



# Fresh Take

## Partner Agency News

### Mission

Second Harvest Food Bank of Middle TN feeds hungry people and works to solve hunger issues in our community.

### Contact Us

331 Great Circle Road  
Nashville, TN 37228  
615.329.3491

### Reminders

- USDA signed inventory & client forms are due monthly.
- Enter service numbers on eHarvest by the 7th each month.
- Notify us of contact information or service hour changes immediately.

## SECOND HARVEST'S NEWEST PROGRAM: THE PRODUCE TRUCK

Second Harvest began a new program with the rollout of The Produce Truck in March. The Produce Truck travels throughout Davidson County distributing perishable food to individuals and families each week at pre-established locations. Families are allowed to shop for perishable food items from the truck that include an assortment of dairy, yogurt, bread, and produce items.

To keep the program versatile, stops are located at or near senior towers, satellite emergency food pantries, safety-net health clinics, and within public housing communities and food deserts. Sr. Director of Agency and Program

Services, Tracey Alderdice shares, "Each adult is given two grocery bags and can walk through and make their own selections. By having The Produce Truck roll out each week, there are now more opportunities in Nashville to have more access to free nutritious foods." In its first week, The Produce Truck served 885 households and now is up to over 1,100. The truck distributes up to 20,000 pounds weekly and each household takes home an average of 20 pounds of fresh produce and dairy.



## Team

### Jan Miller

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### Vivian Bowen

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Agency Relations Manager  
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### Tracey Alderdice

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### Caroline Pullen

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### Paige Hopkins

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### Adam Petty

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### Leigh Blancato

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## REGIONAL & ANNUAL AGENCY MEETINGS

Thanks to all the Partner Agencies that attended a recent Regional Meeting. Regional Meetings are held once a year in Davidson County, along with our Central, Southeast, Western, and Northeast territories. Topics this year included Nutrition Guidelines for Diabetic & Renal Patients, How to Get Involved in SNAP, Project Preserve Overview, Navigating Immigration, Serving our Seniors and the Nashville Homelessness & Housing Crisis. Regional Meetings are also a fun and casual time for agencies to network and learn from each other.

Up next is the Annual Partner Agency Conference on Tuesday, July 31st at Second Harvest. Invitations for the conference will be emailed to "A" and "B" tiered agencies at end of June, along with the agenda. Each year we strive to host a conference that will include trainings, networking opportunities, resources, and our appreciation of the work you do in the community.

## UPCOMING ROUTE CHANGES

This fall our Camden, Rutherford, and Nashville warehouses will be fully functional enabling us to better serve our 46-county service area. We anticipate this will allow us to increase the frequency of our presence in each county. Our rural agencies will benefit by being able to order more frequently, as well as pick-up free, fresh produce and bread. More updates are to come regarding the new route schedule.



## REMINDERS

- **Agency Changes >>** If you've had a change in your Partner Agency's personnel, service hours, program, or location, you should complete and submit an [Update Form](#).
- **Invoice Payment >>** Please include your Partner Agency AND invoice numbers on payments. Only checks from your Partner Agency are accepted; no cash or personal/third party checks.



## RESOURCES

- **Council on Aging >>** Do you work with seniors? Do you need help finding services for them? If so, visit the [Council on Aging](#) to utilize their search engine for more information.
- **2-1-1 >>** One of the easiest ways for your clients to find help is to dial 2-1-1, Tennessee's community service hotline. When clients call, they'll talk with a real person who is trained to help sort out needs and provide phone numbers and addresses of the closest places to obtain help. 2-1-1 has a database of more than 10,000 health and human services programs, which are cross-referenced for all sorts of keywords. All calls are free and confidential. For more information visit <http://tn211.mycommunitypt.com/>.
- **Online Food Handlers Certificate >>** If you prepare and/or serve snacks and meals, a food handlers course is required for your agency's file. For information on classes, contact your local Health Department or visit the [TN Food Safety for Handlers website](#) for an online course. For a small fee, you can take an online course and obtain your certificate, which will be valid for up to 3 years.
- **Basic Food Handlers Class >>** To sign up for a free Basic Food Handlers course offered by Nashville's Public Health Department call 615-340-5620 or visit [Food Protection Services](#).
- **Agency Zone >>** For Partner Agency resources, visit [secondharvestmidtn.org](http://secondharvestmidtn.org), scroll to the bottom of the homepage and look for the "[Agency Zone](#)" text link under the Resources heading.
- **UT Extension >>** UT Extension helps Tennesseans improve their quality of life and solve problems through agriculture knowledge, family and consumer sciences, and community development. They can be a wonderful resource for your Partner Agency and your clients. Visit [UT Extension](#) to learn more from your county office!

## AGENCY SPOTLIGHT: BETHESDA MISSION

Bethesda Community Mission Inc., better known in the community as "Bethesda Mission", started in the early 1980s. It was officially incorporated in June of 1983. It was started by Pat Wood, a lady who wanted to do mission work for her local church. But, after finding out how long it would take to get the schooling, sponsorship and funding she needed she became discouraged. She said she heard a voice within her say "look around your own back yard." From that moment on she started a "Backyard Bible School." There she would teach the neighborhood kids, feeding them daily meals. And for the past 35 years, Bethesda Mission has been functioning with that same goal in mind.

The mission is open Monday, Tuesday, Thursday and Friday from 9am-1pm. Food boxes are given to approximately 120 families each month and utility and rental assistance is provided on Tuesdays and Thursdays. So far this year, Bethesda Mission has averaged \$6,750 each month.

Fourth Wednesdays, Second Harvest delivers a load of rescued food for Bethesda Mission's Perishable Food Distribution which is held out of a building provided by a local organization. "Our goal is to feed 100 families a month with this project," says Richard A. Neal Sr., Director of Bethesda Mission. "We also do a summer feeding program along with a kid's club that operates year around. We collaborate with the school resource departments to do a year-round "Backpack Buddy" program which is greatly assisted by Second Harvest as well," Neal continues.

Bethesda Mission's funding is provided by individuals, churches, businesses, civic organizations, local school drives and grants such as, United Way of Greater Clarksville, Community Foundation of Middle Tennessee, Wal-Mart, Nashville Predators and sometimes Emergency Food and Shelter funding. The Mission is blessed to have approximately 60 volunteers, one of which shares, "I can honestly say every day at the Mission is filled with fellowship, laughter and joy. We experience the presence of the Lord. We witness faith and hope comes alive. It's my favorite day of the week."

Bethesda Mission stocks the pantry with donations from local farmers and individuals bringing eggs. County grocery stores, hunter organizations, and Church's Chicken in Clarksville are regular donors, too. Food drives are also a vital component. Each year, Bethesda Mission benefits from food drives like the US Postal Service and those from local schools.

With the loss of two freezers, a decrease in food drive foods, and limitations in frozen food storage, Bethesda Mission rebounded this year due to the many blessings their community continues to show them. Each Easter and Thanksgiving, services raise offerings exclusively for the Mission and many churches host fund raisers for the program that include yard sales, suppers, and musical performances, raising up to \$1800 at one event.

Pastor Neal shared again, "After being a Pastor for many years, I think this is one of the most fulfilling things that I have ever done." Second Harvest Food Bank is proud of all the good Bethesda Mission continues to do in the community.



# HEALTHY CHOICES FOR CLIENTS WITH DIABETES

Over one-third of our clients have at least one member in their household that has diabetes. By establishing healthy eating patterns, individuals with diabetes can dramatically improve their blood sugar control and reduce their risks of developing complications. We can help these clients reach their blood sugar goals by providing and highlighting healthier options.

## Healthy Choices in Your Food Pantry

If you are a client choice food pantry, tag healthy foods as “diabetes friendly.” If you pre-pack boxes, hang a sign saying you provide diabetes-friendly boxes with the items listed below.

Foods to Include	Foods to Limit
Whole Grain Cereals	Sugary Cereals
Brown Rice	White Rice/Rice Mixes
Whole Grain Pasta	White Pasta
Beans	Baked Beans
Lean Meats (Chicken, Fish, Turkey)	High Fat Meats (Ground Beef, Bacon)
Fresh or Canned in Juice Fruit	Fruit Canned in Heavy Syrup
Fresh or Canned Vegetables	Candy, Sweets, Baked Goods

## Healthy Choices at Congregate Meals

- Make half of the plate vegetables
- Serve whole grains such as brown rice, whole-grain bread, and whole-wheat pasta
- Pick leaner meats such as chicken, turkey, fish, or boil in bag meals with TVP
- Serve fruit as a dessert
- Serve water in place of fruit juice or tea

# BROWN RICE WITH GREENS

Serves 5 (Serving Size 1/2 cup)

- Ingredients:
- 1 cup brown rice
  - ¼ teaspoon salt
  - 1 ½ cups water
  - 1 tablespoon olive oil
  - 1 clove garlic, minced
  - 2 cups greens (spinach, collards, kale, etc.)



## Instructions:

1. Bring rice, water and salt to a boil. Cover and reduce to a slow, steady simmer. Let simmer for at least 30 minutes.
2. Remove pot from burner. Let cooked rice sit for 10 minutes, covered, to absorb maximum moisture. Then remove top and fluff rice with a fork.
3. While cooked rice is sitting, heat oil in a pan. Sautee greens and garlic in pan until soft. Add to cooked rice.