), agoraphobia (fear of leaving his home), and persistent panic attacks.

As an adult, after working in construction until 2012, Chris wrote an autobiography titled, "My life is over. Or is it?" He's very proud of the work, which he hopes will help others.

Now a senior citizen, Chris lives in an RV with his beloved dog on a very fixed income. "I've tried to make it. I've been trying," he says. "But disability isn't enough. The check comes once a month and by mid-month, I have nothing left for food."

Living alone with his dog, Chris often finds himself looking into his refrigerator, wondering how to make ends meet. At times he survives on oatmeal and iced tea. There are days he asks himself, "I don't get out of my house, so what am I going to do?"

But through the support of kind neighbors like you, today Chris receives regular food distributions from a Mobile Pantry at Sulphur Well Church of Christ in Henry County.

Chris is one of many people who live in what's called a "food desert" — an area where residents have no convenient options for securing affordable and healthy foods. These folks often



Chris

“I’m getting emotional. If it wasn’t for this food, I don’t know what I would do. This is my lifesaver.”

— Chris

have transportation challenges as well. So, Second Harvest meets people where they are. Our mobile distribution sites deliver food to neighbors in their communities, ensuring they and their children have nutritious food.

Knowing he has a reliable source of nourishment has positively impacted Chris's physical and mental health, while touching a special place in his heart. "I'm getting emotional," he says. "If it wasn't for this food, I don't know what I would do. This is my lifesaver. Thank you."

Thank you for changing Chris's life and showing him how much his neighbors care!

Mobile Market



We've launched our Mobile Market, a program to distribute nourishment directly to communities in need. Second Harvest knows that transportation can be a massive barrier to finding nutritious food for many neighbors who need additional services.

In response, we're partnering with other incredible local non-profits to view each recipient's unique situation and challenges when it comes to nutritious food. This "whole person" view allows us to provide additional services to neighbors as they receive meals from the Mobile Market distribution.

News Briefs

Stay in the know.

Volunteer Appreciation Month

April 2024

Second Harvest continually extends heartfelt gratitude to our volunteers, whose dedication has been crucial to advancing our mission for 46 years now. Your efforts are truly invaluable! For those considering becoming a new volunteer, please be a crucial part of our mission to champion change. Please visit secondharvestmidtn.org/volunteer to learn more and sign up. **Together, let's make a difference.**

Stamp out Hunger

May 11, 2024

U.S. Postal Service letter carriers have been collecting food donations to *Stamp Out Hunger* with Second Harvest since our inception in 1978. Simply leave a bag of non-perishable food next to your mailbox on May 11th and letter carriers will collect your donation after they deliver your mail. Most needed items include peanut butter, canned chicken, soups or stews, rice, pasta, cereal, tuna, and canned fruits or vegetables.

Generous Helpings

April 10, 2024

For nearly 20 years, *Generous Helpings* has been Second Harvest's signature food and wine-tasting event benefitting our Grocery Rescue program. Eat, drink, and give back with the help of some of the best local restaurants in Nashville, showcasing their signature dishes, along with delectable wine and craft beer selections. Please visit secondharvestmidtn.org/generous-helpings for more details and information.

Mrs. Cheap's Penny Drive

Mrs. Cheap's Penny Drive has helped us fight hunger for over 15 years now! Thank you to all who contributed to yet another incredible Penny Drive. Because of you, we were able to provide **more than 228,000 meals** to our neighbors in Middle and West Tennessee.

Thank You!

Giving Food Day was a huge success thanks to our incredible supporters. Because of your kindness and Second Harvest's generous group of matching donors, we raised over **1.3 million meals** on Giving Food Day!



Why I Give Monthly

As we celebrate 46 years of devoted service to our community, a generous friend of Second Harvest shares the inspiration behind their regular monthly gifts ...

"I don't remember when I first began to give to Second Harvest, but I'm sure it was sporadic at first. Then, as Nashville grew and word spread about the increasing number of hungry local families, I began to give more regularly.

"Second Harvest has grown and expanded, too, and has developed many wonderful programs to help feed families in Middle Tennessee. They seem to keep

coming up with new ideas and ways to reach those most in need. And when there is a natural disaster such as a tornado or flooding, Second Harvest is sure to be there, helping to feed the victims.

"A few years ago, I decided to make a monthly donation through a bank draft. Honestly, it is a time saver for me, and a way to be sure that I don't forget to support this effort that is so important to so many. I am very thankful for the work that they do."

— A humble donor who asked to remain anonymous

To become a monthly donor, sign up at secondharvestmidtn.org/monthly. Or upgrade your monthly donation today by contacting Jennifer Jackson at 615-627-1583 or Jennifer.Jackson@secondharvestmidtn.org.

Snapshots of Generosity

As we celebrate 46 years of service, our partners are pressing forward to serve more neighbors!

Titans Food Drive



Tennessee Titans fans recently tackled hunger by donating over 1,000 pounds of food, and over \$1,300 in funds! The Titans and their fans scored big by providing 6,180 meals to our neighbors experiencing hunger. When it comes to fighting hunger, our Titans are true champions!

Food Lion Pantry Makeover

Food Lion's makeover at the Bethesda Center, a Partner Agency in Cheatham County, transformed the food pantry with new floors, shelves, and increased capacity. The organization's efforts have supercharged their ability to dish out more food and hope to people across Ashland City.



Workforce Development Graduation

We are thrilled to announce the launch of our *Workforce Development Program*, a transformative journey made possible by the *United Way of Greater Nashville*. This innovative program is designed to equip participants with the vital expertise needed to thrive in a career in industrial kitchens, while also instilling essential workplace skills. Join us in celebrating this new chapter where education, opportunity, and community meet!



Blue Heron Farmstead



Blue Heron Farmstead and Loving Care Ministry of Rutherford County both bring about joy by supplying deliveries of fresh greens. Thanks to both of them, armfuls of zesty arugula, tasty spinach, and other nutritious vegetables are on

their way, straight into the homes of grateful seniors and others facing hunger.



Loretta

“If there’s something
I can’t use,
I share it with
my older customers
— my ‘little ladies.’”
—Loretta

Neighbors helping Neighbors

The True Beauty Inside Loretta’s Salon

When Loretta, a hairdresser, welcomes a client into her home salon in Pleasant Shade for an appointment, she smiles and shares a warm greeting. Hearing about the lives of others is Loretta’s favorite part of the job — because it offers a small escape from the troubling realities of her own.

Since her husband’s untimely death, Loretta collects social security survivor benefits. She’s financially responsible for her son who lives with her and suffers from diabetes as well as a disability. Every other week, Loretta’s two grandchildren stay with her too. Income is tight. And food is scarce.

During one of her customer’s visits, Loretta broke down and shared some of the details of her personal troubles. The elderly woman told Loretta about a nearby Second Harvest Mobile Pantry.

The next day, Loretta arrived at 7 a.m. for the 9 a.m. Mobile Pantry food distribution at Living Waters in Smith County.

“With prices going up, the food is really helpful,” says a relieved Loretta. “A lot of stuff I get, I take it home and can it,” Loretta remarks about another helpful tip her client shared. “If there’s something I can’t use, I share it with my older customers — my ‘little ladies’.”

The elderly client who told Loretta about the Mobile Pantry uses an oxygen tank due to respiratory complications. Loretta makes sure to collect food for her first when a distribution arrives.

“I learned a lot from these little ladies,” Loretta smiles. “I sure do appreciate it. It really helps my family and some of my customers. We don’t let anything go to waste.”

Sisters Are Grateful for Second Harvest — and For You!

A social worker for over 30 years, Jenny's career was based on helping others. Now, her own family needs assistance.

Jenny was forced to retire from the Nashville Health Department after suffering from kidney failure, and then beginning dialysis treatment.

After her daughter moved back home with three children of her own, juggling medical costs, food, and caring for her grandkids became impossible. Even living with her sister, Mechelle, didn't make ends meet. Bills and stress mounted on the entire family.

When introduced to a nearby Second Harvest-supported Mobile Pantry at Highland Heights Church of Christ in Robertson County, Jenny took the opportunity to fight back against stress and hunger. "I really appreciate this because once I pay my bills, I have very little left to buy food," she says. "It's hard, you know. A few years ago, \$60 went further at the grocery store. Today, it doesn't buy as much. I find myself searching for plant-based foods because the price of meat is so high."

Today, working alongside her sister, Jenny and her family are able to handle family expenses better because they found a kindhearted friend in neighbors like you. "I thank God for the people who bless us with food," Mechelle shares. "And I thank God simply for today. Thank you."



Jenny and Mechelle

“ I really appreciate this because once I pay my bills, I have very little left to buy food. ”
— Jenny

A Legacy of Love Honoring Rose and Charles Murray

Rose grew up on a Tennessee farm. She met Charles at Belmont Heights Baptist Church in Nashville as a teenager, then married him after he returned from serving in the U.S. Army during WWII. **They were married 70 years.**

While Charles was away, Rose worked as a teacher. When he returned, he graduated from Vanderbilt University, with a degree in Engineering.

After moving to Pennsylvania and then Virginia, the two started a family. Wherever they lived, the Murrays were known for helping people experiencing hunger.

When the generous couple retired and moved back to Nashville in 2000 to be closer to family, they started volunteering and donating to Second Harvest.



Through their living trust agreements, Second Harvest received bequest gifts from Charles and Rose after they passed away in 2017 and 2022, respectively. Now, their generosity will provide nourishment and hope to neighbors for many years to come.

Second Harvest honors and celebrates Rose and Charles for their commitment, the life examples they've set, and the seeds of hope they continue to plant within our communities.

For more information about including Second Harvest in your charitable gift plans, please contact Marian Eidson at (615) 627-1564 or plan@secondharvestmidtn.org.

46 years. 46 counties. One goal.

Eradicate Hunger Across Middle and West Tennessee



After nearly half a century of service, we are taking a moment to reflect on our remarkable journey of tirelessly fighting hunger for 46 years across 46 counties in Middle and West Tennessee. We've evolved from modest origins as a host for food drives and have become one of the country's most innovative hunger relief organizations. Second Harvest takes pride in our 46-year legacy, our impact across 46 counties, and the community we have fostered.

Our 46-year history and the diverse needs of the 46 counties we serve are central to every decision we make. We are shaped by a deep understanding of the unique challenges and requirements of our community. In response to urban and rural food deserts, we launched the Mobile Market. Seeing the healthcare crisis facing our neighbors, we formed

partnerships with organizations like Lifepoint Health to highlight the intersection of hunger and health. This strong connection to our origins and the communities we aid strengthens our dedication to being more than just a food bank – we are a cornerstone in the Middle and West Tennessee community.

As we celebrate this anniversary, we also look forward to the future. Second Harvest is dedicated to enhancing our capacity to combat hunger throughout our entire service area and to attentively listening to our neighbors. Our history, our partners, and the communities we serve are inseparable from Second Harvest. They are the compass that points us forward. Thank you for being on this journey with us and we hope you'll continue to be a part of our efforts for years to come.

Every **\$1** **DONATED**

provides **4** **MEALS**



Second Harvest Food Bank of Middle Tennessee
The 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

46 Years of Feeding Hope