

# Fight Food Insecurity in Tennessee

Did you know?

**1 in 7 Tennesseans are food insecure.**

Food insecurity means lacking consistent access to nutritious food.

**You are legally protected to donate food.**

The Good Samaritan Food Donation Act and Tennessee Liability of Free Food Distributors law provide liability protection to individuals, businesses, non-profits, and gleaners who safely donate food. The Tennessee law provides protection for donating past-expiration-date items that are still safe for consumption, and for donating food directly to an individual.

## How you can help



Donate your time volunteering at a local food bank or pantry. Help is always needed to sort and pack food, assist with events and administrative tasks, as well as specific programs.



Donate non-perishable food items to your nearest food bank or pantry. You can even host a traditional or virtual food drive and donate the food collected.

Items most needed:

- **Canned Meat**
- **Canned Fruit**
- **Canned Vegetables**
- **Peanut Butter**
- **Whole Grain Pasta**
- **Brown Rice**



Donate money to your local food bank or pantry. Every \$1 donated provides an average of 4 meals.



Volunteer to glean with the Society of St. Andrew - Tennessee Gleaning Network. After farmers finish harvesting crops, volunteers come and pick the produce left behind. This food is then delivered to local food banks, pantries, soup kitchens, and other non-profits across the state. [Sign Up Here!](#)

Find a local food bank or pantry near you to donate time, food, or financial resources on our [Get Food Smart TN](#) website.