

# TABLE TOPICS

Summer 2022

You Can Help  
Make This a



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# You Help Make Summer Fun for Everyone



Dear Friend,

Ever since I was a young girl, my favorite things to eat during hot weather have been watermelon and ice cream. For my birthday every July, I'd ask for watermelon and daisies from my parents, and I still receive both from friends and family to this day.

For many of us, summer is a time for fun outdoor activities. The warm weather allows for gatherings that bring people together. Summer is fresh, summer is colorful, and summer is fun. But not for everyone.

For children facing hunger, summer is one of the hardest times of the year. Without access to school-provided free and reduced-price meals, families have to make up the difference this gap leaves in children's nutrition. That's 10 extra meals per child every week.

Second Harvest Food Bank of Middle Tennessee is hard at work to ensure children experiencing food insecurity have enough to eat at home this June, July, and August. When families have food, *kids* have food. And this is possible because of gifts from friends like you.

Thanks to your generosity, the 1 in 8 children in Middle and West Tennessee experiencing hunger will have healthy food all summer long. Please enjoy these stories in our latest issue of *Table Topics* from Charlie, Lou, and Xayne, and know that your generosity is helping many more neighbors this summer.

Thank you for your ongoing partnership in the fight against hunger.

Gratefully,

Nancy Keil  
President & CEO



Find past issues of our newsletter and our current donor acknowledgement page online at [secondharvestmidtn.org/news-room](https://secondharvestmidtn.org/news-room)

Your suggestions and comments for *Table Topics* are always appreciated! Please send an email to [news@secondharvestmidtn.org](mailto:news@secondharvestmidtn.org)

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WE PROVIDE FOOD TO PEOPLE FACING HUNGER AND WORK TO ADVANCE HUNGER SOLUTIONS.

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# Charlie's Ready for Summer Break!

Charlie, 11, and her older sister, Riley, 15, have lived with their grandmother in Big Sandy since 2019. Three years ago, Charlie and Riley experienced a tragedy no child should have to endure: the sudden loss of their mother.

There is still grief, but the girls' grandmother loves them dearly and is raising them now. They've also found support at school and through Big Sandy Christian Community Outreach Center (CCOC), a Second Harvest Partner Agency in Benton County.

CCOC is a daily afterschool program where kids can come for a hot meal, homework assistance, and fun, enriching learning projects. It's also open during the summer when kids don't have access to school meals.

"The food is really good," Charlie says. "The hamburgers are my favorite."

This resource for fun, education, and healthy food is available thanks to generosity from friends like you.

Charlie's already anticipating her time at CCOC this summer. There, she'll join fun community service projects like collecting aluminum cans to redeem for money to put toward local water bills. And of course she loves the healthy, delicious food.

Your generosity ensures kids have the support to learn, grow, and thrive year-round. For Charlie, that means helping fuel her creative writing ... something that brings her great joy.

"The food is really good."

She wants to be an English Language Arts teacher when she grows up. "I think it would be fun," she says enthusiastically.

Thank you for providing such a valuable community resource that brings support, nourishment, and hope to kids like Charlie and her big sister Riley.

CHARLIE HAS SUPPORT FROM SECOND HARVEST PARTNER AGENCY BIG SANDY CHRISTIAN COMMUNITY OUTREACH CENTER.



## "Everyone has the right not to go to bed hungry."

For long-time Nashville resident Perian Strang, the decision to become a Second Helpings monthly donor grew out of her desire for social justice. "Everyone has the right not to go to bed hungry," she says, "especially in a community as fortunate as ours."

The pandemic brought into focus just how many of our neighbors are working hard yet still living on the edge. "When we saw how many people lost their income and how kids lost access to free meals at school," Perian says,

"My husband Sam and I knew that establishing a monthly recurring donation to Second Harvest was one easy way we could help alleviate some of that burden."

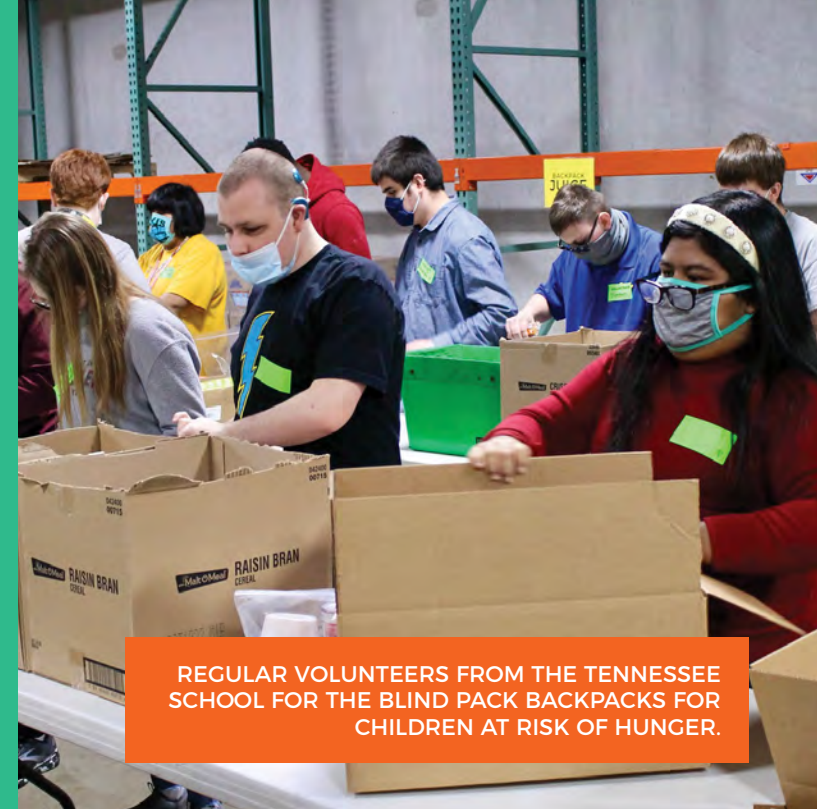
You can join Perian and Sam as Second Helpings monthly donors at [secondharvestmidtn.org/monthly](https://secondharvestmidtn.org/monthly) or by contacting Jennifer Jackson at 615-627-1583 or [Jennifer.Jackson@secondharvestmidtn.org](mailto:Jennifer.Jackson@secondharvestmidtn.org)



# See How You Make a Difference!



"EATING BEFORE YOUR HOMEWORK  
HELPS YOU THINK BETTER," SAYS  
LEELOO OF MCMINNVILLE.



REGULAR VOLUNTEERS FROM THE TENNESSEE  
SCHOOL FOR THE BLIND PACK BACKPACKS FOR  
CHILDREN AT RISK OF HUNGER.

## News Briefs

### WE'RE HIRING!

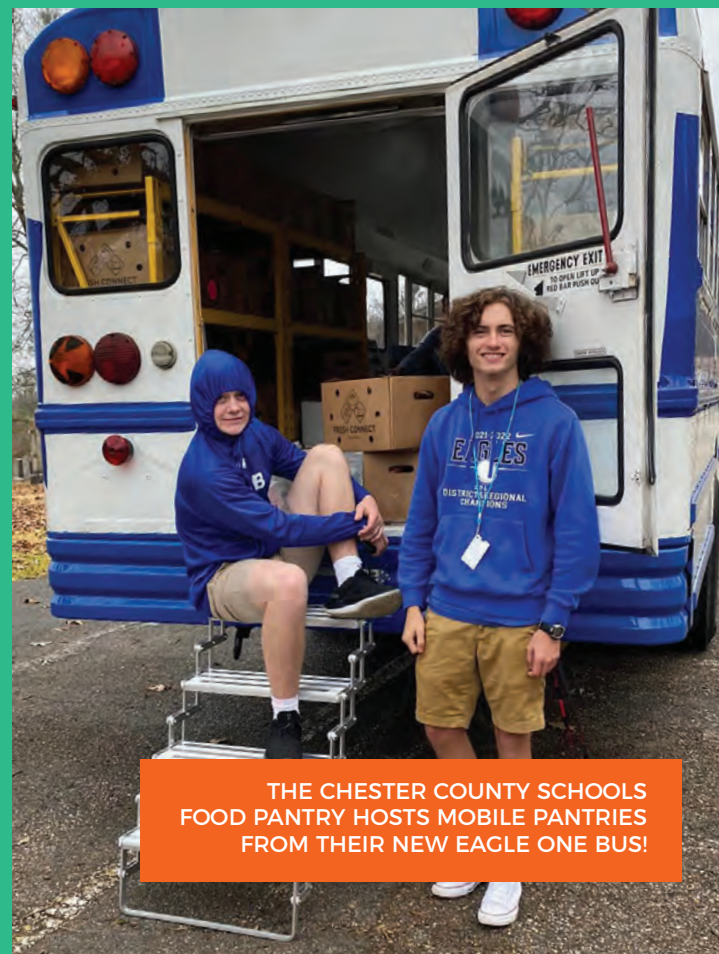
Second Harvest offers more than just a job. We provide opportunities to build your career while making a difference in our community. View and apply for open positions today at [secondharvestmidtn.org/job-opportunities](https://secondharvestmidtn.org/job-opportunities)

### AN ODE TO OTHA BLOCK PARTY

Join us in Nashville on June 4th for the ultimate block party to celebrate the music of legendary fife-and-drum bluesman Otha Turner. All proceeds benefit Second Harvest. Learn more at [othaturner.com](https://othaturner.com)

### STARS FOR SECOND HARVEST

Stars is back! Tickets always sell out for this special benefit concert, which has previously featured stars like Blake Shelton, Dierks Bentley, and Keith Urban. Join us at Nashville's historic Ryman Auditorium on June 7. More info at [secondharvestmidtn.org/stars](https://secondharvestmidtn.org/stars)



THE CHESTER COUNTY SCHOOLS  
FOOD PANTRY HOSTS MOBILE PANTRIES  
FROM THEIR NEW EAGLE ONE BUS!



SECOND HARVEST'S MANAGER OF HUNGER  
AND HEALTH, LEXIE, TEACHES SENIORS IN OLD  
HICKORY ABOUT THE BENEFITS OF PROTEIN.



DARREL, AN ARMY VETERAN, IS ABLE TO  
GET THE NUTRITIOUS FOOD HE NEEDS  
AT A MOBILE PANTRY IN NASHVILLE.



LOOK WHAT YOU MADE POSSIBLE LAST YEAR!

In the last year, Second Harvest accomplished so much thanks to friends like you. Below are just a few things we managed to do together. For the full, interactive report, please use your smart phone camera to scan the QR code, or visit [secondharvestmidtn.org/annual-report-2020-2021](https://secondharvestmidtn.org/annual-report-2020-2021)



OUR  
IMPACT

96¢  
OF EVERY DOLLAR  
DONATED GOES  
DIRECTLY TO  
FEEDING PROGRAMS

261  
MOBILE  
PANTRIES

46  
COUNTIES  
SERVED

466  
TONS OF FOOD  
DISTRIBUTED  
PER WEEK

42.5  
NUTRITIOUS MEALS  
PROVIDED TO OUR  
MILLION NEIGHBORS IN NEED



HISTORIC AFRICAN AMERICAN CHURCH FIGHTS HUNGER

Ten years ago, Authur and Jeanette Phelps started the food ministry at St. Paul Missionary Baptist Church, a Second Harvest Partner Agency in Decatur County. Twice a month, the church provides fresh produce, meat, dairy, baked goods, and pantry items to people facing hunger in their community.

"This church is 200 years old and was part of the Underground Railroad," said Authur. "We are one of the few historic African American churches in this area, and we have been blessed to serve this community for so many years."



OUR COMMUNITY FIGHTS HARDER THAN EVER FOR NEIGHBORS FACING HUNGER

Providing food to neighbors who need it is hard work, especially during a global pandemic. Volunteer Elyse has been sorting and packing food with us since early 2020, saying, "Families are struggling to put food on their tables during these difficult times."

WHY WE'RE  
INDISPENSABLE

Massive quantities of food get dumped into landfills, yet 1 in 8 Middle Tennesseans is at risk of hunger. This is partially a logistics problem. Thanks to our donors and volunteers, we have the space and the manpower to manage large shipments, break them into smaller units, and send them at the right time and in the right quantity to our network of Partner Agencies across 46 counties.

You Make a  
Difference  
for Neighbors  
Like Lou

Lou lives in Chapel Hill with her husband, who is a farmer. Lou worked in the food service industry for more than 27 years. The couple considers themselves extremely hardworking and, usually, self-sufficient.

Unfortunately, Lou was forced to retire early after a back injury and two subsequent surgeries. With only one income, Lou and her husband are trying hard to get by, but the rising cost of living and mounting medical bills are making it difficult.

The couple knew they needed help, but, Lou says, "Asking for help is hard, especially when you're used to taking care of yourself."

When Lou was young, she was adopted through the foster care system, and she recognizes the power of helping and taking care of others. The nutritious food she receives at the Second Harvest Mobile Pantry at Mt. Carmel Missionary Baptist Church reminds her of this kindness she received as a child.

"I know how it feels to finally find somebody that loves you and is able to take care of you," she says. "That is what people are doing right here – working together, loving one another, embracing one another, caring for one another."

Your support is a real source of kindness and warmth for Tennessee neighbors like Lou and her husband. Thank you for being there for our community members who would otherwise face hunger without your generosity.

"I am so thankful to be a part of this community," Lou says.



LOU SHARES HOW SPECIAL YOUR SUPPORT IS TO HER AND HER HUSBAND.

Donor-Advised Fund Allows the  
Rodens to Give Back Tax-Free!



Maisie and Dan Roden like to donate to organizations that fill an important need in the community. "Second Harvest meets an obviously important need and is one of our priorities," Maisie says.

One way they give is through their Donor-Advised Fund, or DAF. A DAF is like a charitable savings account with several tax benefits. Your donation goes further with a DAF, as dollars that would have gone to taxes can go directly to feeding those affected by hunger in Middle and West Tennessee.

You also receive a federal income tax charitable deduction for the amount you deposit into your DAF.

Maisie says, "We like to use our Donor-Advised Fund because it makes giving easy at any time during the year."

To learn more about establishing a Donor-Advised Fund, reach out to Marian Eidson at 615-627-1564 or [Marian.Eidson@secondharvestmidtn.org](mailto:Marian.Eidson@secondharvestmidtn.org)



# Xayne Eats Good Food to Grow Strong

**W**hen we met Xayne, 6, he had just completed kindergarten and was a soon-to-be first grader. Xayne loves sports and his favorite parts of school are recess and PE. He and his big brother, Xaidyn, want to be professional football players when they grow up.

“I’m a fast runner and can run for a very long time,” Xayne says with pride.

But when school is out, kids like Xayne, who rely on free and reduced-price cafeteria meals during the school year, lose access to this nutritious resource. His parents will have to make up the difference and come up with 10 extra meals each week *per child*.

For some households, budgets will reach a breaking point.

Fortunately, Xayne attends Dream Streets, a Second Harvest Partner Agency that hosts a Summer Food Service Program (SFSP). SFSP sites help ensure low-income children

continue to receive nutritious meals even when school’s not in session.

Volunteers set up games and activities for local kids and serve tray-pack meals provided by Second Harvest. These sites are open five days a week and serve children living in nearby communities.

Xayne loves healthy food. His favorite meal is a big salad with lots of protein and ranch dressing.

“I like to eat good food because you can stay strong and feel good,” he says.

Because of generosity from friends like you, Xayne will have the healthy food he loves and needs to fuel his summer fun. Thank you for making this a Hunger Free Summer for local children!

“ I like to eat good food because you can stay strong and feel good. ”



XAYNE LOVES HIS TIME AT THE SUMMER FOOD SERVICE PROGRAM HOSTED BY DREAM STREETS, A SECOND HARVEST PARTNER AGENCY.



Second Harvest Food Bank of Middle Tennessee  
The Martin Distribution Center  
331 Great Circle Road  
Nashville, TN 37228  
[secondharvestmidtn.org](http://secondharvestmidtn.org)

To learn more about getting involved, join our online community  
[@2HarvestMidTN](https://www.instagram.com/2HarvestMidTN)



Or visit us online at  
[secondharvestmidtn.org](http://secondharvestmidtn.org)

# Thanks to our **DONORS!**

Second Harvest is so grateful for last quarter's extensive community support.  
Thanks to all of you for your volunteer hours, financial contributions,  
and donated food, goods, and services!

## **Thank you to these people and organizations for generous food drive donations**

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