



# FOOD FOR THOUGHT

A Publication of the Presbytery of Middle Tennessee Hunger Program  
Barbara S. Howell, Hunger Action Enabler

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615-332-3330, ext. 205 [barbarashowell@yahoo.com](mailto:barbarashowell@yahoo.com)



## Share the Bounty

Launched in 1995 as a public service program by the Garden Writers Association, **Plant a Row for the Hungry** is a people-helping-people program that encourages gardeners to grow a little extra and donate the produce to local soup kitchens and food pantries serving the homeless and hungry in their local communities. If every gardener planted one extra row of vegetables and donated the surplus to local food agencies, a significant impact could be made on reducing hunger.

Donate what you can. It's easier than you think. Growing and eating from your own garden can improve your health, save money, increase your sustainability, and decrease your carbon footprint. And most importantly, your garden can help a lot of people in need.

### **As an Individual You Can Make a Difference:**

- ↔ Plant or glean vegetables, fruit, or herbs from your home or community garden.
- ↔ Deliver the harvest to a food agency near you.
- ↔ Or buy a CSA membership and share with your local food bank.

To find a listing of farmers markets and community supported agriculture, go to Pick Tennessee Products at [www.picktnproducts.org](http://www.picktnproducts.org).

### **Hillsboro Presbyterian and Trinity Presbyterian Food Initiative for Martha O'Bryan Center**

Trinity Presbyterian and Hillsboro Presbyterian are working together to deliver fresh food to the Martha O'Bryan Food Bank. Volunteers pick up food from CSA farmers and deliver it to MOB. The staff at Martha O'Bryan is working on an equitable delivery system to the families in the James Cayce neighborhood. Trinity and Hillsboro are also planning classes to help families prepare and cook fresh food and to learn more nutritious eating practices and habits.

More volunteers are needed to help grown this program. If interested in this mission opportunity, contact John Folger at Trinity or Paula Yelerton at Hillsboro.



## South Sudan

The people of South Sudan continue to be in desperate need of help. Despite a Cessation of Hostilities agreement in April, fighting has continued, causing tremendous suffering and large-scale displacement inside and outside the country. The next three months are critical. Protecting people from violence is essential. Prevention of communicable diseases is key, especially among displaced people as the rainy season approaches.

The PC (USA) Office of Public Witness recently posted an action alert encouraging Presbyterians to advocate with our government to support increased diplomatic initiatives, humanitarian access and funding for humanitarian aid for South Sudan. To read this alert and contact your officials in Washington, go to <http://capwiz.com/pcusa/issues/alert/?alertid=63190981>



**SOUTH SUDAN**

Thanks to your generosity, the offering received at the February Presbytery meeting totaled \$2,295.75 and has been sent for hunger relief in the South Sudan.



**\$8,320,647**

This year, the Souper Bowl of Caring collected over \$8 million in cash and food items in the fight against hunger. In the Presbytery of Middle Tennessee, we collected **\$17,253.41** and **2,638 cans of food**. Thank you to all the churches that participated.

### 2014 Participating Churches Presbytery of Middle Tennessee

- |                  |                       |
|------------------|-----------------------|
| Bellevue         | Murfreesboro 1st      |
| Calvary          | Nashville 1st         |
| Columbia 1st     | Pulaski 1st           |
| Cookeville 1st   | Old Hickory           |
| Dickson 1st      | Second Nashville      |
| Donelson         | Shelbyville 1st       |
| Ellis Grove      | Smyrna 1st            |
| Fayetteville 1st | Southminster          |
| Franklin 1st     | Sparta First United   |
| Harpeth          | Spring Hill 1st       |
| Hillwood         | Trinity               |
| Hillsboro        | Tullahoma 1st         |
| Lawrenceburg 1st | Westminster/Nashville |
| Lebanon 1st      |                       |



## A Place at the Table

**One Nation. Underfed.**

50 million Americans - 1 in 4 children - don't know where their next meal is coming from. *A Place at the Table* tells the powerful stories of three such Americans, who maintain their dignity even as they struggle just to eat. This document shows how the issue could be solved forever; that ending hunger is in the best interest of us all. A DVD is available to check out at the Presbytery office.