FREESTORE FOODBANK

food  connection  hope

freestorefoodbank.org
1 in 7 neighbors in our tristate area is at risk of hunger.
(Source: Feeding America Map the Meal Gap 2016)

$1 COULD HELP PROVIDE 3 MEALS

94% of cash and in-kind donations go directly to programs and services

OVER 80,000 CHILDREN IN OUR TRISTATE AREA MAY NOT KNOW WHERE THEY WILL FIND THEIR NEXT MEAL.
(Source: Feeding America Map the Meal Gap 2016)

TOGETHER WE CAN SOLVE HUNGER

OVER 450 COMMUNITY PARTNERS

HELP US SERVE THE 270,000 PEOPLE IN OUR REGION WHO ARE AT RISK OF HUNGER.

ANNUALLY PROVIDED — OVER 88,000 SERVICE HOURS

OVER 11,800 VOLUNTEERS

WHERE DO WE GET OUR FOOD?

19% PURCHASED BY FREESTORE FOODBANK

42% DONATED

39% FEDERAL AND STATE FUNDING

OUR MISSION
To provide food and services, create stability and further self-reliance for people in crisis.

OUR VISION
To be a leader of a community mobilized to end hunger and address its causes.

freestorefoodbank.org

Jeff & Darlene Anderson
Family Building
1141 Central Parkway
Cincinnati, Ohio 45202
(513) 482-4500

Customer Connection Center
112 East Liberty Street
Cincinnati, OH 45202
(513) 241-1064

Mayerson Distribution Center
1250 Tennessee Ave.
Cincinnati, OH 45229
(513) 482-4500

The Giving Fields
101 Anderson Lane
Melbourne, KY 41059
(513) 482-4500

Northern Kentucky Distribution Center
100 Beacon Drive
Wilder, KY 41076
(859) 572-8122

Our Food
Our Donation
Our Volunteers
Our Foodbank
Our Mission
Our Vision
FREESTORE FOODBANK

FOOD • CONNECTION • HOPE

freestorefoodbank.org
Power Pack
ENSURING CHILDREN DON’T GO HUNGRY ON WEEKENDS

Each Friday during the school year, Freestore Foodbank sends packs of food, known as Power Packs, home with students to ensure they have something to eat on weekends. Each Power Pack contains over a dozen food items, which are shelf-stable and kid-friendly.

We think it’s important to provide children with food that is easy to prepare. A few examples of what you might find in a Power Pack include whole grain cereals, fruit and vegetable juices, sunflower seeds, oatmeal bars, complete pasta meals and other healthy options.

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In many tristate communities, a large percentage of students rely on free and reduced meals at school, and the absence of these meals, at night, over the weekend, and during holiday and summer, puts enormous strain on local families.

School Pantries were designed to provide permanent on-site food assistance at select local schools with high food insecurity rates. This newer method of addressing food insecurity for families places pantries on school grounds with the purpose of having year-round accessibility to both meal prep items and quick student-friendly snacks.
In January 2011, Freestore Foodbank and Cincinnati Children’s Hospital Medical Center Pediatric Primary Care Clinic launched Keeping Infants Nourished and Developing – also known as the KIND program. Since then, the program has expanded to 10 clinics within 4 health care systems.

The program is in response to alarming data coming out of the Children’s Pediatric Primary Care Clinic. Some 30% of infants seen at the clinic lived in food insecure households and 15% of moms were stretching formula by diluting it or feeding their baby less. Some 41% of mothers bringing their children to the clinic told staff that the food they bought simply did not last.
Throughout its first year, the mobile pantry was organized in the hospital auditorium once a month. Patients who were identified as needing help by the medical staff were invited to visit the pantry. The goal was to reach as many individuals as possible, provide nutrition to those who truly needed it and raise awareness about healthy eating.

Veterans have been through experiences in life that most of us cannot even comprehend. Many of them still carry physical and psychological burdens as remnants of their experiences on the battlefield. Despite the huge sacrifices they have made, many veterans and their families also struggle with food insecurity, poverty and homelessness. Freestore Foodbank is proud to partner with the V.A. Medical Center in Cincinnati and we are honored to be able to provide assistance to veterans in the tristate region.
The Rubber Duck FAMILY (Food as Medicine in Low-Income Youth) Market is a pilot initiative of Freestore Foodbank and Hopple Street Neighborhood Health Center of Cincinnati Children’s Hospital Medical Center with support from the Bob Edwards Fund. As part of their visit, each patient is screened for food insecurity. If a patient screens positive, they are provided with a supply of shelf-stable food from the in-clinic pantry. In addition to food assistance, the staff at Rubber Duck FAMILY Market provides connections to social work, Legal Aid, SNAP, mental health, and transportation. Twice a month, produce distributions provide access to fresh fruits and vegetables to Rubber Duck FAMILY Market families and the surrounding community.
The Healthy Harvest Mobile Market, presented by TriHealth, is a mobile grocery store bringing fresh, healthy, affordable food to Greater Cincinnati communities.

The Healthy Harvest Mobile Market is a community collaboration between TriHealth and Freestore Foodbank. The Healthy Harvest Mobile Market launched in Spring 2016 with the generous support of Impact 100 to promote good nutrition and encourage healthy shopping in neighborhoods without ready access to fresh, healthy and affordable food.

Food is purchased at below market prices with SNAP/EBT purchases matched through ProducePerks allowing for additional healthy foods to be added into a customer’s diet.
Kids Cafe is a federal program operated through Freestore Foodbank which provides free, complete & nutritious meals to children at the end of the school day so that they aren’t going hungry in the evenings. Kids Cafe provides hot meals each week to 20 after-school sites in Hamilton County, Ohio and Northern Kentucky.

The meals served at Kids Cafe are prepared by adult students from Freestore Foodbank’s Cincinnati COOKS! culinary job training program.
The Giving Fields provides a unique and beautiful green space for volunteers to get their hands dirty while participating in the hard work that it takes to grow & provide nutritious food. Groups can receive education on seasonal planting, managing food waste through composting, nutrition of farm fresh produce, and gardening tips.

Volunteers from Freestore Foodbank, local businesses, churches and organizations support the day-to-day operations of the farm from planting to cultivating and harvesting.

To volunteer contact volunteer@freestorefoodbank.org or call 513-482-7550.
The Summer Meals Summer Food Service Program gives Freestore Foodbank the opportunity to serve children in need during the summer months when they are away from school. Kids ages 2-18 receive nutritious lunches prepared by Cincinnati COOKS!

Childhood hunger is a reality and it exists in our own neighborhoods. Over 80,000 children living in the 20 counties served by Freestore Foodbank are food insecure, meaning they aren’t always sure where they will get their next meal.
According to the USDA, half of every meal you eat should be made up of fruits and vegetables. However, many families have a difficult time easily accessing fresh fruits and vegetables. Freestore Foodbank is working to change this. Produce Pop Ups bring a variety of fresh fruits and vegetables, along with the option to add other items such as bread, to communities in need. These 1 day “Pop Ups” provide valuable access to fresh items and can be hosted by community organizations, churches and/or schools.
SPEND YOUR MEMORIAL DAY WITH US AND WALK, RUN, SKIP, OR STROLL AROUND THE OHIO RIVER!

Your registration or donation will help support Freestore Foodbank’s network of partner food pantries, soup kitchens, shelters and community centers. Through this network, we are able to provide millions of meals each year to children and families at risk of hunger in Southwest Ohio, Southeast Indiana and Northern Kentucky.

One step at a time, one dollar at a time, together we can solve hunger.
BUY A DUCK, FEED A CHILD, WIN A CAR!

The Rubber Duck Regatta event takes place prior to the Western & Southern/WEBN Fireworks. That afternoon, as many as 200,000 ducks will swim in the Ohio River near the Serpentine Wall.

100% of duck purchases helps support meals for the community.

RUBBERDUCKREGATTA.ORG
Rubber Duck Regatta presented by Dawn
Together We Can Solve Hunger

Food Connection • Hope

11,800 Volunteers

27.3M Meals

$33M Economic Impact of SNAP

6.6M Lbs Produce Distributed

243 Workforce Development Graduates

10,700 Bus Tokens Provided

23 School Pantries

716 Households Benefited from Our Representative Payee Program

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716 Households Benefited from Our Representative Payee Program

11,800 Volunteers

27.3M Meals
This last fiscal year, we provided essential food for tristate children facing hunger, connected individuals and families to stability-building services from our Customer Connection Center, and offered hope to the individuals in Cincinnati COOKS! and LIFT the TriState. As we start our 2018-19 budget year, we plan to expand in each of these areas with our 450 partner agencies as we work to solve hunger in the 20-county region we serve.
Through our Customer Connection Center’s Liberty Street Market located at 112 E. Liberty Street in Over-the-Rhine, Cincinnati, Freestore Foodbank offers a choice pantry, much like a regular grocery store, to those in need. This means that families struggling to find vital nutrition can select the items that fit the needs of their family, giving them one less thing to worry about as they work to make ends meet.

Food is the beginning of a conversation with our customers, allowing us to find the causes of instability such as housing or employment needs. By addressing the emergency need of food, we can then work to solve larger issues in our community through holistic support and partnerships with other service providers. Hunger is in every community, with one in seven of our neighbors worrying about finding enough food to stay healthy. We also know that it’s not just about getting enough food, but about nutritious and diverse foods to keep families healthy. To find out more about how to get assistance, or to learn how you can donate your time, call 513-241-1064.
Clothing is a life necessity, but it’s not something everyone can easily afford, limiting their ability to find and maintain employment, as well as regain a sense of self after a crisis. As part of our efforts to build stability and further self-reliance, we offer the Back on Track program, supplying free work clothing as customers prepare for job interviews, training and more. Emergency clothing is also available for men, women and children as needed.

This wrap-around service is just part of what Freestore Foodbank offers to help families during difficult times. We accept donations of gently used items Monday through Friday 8am-5pm at our drive-through bay at the Customer Connection Center located at 112 E. Liberty Street in Over-the-Rhine, Cincinnati. Each autumn, we also host a coat and cold weather drive for all ages. For more information about our clothing availability or our most requested items, please call 513-241-1064.
To support employment, housing, enrollment in education and more, Freestore Foodbank’s Customer Connection Center located at 112 E. Liberty Street in Over-the-Rhine, Cincinnati offers vouchers for birth certificates and IDs. When families are faced with homelessness or a sudden crisis, often this basic documentation is lost, leaving families unable to recover and find stability.

To remove barriers to finding consistent employment and housing, we offer this assistance to residents of Ohio and Kentucky, as well as those needing out of state IDs. To learn more about when this resource is available or what is needed to verify address, call 513-241-1064.
Freestore Foodbank’s Customer Connection Center works with a network of social service providers to ensure holistic support to the entire family, offering many resources on site with other forms of support through referrals. Because benefits are often a vital lifeline during a time of crisis for local families, we offer support through this often difficult process.

Our Benefit Call Center can provide enrollment assistance to anyone needing SNAP (previously food stamps) assistance, Medicaid, IRS Form 1095 (proof of health insurance), and more. For anyone with questions about eligibility or to start the enrollment process, we are available by phone Monday through Friday 8:30am to 3:30pm at 513-381-SNAP (7627) or in person at our Customer Connection Center located at 112 E. Liberty Street in Over-the-Rhine, Cincinnati.
For those needing assistance with medical or work related transportation, we offer assistance. At our Customer Connection Center located at 112 E. Liberty Street in Over-the-Rhine, Cincinnati, we can provide bus passes to help families attend doctor’s appointments, search for employment or travel to a new job for the first two weeks. Bus passes with transfers, including Ohio and Kentucky, are made available with proof of appointment, employment or interview.

Freestore Foodbank is here to help our tristate neighbors in need. We understand the hardships that many local families are facing. From maintaining stable housing, to having food on the table, or preventing the electricity from being shut off – these worries are real, and we can help. If you or someone you know is in need of assistance, call us at 513-241-1064 or visit freestorefoodbank.org.
Volunteers are a vital part of Freestore Foodbank’s strategic plan to provide meals to hungry children and families in our tristate area. Every time you volunteer, you will leave knowing that you have helped to provide Food, Connection and Hope for our neighbors in need.

In 2018, over 11,800 volunteers contributed over 88,000 hours of service to Freestore Foodbank. We need volunteers every day to pack Power Packs and Senior Boxes for the youngest and oldest in our community, sort food donations to be sent to our community partners, provide customer service at our Liberty Street Market (pantry), plant and harvest crops at the Giving Fields community garden, assist with special events throughout the year and provide talents and skills for dozens of other activities that help people when they are in crisis.

To volunteer contact volunteer@freestorefoodbank.org or call 513-482-7550.
MAKING A DIFFERENCE!

Taste of the NFL is one of Freestore Foodbank’s signature fundraising events. Since its inception in 2003, the popular Taste of the NFL fundraiser has raised the equivalent of more than 3.5 million meals for Freestore Foodbank’s efforts.
Find participating restaurants and more information at KickHungerChallengeCincinnati.org
Cincinnati COOKS! is a free culinary job training program for under- and unemployed individuals. During the 10-week course, students learn the mechanics of a commercial kitchen, as well as professional and life skills to ensure success in the food service industry and in their personal lives. Course topics include: food safety, food inventory and storage, basic nutrition and knife skills. In addition to our staff, COOKS! students benefit from the experience of volunteer chefs and professionals.

Freestore Foodbank is working toward making our Greater Cincinnati region a place where every child has the food needed to develop into a healthy adult and where every adult has the opportunity to earn a living for themselves and their families.

Following graduation from Cincinnati COOKS!, students may enroll in our Second Course advanced program. The eight-week course provides higher skills training for management opportunities and employment in fine dining restaurants.
LIFT The TriState
FREE WAREHOUSE JOB TRAINING PROGRAM

Logistics, Inventory Management, Facilities Management and Transportation (LIFT) offers an opportunity for unemployed and underemployed adults throughout the tristate region to become trained in a growing field, providing essential job skills. This 10-week free job training program based in Northern Kentucky will supply hands-on training from experienced warehouse personnel at Freestore Foodbank, specialized coursework designed by Gateway Community and Technical College, as well as links to local employment through BelFlex Staffing Network and other program partners.

Eligibility requirements include: desire to work, commitment to the 10-week free job training program without interruption, childcare established prior to enrollment, 18 years or older, basic literacy skills, and the physical ability to perform duties. No experience needed.
Cincinnati Cooks Catering is a full-service catering company that works with fresh, local, and seasonal ingredients to provide delicious food worthy of any venue. We are experienced with catering everything from business lunches to elegant wedding receptions. All of the profits from our catering business funnel directly back into our operations and the many programs of Freestore Foodbank. When you partner with Cincinnati Cooks Catering, you treat your guests to exceptional food as well as help to transform lives in the community.

Whether you are planning an intimate cocktail party or an elegant wedding reception buffet, Cincinnati Cooks Catering will make your party a success! Enjoy your event while we do the work. Cincinnati Cooks Catering is committed to quality and we are confident that you will see it in the food we prepare and the service that we provide.
Your generosity is critical to helping Freestore Foodbank serve hungry children and families in the tristate area. 94% of cash and in-kind donations go directly to programs and services. We have grown as an organization, expanding our impact and serving more families in crisis. With support from the community we have become a vital resource for our neighbors in need.

Visit us online at freestorefoodbank.org to learn about the varied ways to support Freestore Foodbank.
food for today

- **POWER PACK**
  - Over 220,000 Power Packs
  - Served At 110 Locations

- **SCHOOL PANTRIES**
  - 23 Sites Served In Ohio, Kentucky And Indiana

- **KIND PROGRAM**
  - 2,000 Infants Served
  - At 10 Clinics

- **VA CLINIC**
  - 1,400 Veterans Served

- **CLINIC PANTRIES**
  - 300 Families And
  - 850 Children Served

- **HEALTHY HARVEST MOBILE MARKET**
  - Served 12 Food Deserts

- **KIDS CAFE**
  - Over 110,000 Meals Delivered In
  - 20 Locations In Ohio And Kentucky

- **THE GIVING FIELDS**
  - 10 Acre Community Farm In Northern
  - Kentucky Served 7 Agencies

- **SUMMER MEALS**
  - Served Children
  - At 13 Sites

- **MOBILE PRODUCE**
  - Delivered To 350 Produce
  - Pop Up Locations

connection for tomorrow

- **CHOICE FOOD PANTRY**
  - Served Over 78,000 Individuals
  - At Our Liberty Street Pantry

- **CLOTHING ASSISTANCE**
  - Provided Clothing For Over
  - 5,000 People

- **BIRTH CERTIFICATES & IDS**
  - Secured Identification And Birth
  - Certificates For Close To 3,500 Individuals

- **BENEFITS ENROLLMENT**
  - Enrolled Over 10,400 Households In
  - SNAP, Health Insurance And Medicaid

- **TRANSPORTATION ASSISTANCE**
  - Over 10,700 Bus Tokens
  - Distributed For Transportation

hope for a lifetime

- **CINCINNATI COOKS!**
  - 150 Graduates
  - 52 Second Course Graduates

- **CINCINNATI COOKS CATERING**
  - A full-service catering company, where all
  - profits go directly back into the program.

- **LIFT THE TRISTATE**
  - 41 Graduates
  - In The First Year

freestorefoodbank.org
TELL YOUR KROGER SALES ASSOCIATE YOU WOULD LIKE TO "ROUND UP FOR THE HUNGRY"

All proceeds benefit Freestore Foodbank

ZERO HUNGER ZERO WASTE
Together, we can solve hunger.

Over 80,000 children in the tristate are at risk of hunger.
$1 could help provide 3 meals.

For Services:  513-241-1064  
To Volunteer:  513-482-7550  
To Donate:  513-482-FOOD

Our Mission: We provide food and services, create stability, and further self-reliance for people in crisis.