

TABLE TOPICS

Spring 2025

Reason to Smile!

*Your kindness brings
food and joy to our
neighbors in need.*

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Springing Forward with Second Harvest Food Bank of Middle Tennessee

Dear Friend,

Spring is a season of renewal, hope, and growth. It's a time to plant seeds — not just in gardens, but in our communities as well. At Second Harvest Food Bank of Middle Tennessee, we are committed to sowing the seeds of support, hope, and opportunity for our neighbors facing food insecurity.

Thanks to the unwavering support of our community, we've been able to make a tremendous difference. Every meal shared, every family supported, and every life touched is a testament to the power of working together. Your partnership allows us to not only address today's challenges but also plan for a stronger future.

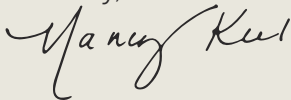
Right now, we're taking a bold step to expand our impact. We're thrilled to share that we purchased **23 acres of land** to build a larger, state-of-the-art facility! This new space will allow us to store, sort, and distribute more food than ever before, ensuring no one in our community goes hungry and providing access to critical resources. This is more than just a building — it's a promise to build a better future for everyone in Middle and West Tennessee.

As spring brings blooming flowers and warmer days, it can also bring challenges for those in need. Rising utility bills, unpredictable weather, and the end of certain seasonal assistance programs often place added stress on families already struggling. That's where Second Harvest steps in — to ensure that no one in our community must worry about where their next meal will come from.

Together, we've built something incredible. Together, we're building a brighter future. With the continued support of this amazing community, we will ensure that everyone has access to the food and resources they need to thrive.

Let's embrace the hope and growth of this season as we move forward — stronger, together.

Warmly,



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

Volunteering Brings Him Joy

A heart attack may have pushed Clark into retirement, but it's not slowing him down. He regularly volunteers at a Second Harvest Mobile Pantry at his church in Clay County. Clark gets boxes off the truck, organizes the distribution, and then directs traffic so everything runs smoothly.

After the distribution ends, Clark takes food to five households on his way home — to folks unable to travel for one reason or another. **Without Clark's house calls, "I'm not sure what they would do," he says. "It makes me feel good knowing they'll have something to eat."**



Clark thrives on serving his neighbors.

Become a Member of Second Helpings

Second Helpings members have committed to giving monthly to Second Harvest, helping to sustain our role as the primary and most reliable source of food for children, families, and seniors facing hunger in Middle and West Tennessee.

Sign up at secondharvestmidtn.org/givemonthly. Or upgrade your monthly donation by contacting Jennifer Jackson at 615-627-1583 or Jennifer.Jackson@secondharvestmidtn.org.

“Such a Help to People in Need”



Linda says that after paying rent, there's little left to buy food.

“ God bless you! You're such a help to people in need. ”
— Linda

A retired school custodian, Linda lives with her grandson, granddaughter, and great-grandchildren. Her monthly Social Security check doesn't meet her expenses, and she's been unable to get SNAP benefits. After paying rent, she says, “What do I have to buy food with?”

She's grateful for a nearby Second Harvest Mobile Pantry in Davidson County. And she's grateful for your support: “God bless you! You're such a help to people in need.”

“Strategic and Sustaining”



Kathy is supporting Second Harvest through her IRAs. You can too!

Kathy, her husband John, and their three kids have long been involved in local community service as volunteers and donors. During the pandemic, Kathy and John volunteered regularly at Second Harvest. “The work was hard yet so rewarding,” Kathy says. “We found Second Harvest’s mission to be strategic and sustaining.”

After John died of cancer, Kathy says she “began to navigate and direct our family’s philanthropy, and I learned that the most prudent way for me to give was through our IRAs. It has tax benefits and is easily handled by my financial advisors.”

If you have an IRA and are over the age of 70.5, you can transfer funds from it to a charity as a Qualified Charitable Distribution (QCD), which is excluded from taxable income. **To learn more about this type of giving, please contact Marian Eidson at marian.eidson@secondharvestmidtn.org.**

Celebrating 46 Years & 46 Counties

In October, Second Harvest celebrated the 46 counties we serve at our special 46th anniversary event, Tapestry.

Friends and supporters of the food bank joined together at 1 Hotel Nashville as we celebrated the past, honored the present, and envisioned the future. Thanks to your kindness and generosity, Tapestry raised enough to provide an incredible 1.9 million meals to nourish our neighbors facing hunger in Middle and West Tennessee!

A special thank you to our Signature Sponsors for making this unforgettable evening possible: Amazon, Kroger, Lifepoint Health, and Nissan.



**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