

TABLE TOPICS

Fall 2023



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You're Helping Growers Harvest the Food That Fuels Our Community

Dear Friend,

Fall is such an incredible time in Middle and West Tennessee, and we are all so excited for everything to come this season.

Second Harvest Food Bank of Middle Tennessee is committed to providing our neighbors with a variety of healthy, nutritious options. So, in addition to non-perishable food, we provide fresh produce, protein, dairy, and eggs.



This is possible through our partnerships with local farmers who enable us to offer the freshest food possible, while also benefiting our state's crucial agriculture economy.

This fresh and healthy food will be a key source of support this fall, as families face additional school-related costs while stretching their budget to cover their everyday needs. **Your compassion will help keep kids fueled up in and outside the classroom this school year.**

We're also rolling out our first Mobile Market program, starting in Davidson County, to benefit areas with exceptionally high need or areas that don't yet have a permanent distribution site. Like our existing sites, these mobile markets will provide the same fresh produce, protein, dairy, eggs, and shelf-stable pantry items.

We are also looking forward to bringing back the Power of ONE this September to empower all of our neighbors to take one action in the fight against hunger. Read on to page 4 to learn more about how your actions can make a huge impact when we all work together.

Remember, your support — whether big or small — matters. Whether it's an hour volunteering, a dollar donated, or a social post shared — it all adds up. Thank you for all you do!

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

We provide food to people facing hunger and work to advance hunger solutions.

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From PB&J to Trumpets

How Your Support Helped Create a Harmonious Friendship



Jonathan & William

“ I know it's important to eat a lot of fruits and vegetables so you can grow big and strong. ”

Jonathan and William, both 10, have a lot in common. That might be why they became such fast friends after meeting at the Easley Community Center Kids Cafe.

They're both in fifth grade, love math class, and play in the school band.

One thing they don't share — thankfully — is a love for peanut butter and jelly sandwiches. That's Jonathan's favorite. So, the two have a little arrangement on the days they get PB&J at Easley Community Center.

"Sometimes, we trade snacks. If [William] has peanut butter and jelly and wants my juice, we'll trade," Jonathan said.

When they're not bartering snacks, you can find these two friends playing games or practicing their instruments together. William says he wants to keep playing trumpet until college.

"I know it's important to eat a lot of fruits and vegetables so you can grow big and strong," William said.

Kids Cafe like the one Jonathan and William visit are made possible by support from generous friends like you. **Thank you for helping provide fresh food and nutrition lessons to children who need them most.**

Why We Give Monthly

A Call to Serve Others and Support Growing Families

Our Second Helpings donors are a critical partner in the fight to end hunger in Middle and West Tennessee. These individuals and families commit to giving monthly, and together they provide thousands of meals every month for their neighbors experiencing food insecurity!

One of those families is Christie and Alan Smith. They've lived in Nashville for over 16 years and consider their support of Second Harvest a way to serve the community they've grown to call home.

"Our faith calls for us to serve others," they said. "As part of that we have several avenues that we give back, with Second Harvest being at the top of our list. We feel a particular calling to serve families with young children."

When it came to choosing to become monthly donors, the ongoing rise in food insecurity made that decision simple for the Smiths.

"Hunger is constant. A monthly deduction helps us to be consistent in our service," they said.

Thank you to the Smiths and all of our Second Helpings donors for being a constant source of food, strength, and hope in our community.



Christie & Alan

To join Christie and Alan as monthly donors, 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**.

News Briefs

News 2 Food 2 Families

August 23 - October 31, 2023

Second Harvest is partnering with WKRN News 2 once again for the annual Food 2 Families school food drive. All schools and grade levels are encouraged to participate. It's an opportunity to help our local schools and teach children they can make a difference. In 2022, 27,341 students from 31 schools collected enough food for 313,955 meals. Let's set a new record this year! **To learn more and register your school, visit secondharvestmidtn.org/food2families.**

The Power of ONE

September 1 - 30, 2023

In Tennessee, 1 in 8 people face hunger. That's a lot to carry, so let's lift together as one. This fall, join the Power of ONE, a movement to show that when we come together and each contribute one action – whether donating money, food, or time – that's when we see progress. That's the power of togetherness. That's the Power of ONE. **Visit secondharvestmidtn.org/PowerOfOne to learn how you can make an impact that multiplies to help end hunger in our community.**

Nashville Soccer Club Food Drive

October 21, 2023

The Nashville Soccer Club is a huge champion in the fight against hunger! Second Harvest volunteers will be at Geodis Park, collecting food and monetary donations on game day. Come watch NSC take on the New York Red Bulls, and bring your donation to fight hunger in Middle and West Tennessee. **Please visit our website for more information.**

Tennessee Titans Food Drive

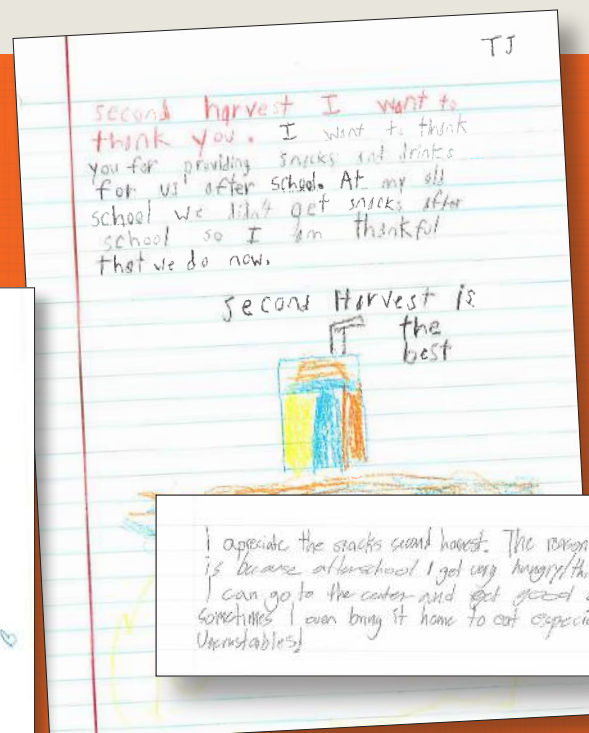
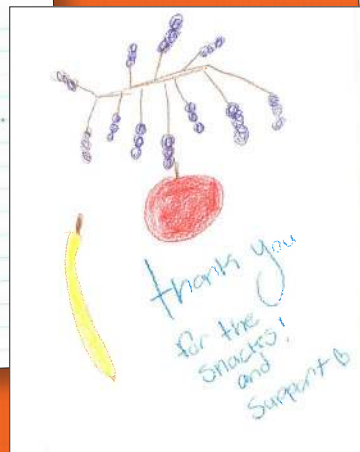
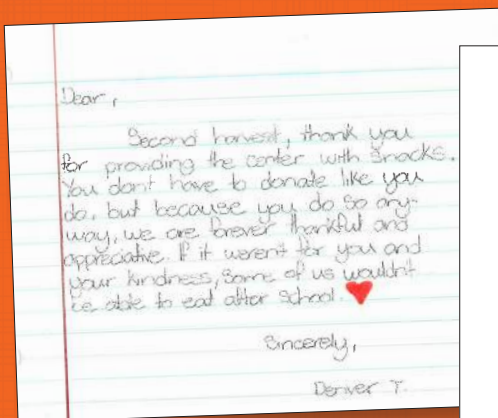
October 29, 2023

The Tennessee Titans and Second Harvest are teaming up to tackle hunger! When you arrive to cheer on the home team against the Atlanta Falcons on October 29, bring shelf-stable food and donations to charity drop-off points at Nissan Stadium. Our goal is to top last year's total of over 7,000 meals. More details will be available soon! **Please visit our website for more information.** Titan up!

You Did It!

You showed us your big hearts through your overwhelming response to the Hunger Free Summer \$750,000 matching gift challenge, an effort to provide 5.4 million summer meals for families in need. Because of you, Sumpter Yeaman Charitable Foundation, and a generous group of donors, children across Middle and West Tennessee received the food they needed and are energized for a new school year. Thank you for caring for our neighbors experiencing hunger during the tough summer months.

Thank You for Helping Tennessee Kids Thrive



I appreciate the snacks second harvest. The reason being is because after school I get very hungry/thirsty. I can go to the center and get good snacks. Sometimes I even bring it home to eat especially the vegetables!

See How You Make a Difference

Stars for Second Harvest

Stars for Second Harvest, sponsored by American Airlines, returned this year on June 6 headlined by ERNEST with performances by Jake Worthington, Craig Wiseman, Rodney Clawson, and Chris Tompkins. **Thanks to donors like you, we raised over 630,000 meals for our Middle and West Tennessee neighbors.**



Second Harvest Partners with Nashville Child and Youth Collaborative

Second Harvest is excited to announce our participation in the newly formed Nashville Child and Youth Collaborative. The Collaborative was formed by 12 leading nonprofits to elevate the needs of children and youth. Second Harvest is leading the conversation about the needs of our community's youngest citizens and advocate for decisions that will create a healthy and prosperous future for our community.



Pleasant Hill Methodist Church Thrives with Help from Dollar General

Ray is the recipient of a grant from Dollar General that has transformed the hunger relief work at Pleasant Hill Methodist Church. **Previously, his church could only help those in an emergency, but now Ray helps as many people as he can.** Ray says, "I don't have to tell people 'no' anymore. It is so nice to be able to help people. To give them hope."



Generous Helpings

For the first time in four years, Generous Helpings returned in its full form with the help of 27 local restaurants and vendors. This annual event benefits our Grocery Rescue Program with the help of our partnership with Kroger and their Zero Hunger, Zero Waste initiative.



Meet Our New Board Chair

After serving as Board Vice Chair for the past two years, Jennifer Peters has been elected as the new Board Chair for Second Harvest. Jennifer (pictured) joined volunteers at a recent Mobile Pantry at Rural Hill Church of Christ in Davidson County.



Stamp Out Hunger

Stamp Out Hunger is the nation's largest annual single-day food drive. Every year at this time, caring friends like you from across our community leave shelf-stable pantry items at their mailbox for their letter carrier to gather. This year, we collected over 128,850 pounds of food to be delivered directly to our Middle and West Tennessee neighbors.



Local Farmers Support Neighbors in Need

In order to provide our Middle and West Tennessee neighbors with the healthy, nutritious food they need — fresh produce, protein, dairy and eggs — Second Harvest Food Bank of Middle Tennessee depends on small, local farmers. Through the LFPA grant, we are able to support our state's crucial agricultural economy by purchasing from farmers at full retail value. Here are just a few local farms Second Harvest has had the honor of partnering with this year.

KLD Farm

KLD Farm is a small, family-run farm that supplies Second Harvest Cheatham County Partner Agencies with locally raised beef. Second Harvest recently secured a grant that allows us to purchase from local farms like KLD Farms and distribute product to partner agencies near the farms.

“We all have a desire to help people however we can. That’s when communities like this are so amazing,” says Ken, who owns and operates the farm alongside his daughter (pictured).

Blackberry Pond

Blackberry Pond produces hundreds of varieties of blackberries, many of which help supply Second Harvest. Ensuring that food provided for our neighbors in need includes the appropriate nutrients, vitamins, and minerals is a crucial part of what the farm is about.

“We’ve been working with Second Harvest since last spring,” says farmer Sue. “In the past, if we had surplus, it went to our chickens or compost. Now, thanks to Second Harvest, we can sell it and feed people.”

Blue Heron Farmstead

Brittany, owner of Blue Heron Farmstead, uses permaculture methods to create a sustainable farm that produces onions, tomatoes, lettuce greens, herbs, beets, broccoli, peas, peppers, pigs, and chicken. Brittany supports Second Harvest because she understands that many of her neighbors can’t afford the food she grows.

“Everyone has a right to farm fresh meals,” Brittany says. “Local nutritious food should be accessible to everybody.”

Cheekee Greens

Cheekee Greens Farms employs adults with intellectual disabilities and provides them with competitive wages and training to work on a farm. As a hydroponic farm, they harvest food year-round and produce thousands of pounds of food every month. Rowan, who runs the farm, feels partnering with Second Harvest is the perfect way to help as many people as possible.

“It’s a great way for us to give fresh produce to families who really need it,” he adds.



KLD Farm



Blackberry Pond



Blue Heron Farmstead



Cheekee Greens

You're Empowering Families Facing Adversity

"Thank y'all. Keep up the good work because a lot of people need it," says Ricky, 58.

We met Ricky and his wife, Tina, while in line at Second Harvest's Mobile Pantry at 24 Church in Cheatham County. This was their first time visiting. Ricky explained he was a welder until 2011, when he suffered a major heart attack that left him disabled.

They've been doing their best to provide their three children with a steady life for over a decade. But their monthly expenses, which include treatment and care for their disabled son, far exceed Tina's single income.

"I used to have a good job, but life throws curveballs at you," Ricky told us.

Life recently tossed them another wild pitch when their house burned down, adding to their already overwhelming burdens.

Thankfully, as they work to get their lives back on track, they have the support of their friends and neighbors. A friend has lent their family a trailer to stay in while they search for a new home.

“Thanks y'all. Keep up the good work because a lot of people need it.”



Ricky & Tina

And because of you, the family can receive upwards of two weeks' worth of groceries from 24 Church.

Ricky and Tina's story is evidence to the impact your support of Second Harvest can have on people's lives. Each night their families can find the comfort and strength that comes from sharing a meal. And for that, they are incredibly thankful.

PLANNED GIVING:

Building a Better Tomorrow With Steve and Judy Hubbard

Nearly 34 years after leaving the city they started their life in, Judy and Steve returned to Nashville in 2017 with a plan.

Steve was raised in Oklahoma by parents who witnessed the extreme hunger in the Dust Bowl during the Great Depression. Hundreds of miles away in Nashville, Judy grew up with a mother who always stressed the importance of gratitude.

You can imagine why then, when Judy and Steve returned to Nashville at the beginning of a new stage in life — they felt pulled to make a lasting contribution to their community through a planned gift to Second Harvest Food Bank.

Steve and Judy have chosen to do stock transfers to charities from their personal account. Stock transfers from their personal account provide a full deduction for the appreciated value of the security, and by not owing Capital Gains Tax on the gains, they can give more generously.

Second Harvest Food Bank resonated with the Hubbards because they serve an immediate and urgent need. "Second Harvest stands out for efficiency and innovation. It just feels like a good fit for sharing," they told us.

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



“Some kids don’t have lunch, so it is always good to have access to these snacks.”

You’re Giving Children the Fuel to Thrive

Brooklyn has always loved softball.

Each year, this seventh grader eagerly waits for the days to grow longer and the sun to cast its warm glow once again upon the field, signaling her grand return to the diamond.

But it became more than a game after her father passed away in 2021. Every pitch, swing, and sprint to first has become a much-needed outlet — an opportunity to grow and heal.

Brooklyn is also a member of her school's debate team and loves math, particularly geometry. She says algebra can be a bit difficult, but she likes the challenge. Brooklyn also plays the saxophone in the school band and picked the instrument because she says, "It's the best you can pick" — and she strives for the best.

Brooklyn knows that her many hours at school are draining, so "it is good for us to have snacks on hand so we can focus on class," she said.

Powered by the support of friends like you, the food pantry at her school remains stocked with nutritious food that kids like Brooklyn need to stay energized and focused throughout the week.

Living with ADHD, she understands the importance of staying nourished. "If I get hungry, I get really dizzy and can pass out," she explains.

For Brooklyn, access to food isn't just a convenience — it's a lifeline enabling her to focus, participate, and embrace every opportunity that comes her way. Her favorite snacks — cheese crackers and fruit bars — serve as a reliable source of sustenance, bridging the gaps and providing her with the fuel she needs to thrive.

“Some kids don’t have lunch, so it is always good to have access to these snacks if we don’t have lunch.”

Thank you for increasing access to healthy food for children in our community. By taking action, you’re providing the fuel our future generations need to learn and grow.



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