



## 24th Annual Rubber Duck Regatta Arrives Sept. 2

# Time to Get Your Ducks in a Row

Now that summer is well underway, all of our hometown eagerly anticipates the return of a beloved institution. On **Sunday, September 2**, our neighbors will turn out in droves to watch as many as 200,000 ducks “swim” down the Ohio River to solve hunger locally.

### Will you be there to join in the fun?

Freestore Foodbank President & CEO Kurt Reiber can barely contain his excitement for this year’s Rubber Duck Regatta, presented by DAWN: “It’s just a magical moment when you see those ducks fall down into the river and float toward the landing. “Every single one of those ducks provides 15 meals to our families, our neighbors. It doesn’t get any better than that.”

As always, the regatta kicks off September Hunger Action Month “HAM,” when Freestore Foodbank and other members of the Feeding America network unite to promote the fight against hunger.

These paddling poultry will be in high demand, so buy your ducks early and often.

This year’s first prize winner will receive a 2018 Honda Accord, the North American Car of the Year, courtesy of Cincinnati-Northern Kentucky Honda Dealers and possibly \$1 million if their duck is one of the many “KEMBA Million Dollar Ducks.” The second prize winner will receive \$100 in Kroger gift cards every week for a year (\$5,200 total), and five additional winners will receive \$500 cash from KEMBA Credit Union.

Remember: **100% of duck purchases go directly to providing meals for hungry children** right here in the tristate.

To buy your ducks or learn more about this year’s event, go to [rubberduckregatta.org](http://rubberduckregatta.org) or call us at 513-929-DUCK (3825)



### The Rubber Duck Difference

Wondering how many hungry children you can help by participating in this year’s Rubber Duck Regatta? We’ve got you covered.

- \$5 = One duck and equates to 15 meals
- \$25 = “Big Quack”—Five ducks, plus one free and equates to 75 meals
- \$50 = “Bob’s Quack Pack”—Ten ducks, plus two free and equates to 150 meals
- \$100 = “Flock of Ducks”—Twenty ducks, plus four free and equates to 300 meals



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**A message  
from our  
President  
& CEO**

## Kurt's Korner

Here's what I appreciate most about steadfast friends of Freestore Foodbank: You're always keeping the big picture in perspective. That's because you care about solving every aspect of the hunger problem here in Greater Cincinnati.

Of course, it all begins with providing healthy meals for hungry families, children and seniors. Beyond that, you're allowing Freestore Foodbank's life-changing programs to flourish.

In this edition of *Connections*, you'll read about LIFT the TriState, an innovative career-training partnership program that's making major headway in our community. In fact, I'm excited to report that LIFT's third graduating class completed the program the end of June. The graduates earned their industry certification, and many have begun working full time in logistics.

Elsewhere in this newsletter, you'll find messages of profound gratitude. People like Tia and Larry never expected to need help from one of our partner agencies. Nobody sets out to be hungry. Thanks to you, they're receiving the help they need. Given the right support and resources, they may just get the opportunity to turn their lives around.

Thank you for making that possible through your kindhearted support.

*Kurt Reiber*

Kurt Reiber, President & CEO

P.S. Learn more about the vital hunger-fighting programs you make possible at [freestorefoodbank.org/programs](http://freestorefoodbank.org/programs).

## Volunteer Spotlight

# Retiree rolls up his sleeves to help hungry neighbors

As an avid gardener, recent retiree Carl jumped at the chance to volunteer at the Giving Fields, Freestore Foodbank's community farm.

**"...it's a thrill to be able to show people my sign and my row."**

—CARL



"At the Giving Fields, it's not just about putting a shovel in the ground or picking a tomato. I'm feeding people," Carl says.

The Giving Fields provides farm-to-table produce to six northern Kentucky food pantries, ensuring hungry neighbors have access to fresh, nutritious foods. As a regular volunteer at the farm last season, Carl took on more responsibilities including supervising teams of other volunteers. This season, he's sponsoring a row of vegetables at the Giving Fields.

"Freestore Foodbank can't just exist on the goodness of community volunteers," Carl says. "It needs money too. And, honestly, it's a thrill to be able to show people my sign and my row. I just hope it produces a lot of vegetables this season!"

**Sponsor your own row of vegetables at the Giving Fields. For more information, contact Rachel Lampkin, [RLampkin@freestorefoodbank.org](mailto:RLampkin@freestorefoodbank.org) or 513.482.7090.**

## Program Spotlight

# Career training partnership lifts community

Your support of Freestore Foodbank does much more than simply provide meals for hungry families across our service area. With LIFT the TriState, you're helping to grow the local economy, too!



LIFT (or Logistics, Inventory management, Facilities management and Transportation) was created in partnership with BelFlex Staffing Network, Gateway Community & Technical College, and the McCaw Family Charitable Fund. This free training program serves under-employed and unemployed people — the very same folks who frequent our food bank. It's a comprehensive 10-week course that can be a first step toward a career in Greater Cincinnati's booming distribution, logistics, and warehousing industries.

As the program grows, local businesses will gain access to skilled job candidates. What's more, the line of neighbors waiting for emergency food assistance at Freestore Foodbank will grow steadily shorter. It's a win-win for the people of greater Cincinnati.

**Do you know someone who'd like to apply to join LIFT the TriState's autumn class of 2018? Would your company be interested in getting involved? Please visit [www.liftthetristate.org](http://www.liftthetristate.org) or call 513.482.7292 for more details.**

# How you became her hunger-fighting hero

At times, Tia is so short of breath that she can barely speak as health issues, including asthma, have put a limit on what is possible in her life. Still, she scrapes and saves to provide for her children.

"My income doesn't get us through the month," Tia says, "so we run out of food."

Thankfully, Tia supplements her family's meals with food she picks up from Bond Hill Pantry, a nearby Freestore Foodbank partner agency. Tia says her kids appreciate the fruits and veggies, and pasta, from the pantry most of all.

## Fresh food changed her family's life

"People shouldn't have to go hungry," Tia says. "But so many of them do. To me, you're saving the day. Coming here means I can feed my kids and the grandkids who stay with me, too."

**"To me, you're saving the day. Coming here means I can feed my kids and grandkids."** —TIA



"I deeply appreciate what you do," she continues. "What you donate matters—because we really need it."

**Your compassionate support of Freestore Foodbank provides wholesome, nutritious meals for people who wouldn't otherwise have access to them. People like Tia and her family. Thank you for your ongoing generosity!**

## Partner Spotlight

# Thanks to you, healing begins with a meal



Something special is happening at The Healing Center, an inviting complex in suburban Cincinnati. On any given day, The Healing Center is a flurry of activity.

Step inside and you'll see hungry families stopping by to pick up ingredients for their evening meal.

Unemployed and underemployed men and women working on their GED. Spanish speakers learning English as a second language.

At the center of it all sits The Healing Center's executive director, Monica Roberts. When asked what brings people to the facility,

she's ready with an answer: Food gets people through the door.

## Changing lives, one meal at a time

"We're one of Freestore Foodbank's largest partner agencies," Monica says. "Our guests come to us for many reasons, but the need for food unites them."

Each week, The Healing Center receives a semi-truckload of food from local Kroger stores—including fresh produce. Your ongoing support of Freestore Foodbank makes the arrangement possible.

"It's all about creating a welcoming atmosphere," Monica says. "Whether people are just supplementing their grocery bill or on a fixed income, we're here for them."

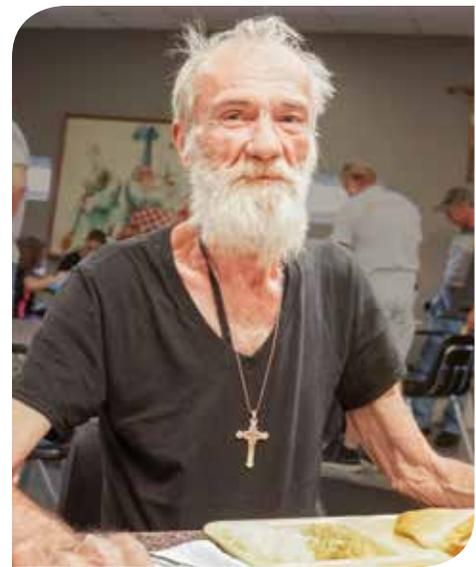
**Your generosity means hungry families can find sustenance at The Healing Center and other Freestore Foodbank partner agencies. Thank you!**

# Hot meals mean the world to this homeless vet

Former Air Force Veteran, Larry, now 75, never imagined he would call his car home.

Larry's life is full of uncertainty. He never knows when a stranger might knock on his car window and threaten his safety. Parked under a bridge at night, he gets incredibly cold.

Just about the only thing Larry *can* count on is a good, wholesome meal from Henry Hosea House, a Freestore Foodbank partner agency. "A home-cooked meal can mean so much," Larry says. "I appreciate this food with all my heart."



**"I appreciate this food with all my heart."** –LARRY

**Please give generously today to act as a safety net for the families, seniors and individuals in this community who need our help the most. Remember: every \$1 you give provides 3 meals!**

All proceeds benefit







ROUND UP FOR THE HUNGRY

Join us in imagining a world with zero hunger and zero waste.

Stay connected to the work you support! Visit us at [freestorefoodbank.org](http://freestorefoodbank.org)



**Yes, I want to provide nutritious meals for hungry families this summer.**

**To continue my support as a community partner I've enclosed my tax-deductible gift of:**

- \$250  
  \$100  
  \$50  
  \$25  
  Other \$ \_\_\_\_\_
- I would like to be a Full Plate Partner and commit to a monthly gift of \$ \_\_\_\_\_. My first gift is enclosed.
- I would like more information on including Freestore Foodbank in my will, trust, retirement account or life insurance policy.
- Double my gift's impact.** I will ask my company to match my gift.  
 Company Name \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Please make your gift payable to: **Freestore Foodbank**  
 1141 Central Parkway, Cincinnati, OH 45202 | 513.482.3663

## DONATE NOW

Your online gift will be put to work quickly. Please visit our website: [freestorefoodbank.org](http://freestorefoodbank.org)

**Double your gift's impact:** Many employers offer matching contributions dollar for dollar. To find out if your employer has a matching gift program please contact your HR department. Questions? Please call our Donor Relations Department at 513-482-FOOD (3663).

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