Help families fill the gap this holiday season

Monica worked as a server three days a week, but it wasn’t nearly enough to pay her bills, take care of her daughter and have enough money to buy groceries. “When you live paycheck to paycheck, sometimes you get real low on food,” Monica says.

That’s when she started giving her meals to her daughter so that she can get the food she needs to stay healthy. Sadly, Monica’s story is a familiar one to thousands of families across the 20 counties Freestore Foodbank serves. You can make a difference for the children, families and seniors in our community that need it most. Since $1 provides 3 meals to local neighbors in need, your gift today of any amount will help hungry families this holiday season and beyond. Please visit freestorefoodbank.org or fill out the reply slip below to give your gift today.

Angela knew she reached the point where she couldn’t pretend any longer—her family needed help. That’s when she came to one of our partner agencies in Newport, Kentucky.

“When now we don’t really have any food in our house,” Angela says. “My daughter was saying, ‘I’m hungry, I’m hungry.’ It kills me, but it happens.”

Her husband works as an equipment operator, but doesn’t earn enough to make ends meet every month. The couple cannot afford childcare, so Angela stays home with their two children.

Life took a difficult turn when they were told they needed to leave their home. They barely have enough to get by, and finding a way to save first and last month’s rent for a new home feels nearly impossible.

“In the last few weeks, I’ve skipped breakfast and lunch to ensure my daughter eats,” Angela says. “I feel like crying. But I would rather be sure my children have food in their bellies than worry about myself.”

Sadly, thousands of children and families in our community face this reality, and the holidays can be especially difficult. When parents barely have enough income to keep a roof over their children’s heads, food becomes a luxury they can’t afford.

With your donation today to Freestore Foodbank, we can reach struggling local families like Angela’s this Thanksgiving and holiday season. Every dollar you give will help provide more turkeys, fresh produce and other food to families who otherwise wouldn’t be able to put a Thanksgiving meal on the table.

“I’m thankful to God every day that there’s good people out there that are helpful when you fall down,” Angela says. “I can’t thank the donors enough.”

When food becomes a luxury

“I feel like crying. But I would rather be sure my children have food in their bellies than worry about myself.”

—ANGELA

Remember, $1 provides 3 meals! Give generously today to ensure each family that comes through our doors receives the nutritious food they need this Thanksgiving.

Inside

KURT’S KORNER
A message from our President & CEO

2

POWER PACKS
Feeding children today, bright futures tomorrow

2

DONOR SPOTLIGHT
Tom and Kathy Kahle are feeding the next generation

3

Dave Lapham, Bob Herzog, David Fulcher
Local Restaurants are Kicking Hunger

Find participating restaurants and more information at
KickHungerChallengeCincinnati.org

Health

CONSIDER FREESTORE FOODBANK IN YOUR ESTATE PLANNING

One of the most tax efficient ways to give back to your community is by designating Freestore Foodbank as a beneficiary of your 401(k), 403(b), IRA or other qualified retirement program. Otherwise, your assets could be taxed as high as 75% upon death. Also, estate taxes may apply in addition to the

“A confused measure of betterment is a kind of cure for the heart," 友情提示：不要恐慌，保持冷静。

Stay connected to the work you support! Visit us at freestorefoodbank.org

DONATE NOW
Your online gift will be put to work quickly. Please visit our website:
freestorefoodbank.org

Address

Please make your gift payable to Freestore Foodbank
1141 Central Parkway, Cincinnati, OH 45202 | 513-482-3663

Your gifts change lives!

4
Feeding children today, bright futures tomorrow

At Freestore Foodbank, one of our top priorities is to get nutritious food into our schools. When 8 in 10 children across the 20 counties we serve qualify for free or reduced lunch, it’s clear the need is significant.

Our Power Packs go home with 5,200 kids each week to ensure they have wholesome food over the weekend when they don’t have access to school meals.

“We know that childhood hunger is impacting not only the student’s ability to learn, but also impacts them later in life, as far as their ability to earn a living and become a productive citizen in our community,” said Kurt Rieber, Freestore Foodbank’s President & CEO.

We have many schools interested in joining our fight to end childhood hunger. To move forward, we are working hard to secure the necessary funding to support the 82,000 food-insecure children in our community.

With your help, nutritious food is getting into the hands of local children who need it most, giving them the nutrients to grow and thrive.

If you would like more information on supporting our effort to end childhood hunger, visit freestorefoodbank.org

Donor Spotlight

Feeding the next generation

Tom Kahle’s introduction to Freestore Foodbank came when Bob Edwards invited him to join the inaugural Rubber Duck Regatta planning committee in 1994. Soon, Kahle joined the Board of Trustees where he served for many years in a number of roles, including as Board Chair and as part of a committee that established the Freestore Foodbank Foundation, an endowment to secure the organization’s future.

In 2009, Tom transitioned from the governing board to the Foundation board, where he continues to serve. Kathy, Tom’s wife, supported Tom’s work with Freestore Foodbank and shared his interest in the mission and vision of the organization.

“I believe very strongly that no one deserves to be hungry; no matter what their circumstances in life or how they came to them,” Tom said. “Hunger is unacceptable.”

Freestore Foodbank is one of four charities that will receive a bequest from their estate. Although most of the Kahle bequest to Freestore Foodbank will be an unrestricted donation to the Foundation, they are also including a specific allocation to the Bob Edwards Feed a Child Fund.

“Freestore Foodbank has always been at the top of our list,” said Kathy. “Cincinnati COOKS! is a brilliant idea: giving people job training while feeding kids. It seems like it should be obvious, but it wasn’t until COOKS! started. I think it’s a great use of resources.”

Their gift will provide critical emergency food resources and reduce the number of people needing assistance by offering stability-building programs, including workforce development, benefits enrollment and wrap-around services.

“I appreciate that Freestore Foodbank is not trying to solve world hunger. You are making a meaningful difference in the life of one family at a time and having an effect on the future of the entire family,” said Tom.

To learn more about how you can include Freestore Foodbank in your estate planning, please visit us at freestorefoodbank.org/legacygiving or contact Mindy Hammer, mhammer@freestorefoodbank.org or 513 482-7099.

Giving seniors a place to turn

Virginia doesn’t always know where her next meal will come from, and that can have a serious impact on her health. A senior, she knows it’s important to get the nutrition her body needs.

She was struggling to afford groceries. Virginia realized she couldn’t make it on her own anymore and needed help. A friend told her about one of our partner agencies, and now she has access to wholesome food that helps her stretch her grocery budget each month.

“I thank God they are helping people that don’t have much, like me,” Virginia says. “Sometimes I don’t know if I’m going to have a loaf of bread to eat, you know?”

Unfortunately, so many seniors in our community simply can’t afford the food they need to maintain good health. They often find themselves skipping meals to pay for medicine or other medical treatments they need.

Virginia grew up helping feed others, watching and learning from her mother, who worked for 50 years at a community center. That’s why she’s so appreciative of the donors who support Freestore Foodbank, which allows us to distribute food to the 400 community partners across the 20 counties we serve.

“The donors are a blessing. You’re helping me, and you’re helping other people,” Virginia says. “Thank you for helping everybody.”

To give today and help feed more struggling neighbors like Virginia, visit freestorefoodbank.org