

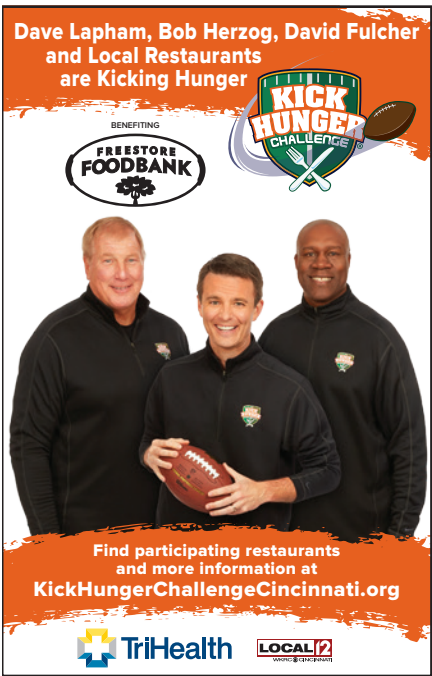
Help families fill the gap this holiday season

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.



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 taxes your heirs may pay on the inherited income.

For more information on including charitable giving in your financial planning, contact Mindy Hammer, mhammer@freestorefoodbank.org.



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



Yes, I want to ensure my struggling neighbors have food for Thanksgiving and holiday meals.

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



MEMBER OF FEEDING AMERICA

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).

Please charge my gift on my credit card: ☐ VISA ☐ MC ☐ AMEX ☐ DISC

CARD NUMBER _____ EXP. DATE _____
NAME ON ACCOUNT _____ SECURITY # _____
SIGNATURE _____ TELEPHONE NUMBER _____
EMAIL _____

Your gift is tax deductible as allowed by law. We will send a receipt for your records.

Your gifts change lives!



CONNECTION

News and information for friends of Freestore Foodbank

FOOD • CONNECTION • HOPE

FALL 2018

When food becomes a luxury

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.

"Right 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."



"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



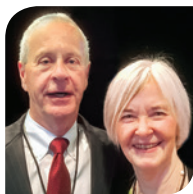
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A message from our President & CEO

Last year during the holiday season, a woman came to receive food and handed me a card. She asked me not to open it until I got home.

When I opened it, the card held a single dollar bill and a note from her that said, "I know this dollar will make a difference."

She's absolutely right. In fact, her donation means three meals can go to another neighbor in need. What a gift.

You can read about Angela and her family, on the cover, she skips meals so her children don't go hungry. Or you can read about how we can reach more children through our school programs on page 2.

In this season of gratitude, we are so thankful for your generosity to our community. Helping put Thanksgiving meals on the table for struggling families means more than you know. Wishing you and your loved ones a Happy Thanksgiving and holiday season!

Kurt Reiber

Kurt Reiber, President & CEO

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 Reiber, 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

Partner Spotlight

Thinking locally, feeding locally

When our distribution center opened in Wilder, Kentucky two years ago, it immediately made a direct impact on the communities we serve in northern Kentucky.

First, fresh produce grown locally from our Giving Fields and other local farmers could be donated and distributed back to hungry neighbors in Kentucky. It also meant our partner agencies in Kentucky, like the one where Wanda Quinn volunteers, have a much shorter commute to pick up what they are taking back to their neighbors in need.

"We're able to give our people nice, healthy food," Wanda says. "A lot of the people we serve say they can't afford to buy fruit in the store because it's so expensive."

Your generous support makes it possible to store fresh produce properly and then ensure hungry neighbors can get a variety of healthy food to feed their families. Remember, \$1 provides 3 meals and helps us fight local hunger. Thank you for your support!



"Sometimes I don't know if I'm going to have a loaf of bread to eat, you know?"

—VIRGINIA

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

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



Tom and Kathy Kahle.

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.