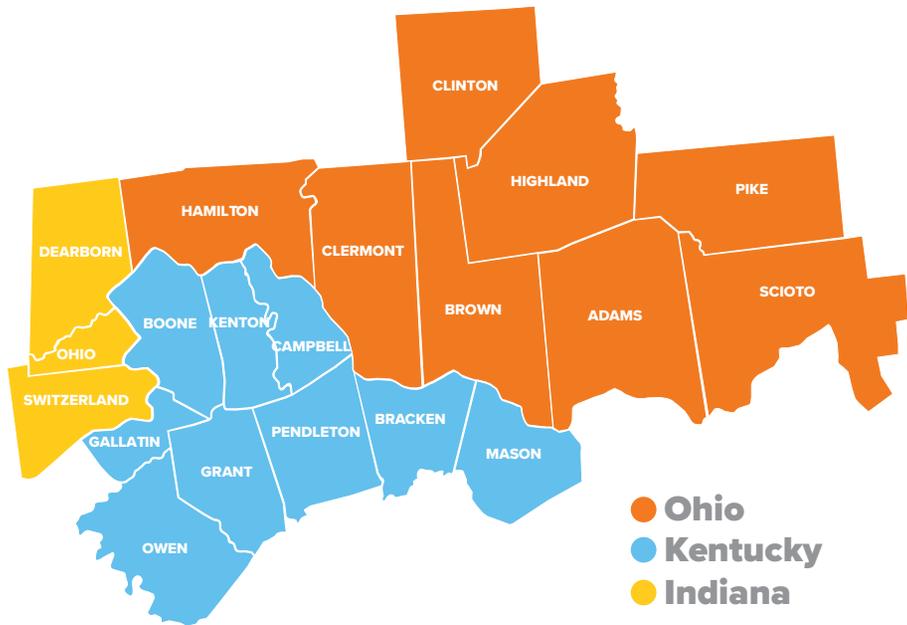


# FREESTORE FOODBANK

FISCAL YEAR 2020



SERVING 20 COUNTIES IN  
OHIO, KENTUCKY AND INDIANA



POWER PACK  
CINCINNATI COOKS!  
KIDS CAFE  
CONNECTION  
CHILDHOOD HUNGER  
SCHOOL PANTRY  
HUNGER  
COMMUNITY PARTNERS  
HOPE  
INDIANA

CUSTOMER CONNECTION CENTER  
OHIO



FOOD • CONNECTION • HOPE

Freestore Foodbank's mission is to improve lives by eliminating hunger in partnership with our community. Our vision is to create a hunger-free, healthy, and thriving community. To achieve our objectives, we provide nutritious food and connect people to support services that offer a pathway from crisis to stability.

[freestorefoodbank.org](http://freestorefoodbank.org)



1971



Freestore was founded

1977



First Holiday Food Distribution

1975  
8,000 lbs.  
of food

1979



Founding member of the Feeding America Network

1980



Became United Way Member

387,000  
meals  
served

1992



Capital Campaign established the Distribution Center

1983



Officially named Freestore Foodbank

1997



Canstruction (food sculpture exhibit) launched

1996



Kids Cafe program launched

1995



First Rubber Duck Regatta (18,575 ducks sold)

2003



First Taste of the NFL

42,000  
Volunteer  
Hours

2001



Established the Cincinnati COOKS! program

2000  
7.5 million  
meals  
served

2002  
62,000  
Ducks sold

1997



Canstruction (food sculpture exhibit) launched

1996



Kids Cafe program launched

1995



First Rubber Duck Regatta (18,575 ducks sold)

2004



First Hunger Walk (Power Pack begins)

2009



First Mobile Distribution starts

2010  
9 million  
meals served

2011



KIND established

2010  
\$1 million  
worth of  
Ducks

2016



Healthy Harvest Mobile Market and NKY Distribution Center open

2017  
207,000  
Power Packs  
distributed

2017



LIFT the Tristate and the first pediatric medical Clinic Pantry at CCHMC were launched

2019



25th Anniversary of the Rubber Duck Regatta (184,739 ducks sold)

2020



Distributed more than 13 million meals in our community during the COVID-19 crisis

OUR HISTORY OF  
**CREATING MEMORIES**

freestorefoodbank.org



Dear Friends of the Freestore Foodbank,

At the Freestore Foodbank we are often fortunate to see hope become tangibly realized. We get to be at the connection point where the generosity of donors, the sweat, effort and time of volunteers, meets the child that may not have enough food at home to thrive. We get to see the shy smile of a child receiving a gift of food. We get to see a child hug a teacher or Power Pack site coordinator as they get a pack of food and skip off to a waiting school bus to take them home for the weekend. These small moments happen repeatedly at over 100 Power Pack sites, over 5000 times per week across our community. You can see hope come to life in those moments.

The Covid-19 pandemic has touched all of us in unimaginable ways. Each of us, for ourselves and loved ones have made dramatic changes to our lives. But try for a moment to imagine an already food insecure home trying to juggle work, the loss of work, schools closing and reopening, split schedules, virtual learning or someone at home getting sick. Speaking recently with one of our Power Pack site coordinators she said the following:

*“Many of our family’s guardians have had to quit or postpone returning to work due to COVID and virtual schooling. This has put quite a bit of stress on their finances. Power Pack foods, as well as our onsite pantry, has been a great benefit to the families within our community”.*

Because of you, because of donors like you, because of volunteers like you, because of corporate partners like you, through it all, the Freestore Foodbank is continuing to fulfill its mission. A mission you so generously support. Right now, as you read this, the Ohio National Guard is in our distribution center furiously creating Power Packs to keep us ahead of the demand and our Transportation team is delivering Power Packs to a school in your neighborhood. You may not be able to see your generosity in the same tangible, actionable way that we get to see it; However, it is because of you, right now, a child is receiving some food for the weekend, and right now, because of you, hope is happening.

With humble gratitude,  
Freestore Foodbank Team

[freestorefoodbank.org](https://freestorefoodbank.org)





# .....AND SO IT BEGINS

And so it began. Locally, in greater Cincinnati, our mild winter was trying to transition to Spring and we were aware of coronavirus outbreaks around the country. Sporting events began cancelling and governors began asking people to work from home. Businesses began closing, schools were suspended and a run on grocery stores limited stock and disrupted supply chains. Travel restrictions were imposed and once clogged interstate highways opened up, volunteer groups replaced by National Guard units and food banks across the nation, always quietly essential, were deemed essential organizations allowed to operate to meet emergency food assistance demands during the first full bloom of the pandemic.

At our Liberty Street Market we packed emergency food bags, created a nearly no-touch distribution while the Ohio National Guard finished packing the final Power Packs for the remaining school year and creating emergency food boxes for off-site distributions. A young woman pulled up in her car to the front of Customer Connection Center on Liberty Street, visibly upset with tear streaked cheeks, explained she had just been laid-off from her restaurant job, and said, “I have never been here before and I do not know what to do, I am worried and my family needs food.” A Freestore Foodbank team member replied, “Don’t worry, we got you. Come with me. We will take care of you.”

## FOOD

“Cars are backing up on Montgomery Road, “you could hear the message being passed along the chain of command. The cars arrived earlier than anticipated. And the sun was piercingly bright. The wind was lashing out the last of an arctic blast across the exposed parking lot of Norwood Plaza overlooking Xavier University at our first pandemic emergency food distribution. The Ohio National Guard rapidly deployed with Freestore Foodbank staff to set-up the area for distribution and the cars began snaking into the parking lot following the path of orange traffic cones.

Starr Pinkelton, a mother of two, lost her job at a fast-casual restaurant during the shutdown, drove across town and was in that long line of cars at Norwood Plaza. “I’m so happy to be able to pick up food,” said Starr. “It’s a lifesaver during this rough time for me and my family.”

And the pandemic emergency food distributions were repeated, often and

strategically across the Freestore Foodbank service area. At St. Vincent DePaul in Northern Kentucky, as the Kentucky National Guard coordinated the long line of cars, each car containing someone just like Mary Jane and her family of four, “I appreciate the drive-up,” said Mary Jane. “It gave us some groceries to help us through. Thank you, God bless you, stay safe and I wish you peace.”

## CONNECTION

The first thing he asked was, “How did you find me?” After receiving a postcard from the Freestore Foodbank about food assistance being available during the pandemic, Jim, a 72 year old from Owen, Kentucky dialed into our Benefits Call Center. Jim knew he was struggling to make ends meet and worried about putting food on the table. He thought he would be disqualified because he did not have children. We connected Jim with his local food pantry where he filled out a SNAP benefits application. His application was approved. Jim

called to inform us, “for the 1st time in a long time he was able to write out a full grocery list and purchase food instead of a few items here and there.” He was so grateful that he passed along his postcard to some members at his church.

## HOPE

And hope, so often hard to hold onto, is everything during a pandemic. No one is really prepared. Most folks live paycheck to paycheck. A lot of folks are a major car repair or health scare away from food insecurity. There is Jill and her family from Northern Kentucky, about to become homeless but the Freestore Foodbank provided rental assistance and now she and kids have a roof over their heads and food on their table. There is Robert and his dog Rocco from Forest Park we met an emergency food distribution in May, who said, “because of you, we might make it through all this.” There is John, who coronavirus caught and he fought off, “I came to you for help because I know you care.”

There were thousands, in cars, on foot, over the phone or email we’ve served through a crisis, too many to name them all, so many stories to tell. Sometimes you can see hope. You can see it on faces, when their car pulls forward, after snaking through a long line and the box of food and bag of produce is placed securely in their car, for a moment the worry washes away from their face, they smile and say thank you. And so it goes on. The work of the Freestore Foodbank, often quiet and unnoticed, essential, continues...



# EVENTS



## Virtual Hunger Walk

\$171,162 raised

104 teams

\*Virtual due to COVID19



## Rubber Duck Regatta

184,739 ducks sold

709 Volunteers



21,969

**VOLUNTEERS**

Annually provided

**86,614 Hours**

To volunteer go to [freestorefoodbank.volunteerhub.com](https://freestorefoodbank.volunteerhub.com) or call **513-482-7550**

## COVID-19 UPDATE

**COVID-19 Increase:** Ohio National Guard packed 2.9M pounds of emergency boxes, 63% increase in food distribution, 40% decrease in food donations, 51% increase in online SNAP apps.

**COVID-19 Expected Increase:** 5% increase in overall hunger expected longterm and a 9% increase in childhood hunger (per Feeding America Map the Meal Gap). 35 new partners.

## LOCATIONS

### JEFF & DARLENE ANDERSON

#### FAMILY BUILDING

1141 Central Parkway  
Cincinnati, OH 45202  
(513)482-4500

### MAYERSON

#### DISTRIBUTION CENTER

1250 Tennessee Avenue  
Cincinnati, OH 45229  
(513)482-4500

### CUSTOMER

#### CONNECTION CENTER

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

### NORTHERN KENTUCKY

#### DISTRIBUTION CENTER

100 Beacon Drive  
Wilder, KY 41076  
(859)572-8122



# FISCAL YEAR 2020 IMPACT REPORT

(JULY 1, 2019 - JUNE 30, 2020)



FOOD • CONNECTION • HOPE

#### OUR MISSION:

To improve lives by eliminating hunger in partnership with our community.



**Food is the single most important foundational element linking all people. Using food to create positive solutions for stability, our programs work to eliminate hunger in the community.**

**1 in 7**  
neighbors in our tristate area is at risk of hunger

**MORE THAN 76,000 CHILDREN**  
In our tristate may not know where they will find their next meal

**\$1 COULD HELP PROVIDE 3 MEALS**

**8.8 MILLION POUNDS** of produce

**6 MILLION POUNDS** of retail food rescue

**PROVIDED 37.7 MILLION MEALS TO OUR COMMUNITY**

**POWER PACK**  
230,546 Packs  
114 Sites  
7,098 Unique students  
(787,845 Pounds of food)

**HEALTHY HARVEST MOBILE MARKET**  
11,898 Transactions  
\$94,426 Sales  
53.3% Of customers used a benefit

**SCHOOL/COLLEGE PANTRY**  
17,857 Households served  
891,978 Pounds of food provided  
73,273 Individuals  
49 Sites

**KIDS CAFE**  
42,120 Meals provided  
15 Sites

**KIND PROGRAM**  
1,507 Cans of formula  
11 Sites

**CLINIC PANTRY**  
12,492 Individuals served  
3,349 Households served  
6 Sites

**PRODUCE POP UPS**  
In Partnership With Anthem  
621 Pop Ups  
103 Supporting partners

**LIBERTY STREET MARKET**  
26,225 Distinct households  
42,484 Distinct clients  
2,224,636 Pounds of food provided

**HOLIDAY OPS**  
9,311 Households assisted  
25,823 People served

**SUMMER MEALS**  
4,878 Meals served  
9 Sites

**WHERE DOES OUR FOOD COME FROM?**

- 49.1% GOVERNMENT FUNDED**
- 18.9% DONATED**
- 16.4% PURCHASED BY FREESTORE**
- 15.6% RESCUED RETAIL**

# CONNECTION

**We connect people to programs and services that provide support on a pathway to stability. By providing resources and connection to community partners, we help people avert crisis and reduce barriers to self-sufficiency.**

**165,000 MONTHLY INDIVIDUALS SERVED**  
(198,000 post-COVID)

**540 COMMUNITY PARTNERS**  
in Ohio, Kentucky, and Indiana

**BENEFITS ENROLLMENT**  
1,858 Medicaid enrollments,  
SOAR: 35 applications completed for social security disability benefits & 30 approvals

**BACK ON TRACK**  
11,405 Clothing distributions  
2,848 Households served

**BIRTH CERTIFICATES & IDS**  
1,097 Birth certificate vouchers  
819 ID vouchers  
137 Police checks

**TRANSPORTATION ASSISTANCE**  
6,851 Bus tokens provided

**REPRESENTATIVE PAYEE**  
749 Clients supported

**SNAP**  
8,086 SNAP applications submitted



**To achieve a brighter future, we provide hands-on job training and support that allows individuals to gain more confidence.**

**85% OF COOKS! GRADUATES receive jobs in 90 days**

**CINCINNATI COOKS!**  
100 Graduates  
80 Passed ServSafe exam  
35 Second Course graduates

**LIFT THE TRISTATE**  
52 Graduates  
37 Received CLA (Certified Logistics Associate)

**SHELTER DIVERSION**  
63 Households supported  
236 Individuals served

**STABILIZATION PROGRAM**  
200 Successfully completed program  
33% Improvement in stability score



### TOP MOST NEEDED FOOD DRIVE ITEMS

- ✓ CANNED PROTIENS
- ✓ CANNED SOUPS
- ✓ CANNED VEGETABLES & FRUIT
- ✓ MACARONI AND CHEESE
- ✓ PEANUT BUTTER
- ✓ PERSONAL CARE ITEMS

### HELP MAKE A BIGGER IMPACT BY DONATING THESE ITEMS:

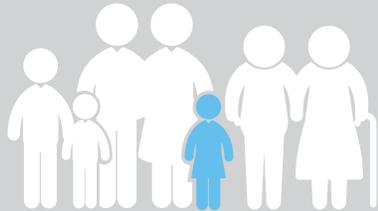
FOOD ITEMS: tuna, chicken, ham, spaghetti with meatballs, chili with meat and beans, beef stew, vegetables, fruits, baby food, pasta and peanut butter.

PERSONAL CARE ITEMS: soap, shampoo, deodorant, toothpaste, toothbrush, feminine hygiene products and disposable dipers. (Please, no glass items.)

GROCERY GIFT CARDS

HELP FEED PEOPLE

**1 in 7** neighbors in our tristate area are at risk of hunger\*  
(Source Feeding America Map the Meal Gap 2017)



### DONATE TODAY!



WE DON'T ALWAYS RECIEVE ENOUGH OF THE CRTIAL FOOD ITEMS PEOPLE NEED TO PUT WELL-BALANCED MEALS ON THE TABLE.

**DONATIONS OF CANNED GOODS ARE NEEDED ALL YEAR AROUND, NOT JUST AT THE HOLIDAYS!**  
<https://freestorefoodbank.org/fooddrive>

# OUR PROGRAMS

[freestorefoodbank.org](https://freestorefoodbank.org)





# SUMMER MEALS

## PROVIDING FOOD DURING SUMMER MONTHS

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.

### KENTUCKY SITES

- Salvation Army Covington
- Salvation Army Newport

### OHIO SITES

- Breakthrough Cincinnati
- Cornerstone Renter's Equity
- Friars Club
- GLAD House
- Salvation Army Citadel
- Empower Youth Batavia
- Empower Youth Bethal
- Empower Youth HiView Estates
- Empower Youth Tall Timbers
- Empower Youth Williamsburg

For more information about Kids Cafe, please contact:

**Amy Heyd**

[aheyd@freestorefoodbank.org](mailto:aheyd@freestorefoodbank.org)

**513.482.4507**



# KIND RESOURCES

## PROVIDING FOOD DURING SUMMER MONTHS

Sponsored by:  AnswerForce

**KIND (Keeping Infants Nourished and Developing)** provides emergency formula to families in need through healthcare partners while they seek a more long-term solution to infant food insecurity. This program is an essential part of the equation to solve hunger as it helps families ensure their infants receive the nutrition they need while building links to other resources. After identifying food insecurity based on a standard questionnaire, doctors can immediately offer baby formula provided by Freestore Foodbank, as well as connect new mothers with nutritionists and social

[freestorefoodbank.org](https://freestorefoodbank.org)



workers to help with long-term needs, including wrap-around services, benefits enrollment and access to additional food resources.

The program includes eleven pediatric clinics, including sites supported by Children's Hospital, St. Elizabeth Healthcare, Cincinnati Health Department and Crossroads throughout Hamilton County, Ohio and northern Kentucky. KIND supports approximately 2,000 infants and their families annually. Some of our sites have seen such a difference in their patients through this resource that they've expanded to include a full pantry and other food assistance offerings with the support of Freestore Foodbank. This partnership allows Healthcare providers to assess and provide for the needs of families during one of the most critical developmental periods of a child's life and make a lasting connection with families.

For more information about our KIND program, please contact Ann Viancourt at **513-482-7295** or [aviancourt@freestorefoodbank.org](mailto:aviancourt@freestorefoodbank.org).



# PRODUCE POP UPS

ENSURING CHILDREN DON'T GO HUNGRY

SPONSORED BY: **Anthem** 

According to the USDA, half of every meal you eat should be made up of fruits and vegetables. However, many families do not have easy access to fresh fruits and vegetables. Freestore Foodbank is working to change this. Produce Pop-Ups bring a variety fresh fruits and vegetables, along with other items such as bread, to communities in need. These free-of-charge, one day “Pop-Ups” can be hosted by community organizations, churches and/or schools.

## FREQUENTLY ASKED QUESTIONS:

### WHAT IS A POP-UP?

A Pop Up is an easy way to increase access to fresh fruits and vegetables in your community. Freestore Foodbank (FSFB) will deliver fresh produce, for free, for you to distribute the same day, which means that you do not need to have a space to store food.

### WHO CAN HOST A POP-UP?

Anyone in FSFB's 20 county service area can host a Pop Up. If you are a Partner Agency, this can supplement your current distributions or allow you to distribute in different areas. If you are not a current partner of FSFB, Pop-Ups are a great way to assess the needs of your community. There are many types of



organizations that can host Pop-Ups, including churches, schools and other organizations. Pop-Ups can be hosted Monday through Saturday all year long!

### WHAT TYPES OF FOOD ARE AVAILABLE WITH A POP UP?

Typically, a Pop-Up will receive between 3,000-5,000 pounds of produce. This will provide food for 100-200 families. The variety of produce depends on what is in season and what is available to the foodbank. This can include potatoes, onions, apples, oranges, melons, corn, sweet potatoes, etc. You can also order additional items off of inventory. There is a shared maintenance fee associated with inventory items.

### WHO WILL STAFF THE POP UP?

The hosting organization is responsible for staffing the event. FSFB will deliver the produce and from there, volunteers/staff are responsible for setting up and distributing the food. The number of volunteers varies from site to site. But we recommend at least five. Depending on the size, you could need between 10-20+ volunteers.

## CAN I HOST MORE THAN ONE?

Yes, you can host as many as you want. Most organizations host once a month, but others host once a week or every other week. Distribution usually last between 2-3 hours, or until the food is gone.

## DO CLIENTS NEED ID OR PROOF OF INCOME?

While we do ask that all clients are checked in, everything is self-reported. So clients do not need any form of ID or proof of income.

## WHAT IF I CAN'T DISTRIBUTE ALL THE PRODUCE?

While the goal is to distribute all produce on the same day, we know that is not always possible. In the event there is leftover perishable food, we will connect you with a partner agency in your area to take excess food.

## WHY SHOULD I HOST A POP-UP?

Pop Ups are a great way to increase access to fresh fruits and vegetables, which offers many health benefits. Some of those benefits include:

- Lower blood pressure
- Reduced risk of heart disease and stroke
- Prevention of some types of cancer
- A positive effect on blood sugar can help keep appetite in check



## PRODUCE POP UPS

For more information on our Produce Pop Ups, please contact Sergio Mata at **513-357-4810** or [smata@freestorefoodbank.org](mailto:smata@freestorefoodbank.org)

# HEALTHY HARVEST MOBILE MARKET



**A grocery store on wheels, serving neighborhoods with limited access to healthy food.**

Where do you go to buy food for your family when it takes an hour by bus to get to the nearest grocery store? What do you eat when processed food and corner-store snacks are the only things within reach, or the only affordable options? The Healthy Harvest Mobile Market is working to make it easier for our neighbors to access fresh, healthy, and affordable food. We bring the store to you, stocked with a full selection of produce and other healthy foods.

**Payments Accepted:**

Cash, Credit/Debit, Checks, SNAP/EBT (Food Stamps), Produce Perks

**YOU  
SNAP.  
WE  
MATCH.**



**Volunteer!**

[hhmm.freestorefoodbank.volunteerhub.com](http://hhmm.freestorefoodbank.volunteerhub.com)

Find our current schedule at

[www.HealthyHarvestMobileMarket.com](http://www.HealthyHarvestMobileMarket.com)

Or call 859.572.8121

**Visiting 12+ Neighborhoods in  
Greater Cincinnati - Every Week,  
Year-Round**

**Everyone is welcome!**

Shop from a wide selection of fruits, vegetables, and other healthy foods, including bread, eggs, honey, rice, beans, pasta, sauces, and seasonings.

**We are proud to provide locally sourced  
food when available.**



ProducePERKS [www.ProducePerks.org](http://www.ProducePerks.org)

Produce Perks provides a \$1 for  
\$1 match for all SNAP purchases,  
up to \$20 in FREE produce!

**HEALTHY  
HARVEST  
MOBILE  
MARKET**



# KIDS CAFE

**ENSURING CHILDREN DON'T GO HUNGRY IN THE EVENING**

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 13 after-school sites in Hamilton County ( OHIO) and Kenton County ( Kentucky).

## *HUNGER IMPACTS KIDS*

More than 80,000 children living in the 20 counties served by Freestore Foodbank are at risk of hunger. Research shows that hungry children are more likely to be vulnerable to illness, lack focus and energy, and score lower on achievement tests. These children are more likely to suffer from poverty as adults.

## *ENSURING CHILDREN DON'T GO HUNGRY IN THE EVENING*

Kids Cafe is a Freestore Foodbank program providing free, nutritious meals to children at the end of the school day so that they aren't going hungry in the evenings. Kids Cafe provides over 5,000 hot meals each week to 13 (thirteen) sites in Hamilton (OHIO) and Kenton (Kentucky) Counties.

### **PROGRAM GOALS INCLUDE:**

- Serving nutritious meals to children at risk of hunger
- Providing programs within easily accessible safe sites
- Supplementing the meal service with educational and enrichment activities

## THE BIGGER PICTURE

Kids Cafe is part of a larger national effort by Feeding America, with nearly 120 member food banks helping to provide after school meals to children. Collectively, these programs serve more than 122,000 children nationally each year.

“We have had an increase in students attending the after-school program since we started serving the hot meals,” said another Kids Cafe site coordinator. “Students can stay for tutoring and do not have to be so hungry.”

## PROVIDING FOOD DURING SUMMER MONTHS

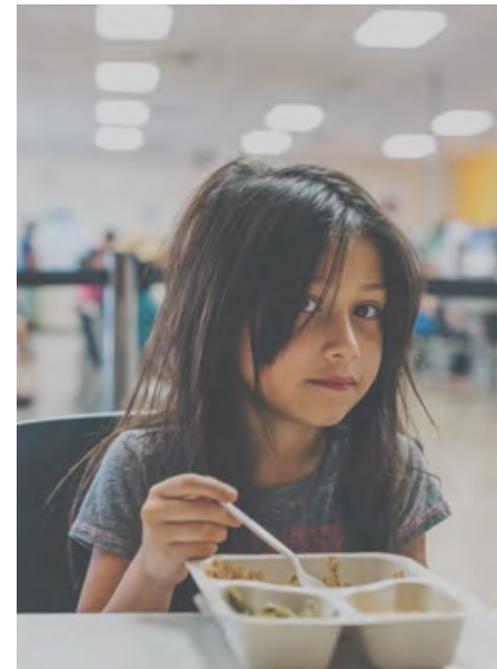
The Summer Food Service Program gives Freestore Foodbank the opportunity to serve hungry children during the summer months when they are away from school. Kids ages 1-18 receive nutritious lunches prepared by Cincinnati COOKS! at select locations.

## GET INVOLVED IN THE FIGHT AGAINST CHILDHOOD HUNGER

You can help children receive the proper nutrition they need succeed in life. With every dollar you donate, Freestore Foodbank is able to provide three meals. As a non-profit, Freestore Foodbank prides itself in being open and transparent about where our donors' dollars are going.

For more information about Kids Cafe, please contact:  
**Octavia Ewing**  
[oewing@freestorefoodbank.org](mailto:oewing@freestorefoodbank.org)  
**513.482.4507**

[freestorefoodbank.org](http://freestorefoodbank.org)



## KIDS CAFE

[freestorefoodbank.org](http://freestorefoodbank.org)





# POWER PACK

WEEKEND NUTRITION FOR FOOD INSECURE  
ELEMENTARY CHILDREN

## OVERVIEW

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.

### ADDRESSING A VITAL NEED

More than 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.

Research shows that hungry children are more likely to be absent from school, lack focus and energy and be vulnerable to illness.

### GET INVOLVED IN THE FIGHT AGAINST CHILDHOOD HUNGER

You can help children receive the proper nutrition they need to succeed in life. **Make a donation to the Power Pack program:** \$5 will help feed a child for a weekend; \$200 provides one student with Power Packs for the entire school year; \$8,000 provides Power Pack to one school for a year. If you are interested in sponsoring an existing school partner site, please email Mindy Hammer at [mhammer@freestorefoodbank.org](mailto:mhammer@freestorefoodbank.org).

### THE BIGGER PICTURE

The Power Pack program is part of a larger national effort by Feeding America, with more than 150 member food banks distributing weekend packages across the country. This program has provided nutrition and hope to more than a quarter of a million American children annually for the last 16 years.

[freestorefoodbank.org](http://freestorefoodbank.org)

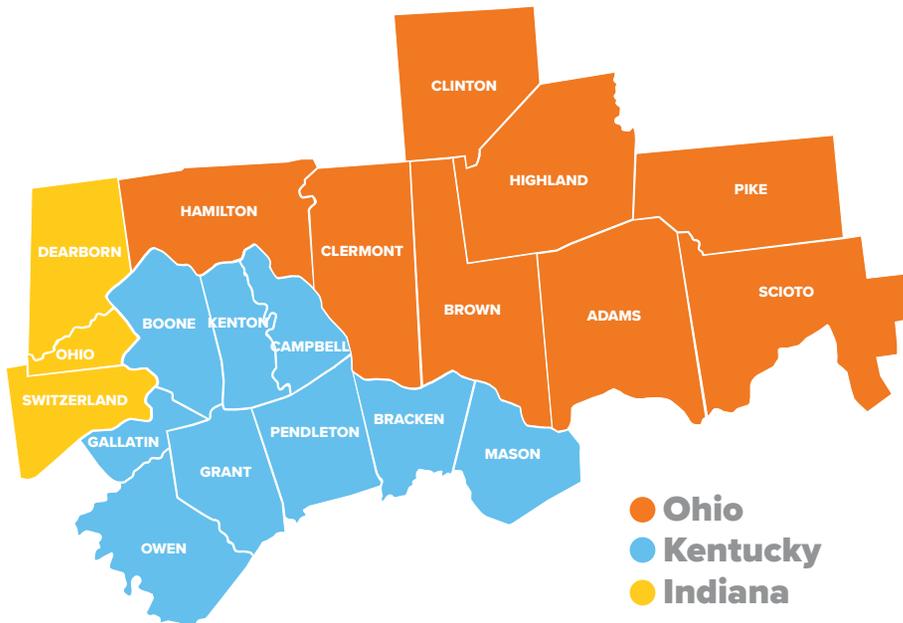


## BECOMING A POWER PACK SITE

While we are currently unable to accommodate additional Power Pack sites, school principals are welcome to submit an application that we will keep on file in the event that additional resources become available. For more information about Freestore Foodbank's Power Pack program, please email **Heidi Becker** or call **(513) 482-7294**.

## NOURISHING BODIES AND MINDS

That's why Power Packs are such a vital part of the work Freestore Foodbank does in the community. Over 5,000 children in more than 108 participating schools receive Power Packs from Freestore Foodbank each week. The children are primarily between the ages of six and 12 and live in Hamilton, Mason Clermont, Clinton, Pike, Scioto, Adams, Brown, Highland and Owen counties in Ohio and Campbell, Kenton, Boone, Bracken, Gallatin, Pendleton and Grant counties in Northern Kentucky.



- Ohio
- Kentucky
- Indiana

## WHAT'S INSIDE THE POWER PACK?



### GOOD SOURCE OF CALCIUM AND HEALTHY FATS



### EASY TO PREPARE ENTREES WITH VITAMINS AND PROTEIN



### WHOLE GRAIN OATS FOR MINERALS AND CARBOHYDRATES



### FRUIT AND VEGETABLES FOR VITAMIN C



### WHOLE GRAINS SNACKS FOR FIBER



### EDUCATIONAL SNACK AND EXTRA CALORIES



# CLINIC PANTRIES

IMPROVING HEALTH THROUGH FOOD RESOURCES

## 1. WHAT IS A CLINIC PANTRY?

A clinic pantry is a food pantry located within a health center that allows clinic staff to provide a tangible response to a positive food insecurity screening. The pantry offers shelf stable foods, with the opportunity to include frozen foods. Clinic staff screens for food insecurity during an appointment and then put together bags of groceries from the pantry for patients to take home. The pantry set up can be modified to fit the clinic's capacity; many current pantries are located in small closets.

## 2. HOW DOES A CLINIC BECOME A CLINIC PANTRY SITE?

Freestore Foodbank has been able to provide seed funding for interested sites to support a one-year pilot within a clinic. The ability to support new sites may change from year to year, depending on Freestore Foodbank's budget. During the first year, we encourage pantries to gather statistics and stories to gain internal support and potential funding from their respective health system or other sources.



## WHAT'S INSIDE THE CLINIC PANTRY?

### BREAKFAST



### SNACKS



### COMPLETE MEALS



### FRUITS + VEGETABLES



### MEAL PREP ITEMS



### PROTEINS



## 3. WHAT ARE THE REQUIREMENTS?

We ask that each clinic has a staff person that is the coordinator that oversees the pantry. The coordinator is responsible for managing the inventory in the pantry, which includes placing orders and receiving deliveries on a designated delivery date. The coordinator is also responsible for gathering metrics regarding families and individuals served and submitting those numbers each month to Freestore Foodbank. The coordinator also serves as the lead within the clinic setting for training staff on utilizing the pantry.

## 4. WHAT ARE THE BENEFITS OF THE CLINIC PANTRY PROGRAM?

- Provides a tangible response to a positive food insecurity screen.
- Allows them to build trust with their patients
- Creates a starting point to connect individuals and families with other resources through social media.

For more information on our Clinic Pantries, please contact Ann Viancourt at **513-482-7295** or [aviancourt@freestorefoodbank.org](mailto:aviancourt@freestorefoodbank.org)



# SCHOOL PANTRIES

SUPPORTING STUDENTS AND THEIR FAMILIES

## 1. WHAT IS A SCHOOL PANTRY?

A school pantry is either a 9-12 month food access point for your students and their families. The School Pantries stocks both snack items and items for families to use make a meal. The pantry space can be flexible to meet your school's needs - a small closet, cabinets in an office, or a full classroom are examples of spaces that our current school pantries have.

## 2. WHAT ARE THE REQUIREMENTS AND TIME COMMITMENT OF THE PROGRAM?

We ask that each school has a coordinator who manages the pantry. The coordinator is responsible for completing paperwork and online trainings at the beginning of each school year. Throughout the year, the coordinator is responsible for ordering and receiving food

orders, usually once per month. School Pantries are required to have at least two open distributions per month, which students and families are able to shop in the pantry. In addition, you can have additional open hours or make the pantry available on an emergency basis. The coordinator is responsible for tracking families who access the pantry and will use that data to submit a monthly report to Freestore Foodbank.

## 3. WHAT ARE THE BENEFITS OF THE SCHOOL PANTRY PROGRAM?

- Provide a year round food access point to students and their families
- A comfortable and familiar place for families to come
- Allows school staff to interact with students families

### WHAT'S INSIDE THE CLINIC PANTRY?

#### BREAKFAST



#### SNACKS



#### COMPLETE MEALS



#### FRUITS + VEGETABLES



#### MEAL PREP ITEMS



#### PROTEINS



# OUR MISSION IN ACTION

## 2020 COVID-19 UPDATE (March-December 2020)

The Freestore Foodbank is here to serve our neighbors in the tristate when they need us the most. We provide food, connection, and hope, especially during the most challenging times. As we face the COVID-19 (coronavirus) pandemic, our main priority is to keep our customers, volunteers, donors, and staff safe.

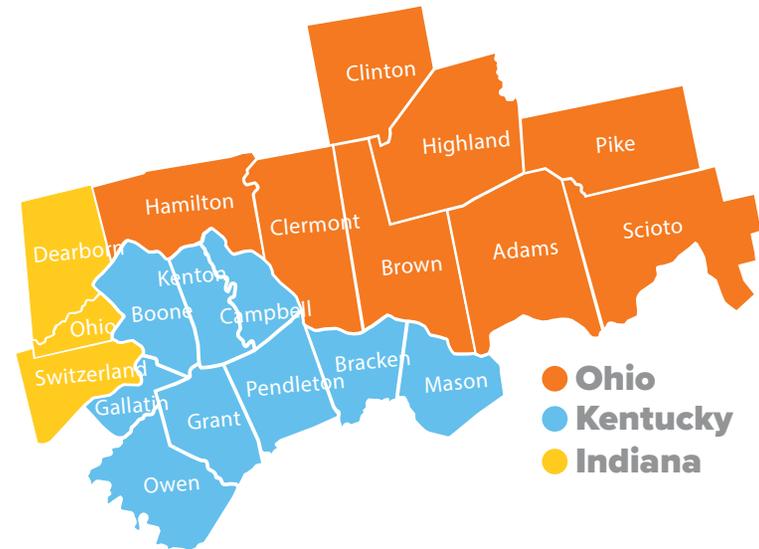
We are currently working to develop strategies and plans while meeting the community needs as we continue to monitor this rapidly evolving situation. We are following guidance from the CDC, federal, state and local agencies as well as working with the Feeding America Network of foodbanks. Our team is following the guidelines and recommendations of the CDC on the steps we can take to help prevent the spread of the virus.

**2.0M**  
increase in food  
distribution

**37%**  
decrease in food  
rescue donations

**64%**  
increase in SNAP  
online applications

## DISTRIBUTED MORE THAN **30 MILLION MEALS** in our community since the COVID-19 crisis began in March.....



- Across 20 counties in SW Ohio, Northern KY & SE Indiana
- In partnership with over 500 agencies

 The National Guard helped pack 5M lbs of food in senior & emergency boxes and power packs to feed our community.

 Received Hamilton County Cares Grant to provide over \$875,000 in rent and utility assistance to local families in need.

 61,000 calls to our Benefit Call Center, providing SNAP enrollment, unemployment applications, and more. Reporting over 6,000 online SNAP applications that help put meals on the table.

# CUSTOMER CONNECTION CENTER



## INTAKE SERVICES:



### Transportation Bus Passes

Available for employment only

- Must be verified permanent or long term temp employment



### Vouchers

- Birth Certificates and IDs (First Wednesday of every month)

- Police Checks



### Clothing

- St. Vincent De Paul Society vouchers

Available on the 1st Friday of each month - starting at 8:00 a.m. Limit once per year

- **Back on Track** - (Tuesday, Thursday; 9 a.m. - 11:30 a.m., 1-2 p.m.) work related and emergency clothing and requires a referral from an employment or social services agency, available every 6 months *(Seasonal Only)*



- Housing Search & Services - housing search advocacy and short term case management

## STABILIZATION PROGRAM:

### Purpose:

Assist individuals to achieve greater stability by helping to define key life areas that are barriers to employment.

### Requirements:

Commitment to personal change and case management.

- Must live a designated service region
- Budgeting and life skills class participation

### Services:

- Case management & financial assistance services to support the self-sufficiency of families
- Linkage to other community supports

## SHELTER DIVERSION:

- **Must be at risk for homelessness and requires CAP Line referral. (513) 381-7233 - (381-SAFE)**

- Monthly customer support group with speakers on financial literacy, tenant rights employment and community resources.

## CUSTOMER CONNECTION CENTER



### LIBERTY MARKET/ ADDITIONAL INFORMATION:

Food, Clothing, and Cash donations are accepted in the Front Bay  
Monday-Friday 8 a.m. - 4 p.m.  
Emergency shelf stable food and fresh produce available  
Monday-Friday 8 a.m. - 4 p.m.

For food services- address, income, and household size will be asked for intake services.

### ALL OTHER SERVICES FOR VISIT:

- Photo IDs or VESTA card for all adult householdmembers
- Medical cards, birth certificaes verification of custody for children in household

### REPRESENTATIVE PAYEE PROGRAM:

#### We Focus on Five Specific Areas:

- Preparation of a monthly budget and distribution.
- Overseeing and reviewing customer's financial activities and records.
- Working with landlords, Social Security Administration representatives and others whose relationship affect the customers finances

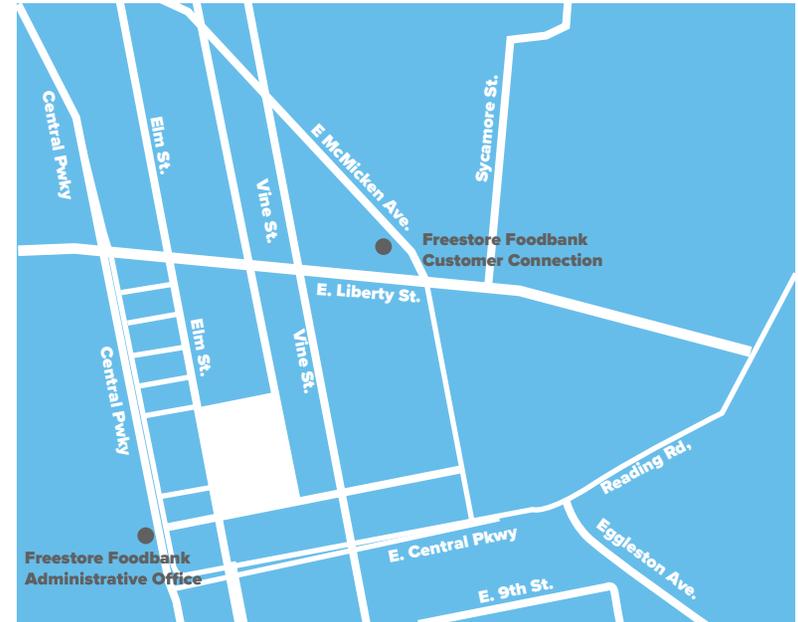
### BENEFIT CALL CENTER

(to help apply for government assistance program that includes SNAP and Medicaid)

**513-381 SNAP** (7627)

### EMERGENCY RENT-UTILITY ASSISTANCE INFORMATION LINE ONLY

**513-357-4687**



**112 Liberty Street, Cincinnati, OH 45202**

Hours: Monday-Friday 8:30 a.m. - 4:00 p.m.

# CINCINNATI COOKS!

## FEEDING THE SOUL OF THE CITY

Cincinnati COOKS! is a free culinary job training program for under- and unemployed individuals. During the 10-week course, students learn the mechanics of 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 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.

### HOW TO GET INVOLVED

- Refer clients to the program
- Volunteer in the classrooms - support students in the program with life skills sharing your expertise through classroom training
- Volunteer in the kitchen - support students by sharing your specialized knowledge of the food service industry
- Experience required
- Make a financial contribution

[freestorefoodbank.org](http://freestorefoodbank.org)



### OPPORTUNITIES

When a student graduates from Cincinnati COOKS!, they receive a number of tools to take with them:

- Certificate of completion with potential for awards
- ServSafe Food Protection Manager Certification with a passing grade
- Professional Chef's attire (includes jacket and pants)
- Resume
- Assistance with job placement and applications
- Possible credits to Cincinnati State Technical and Community College
- Hands-on catering experience
- Knife set upon employment
- Professional photographs (head shots)

**CINCINNATI  
COOKS!** 

FEEDING THE SOUL OF THE CITY



For more information:

**Sarah Veness**

[sveness@freestorefoodbank.org](mailto:sveness@freestorefoodbank.org)

513-482-7298



# LIFT THE TRISTATE

## FREESTORE FOODBANK JOB TRAINING

**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 program for the 10-week period without interruption, childcare established prior to enrollment, 18 years or older, basic literacy skills, and the physical ability to perform duties, No experience needed.

### PROGRAM INCLUDES:

Transportation  Clothing  Lunch



## PROGRAM CREDENTIALS

- CERTIFIED LOGISTICS ASSOCIATE (CLA)**  
(passing grade required)
- CERTIFIED LOGISTICS TECHNICIAN (CLT)**  
(passing grade required)
- FORKLIFT OPERATOR LICENSE(PIT)**
- SERVSAGE FOOD HANDLER CERTIFICATE**
- LIFT THE TRISTATE CERTIFICATE**
- EARN UP TO 6 COLLEGE CREDIT HOURS TOWARDS A HIGHER DEGREE AT GATEWAY COMMUNITY & TECHNICAL COLLEGE**  
(3 credit hrs. for passing CLA exam; 3 credit hrs. for passing CLT exam)

## HOW TO GET INVOLVED:

- Refer clients to the program
- Make a financial contribution
- Volunteer with a specific skill

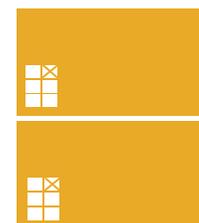


For more information contact:

**Maria Studt**

**513.482.7292**

**[mstudt@freestorefoodbank.org](mailto:mstudt@freestorefoodbank.org)**



Email: [volunteer@freestorefoodbank.org](mailto:volunteer@freestorefoodbank.org)

Phone: 513-482-7550

**VOLUNTEER  
WITH US!**

[freestorefoodbank.volunteerhub.com](http://freestorefoodbank.volunteerhub.com)



## FOOD:

### Mayerson Distribution Center:

Sort and package Power Packs and Senior Boxes - nonperishable food for local pantries, schools, soup kitchens and shelters

### Liberty Street Market:

Stock shelves, sort food and provide customer service at the Freestore Foodbank's own pantry

### Community:

Assist with Special Events including Hunger Walk, Rubber Duck Regatta and Holiday Operations, and other community events

## CONNECTION:

Provide your talents and **educational assistance** to the workforce development and life skills programs

Sort clothes and provide customer service in **Back on Track** (clothing store)

Be a **greeter** or **communication assistant** at our locations

Assist with the **Healthy Harvest Mobile Market**

## HOPE:

**Inspire** action through advocacy activities

**Lend** personal skills and knowledge for special projects

**Enhance** the leadership of our strategic initiatives with your expertise

Sponsoring An Event:  
**Matthew Gellin**  
mgellin@freestorefoodbank.org  
513.482.7520

Hosting An Event:  
**Mick Clay**  
mclay@freestorefoodbank.org  
513.482.7534

# EVENTS

Freestore Foodbank raises over a quarter of our annual operating budget through fundraising events.

[freestorefoodbank.org](http://freestorefoodbank.org)



# HUNGER WALK & 5K RUN



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.**

[CINCINNATI.HUNGERWALK.ORG](http://CINCINNATI.HUNGERWALK.ORG)



Presented by TriHealth

**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.**

[TASTEOFNFLCINCINNATI.ORG](http://TASTEOFNFLCINCINNATI.ORG)



## RUBBER DUCK REGATTA PRESENTED BY P&G DAWN

**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](http://RUBBERDUCKREGATTA.ORG)

[freestorefoodbank.org](http://freestorefoodbank.org)



Find participating restaurants and more information at:  
[KickHungerChallengeCincinnati.org](http://KickHungerChallengeCincinnati.org)

Local restaurants team up to Kick Hunger in the tristate!



## DOUBLE YOUR DOLLARS DAY

For 24 hours in November, every dollar goes twice as far to fill empty pantries and plates during the holiday season.

*Thank you to our Second Helping Donors.*



## HOLIDAY FOOD DISTRIBUTION (Christmas and Thanksgiving)

Each year, Freestore Foodbank provides boxes of food for our neighbors who are facing hard times to ensure they have a meal for Thanksgiving and the December holidays.



[freestorefoodbank.org](http://freestorefoodbank.org)



# WAYS TO GIVE

## Three Simple Ways to Leave a Lasting Legacy and Change Lives

Many Freestore Foodbank supporters want to provide hunger relief and stabilizing services for future generations

### A legacy gift could be right for you if...

- You want to make an enduring statement about your values.
- You believe in the mission of Freestore Foodbank and want to see us continue serving future generations.
- You like the idea of meeting personal financial goals while being charitable.
- You want to make a significant gift, but don't have significant funds today.

## Three Simple Ways to Leave a Lasting Legacy and Change Lives:

### 1. Honor your values by including Freestore Foodbank in your will or trust.

After you have provided for your loved ones, you can include Freestore Foodbank and other non-profits you have supported during your lifetime as beneficiaries. When writing or updating your will, you can name Freestore Foodbank to receive a



### 2. Make a tax-wise gift with a beneficiary designation.

A beneficiary designation from a retirement or insurance account is another simple way to make a legacy gift to Freestore Foodbank. These gifts bypass probate and go directly to your designated beneficiaries.

#### • Retirement Plans

With a simple signature on a form, you can include Freestore Foodbank as one of the recipients of your retirement plan. By doing this, you'll spare your loved ones the required income tax that must be paid on all traditional IRA funds (not Roth IRAs). Download a beneficiary form from your retirement plan administrator's website and add Freestore Foodbank.

### Tomorrow's Harvest Society

All of the wonderful supporters who disclose their intention to include Freestore Foodbank in their estate plans are welcomed into our Tomorrow's Harvest Society. Members are invited to exclusive experiences and opportunities with Freestore Foodbank. Legacy gifts are held and invested by the Freestore Foodbank Foundation, which exists to provide long-term, sustainable financial support to Freestore Foodbank.

## • Insurance Policies

Do you no longer need the security of life insurance that your family once required? If not, put the policy to work advancing a charitable mission you value. Designate Freestore Foodbank as one of the beneficiaries of your life insurance policy's death benefit.

When you complete your beneficiary designation form, name Freestore Foodbank as a beneficiary and remember to include our federal taxpayer identification number: **23-7122205**

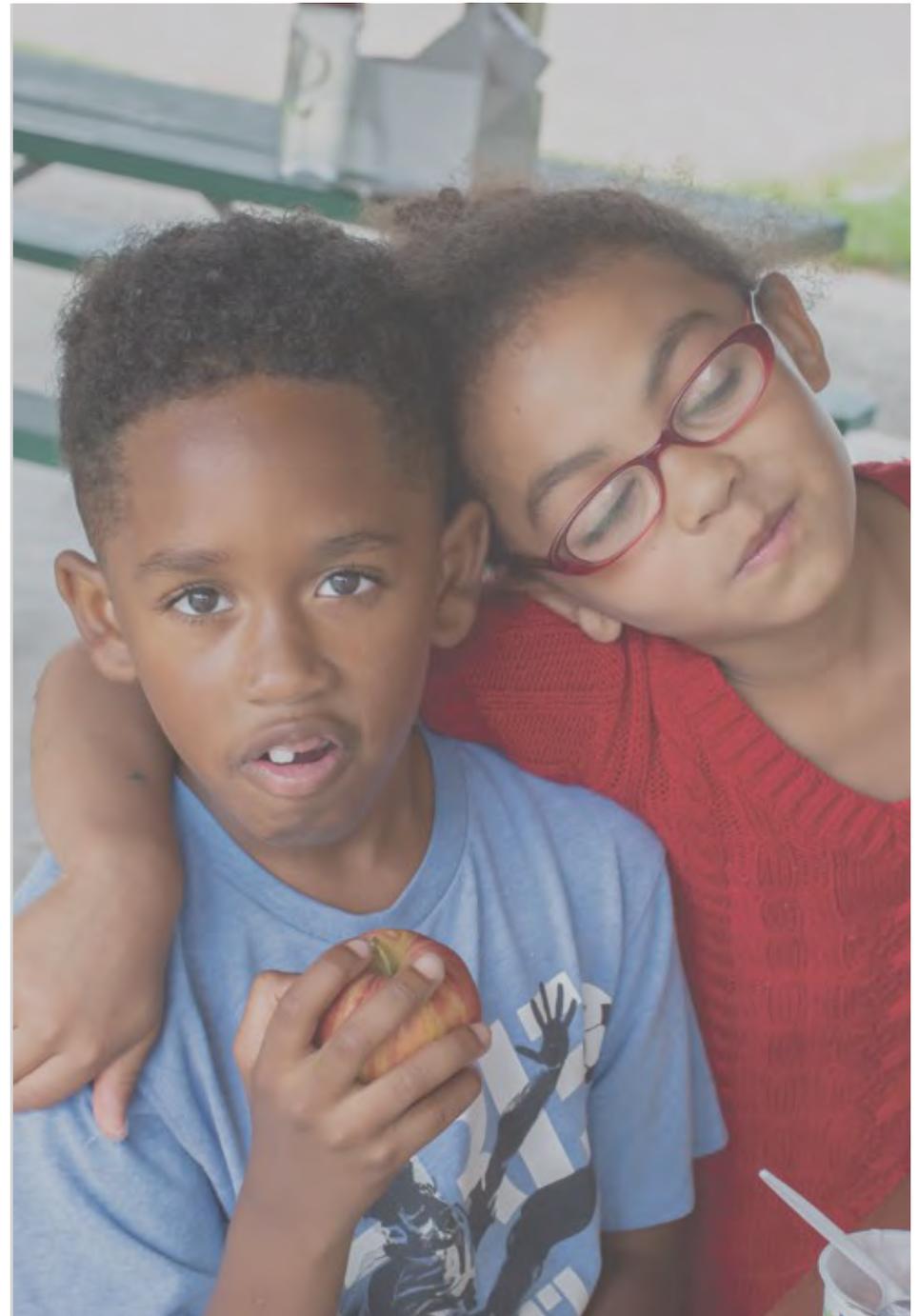
## 3. Generate annual income through a charitable gift.

You can make a gift to Freestore Foodbank and receive guaranteed fixed payments for life. With a Charitable Gift Annuity, you would transfer cash or stock to Freestore Foodbank, receiving a partial tax deduction at the time of the gift and a guaranteed stream of annual income for your lifetime. Contact us to receive a personalized proposal.

**For more information, please give us a call or visit our website: [www.freestorefoodbank.org/legacy-giving](http://www.freestorefoodbank.org/legacy-giving). We'd love the chance to help you plan your legacy and dream with you about the future:**

**Freestore Foodbank**  
1141 Central Parkway Cincinnati, OH 45202  
513.481.4500

Freestore Foodbank is registered as a 501c3 nonprofit organization. Our legal name is Freestore-Foodbank, Inc. and our federal taxpayer identification number is: **23-7122205**. For tax or legal advice, please consult a professional financial advisor or attorney.



**WAYS TO GIVE**  
[freestorefoodbank.org](http://freestorefoodbank.org)



## FOOD



### POWER PACK

Each Friday during the school year, Freestore Foodbank sends packs of food.

- 230,546 Packs
- 114 Sites
- 7,098 Unique students (787,845 Pounds of food)



### KIDS CAFE

Kids Cafe is a federal program operated through Freestore Foodbank which provides free, complete and nutritious meals to children at the end of the school day.

- 42,120 Meals provided
- 15 Sites



### PRODUCE POP UPS

Produce Pop Ups in partnership with Anthem brings a variety of fresh fruits and vegetables, along with the option to add other items such as bread, to communities in need.

- 621 Pop Ups
- 103 Supporting partners



### SUMMER MEALS

The Summer Meals program gives Freestore Foodbank the opportunity to serve children in need during the summer months when they are away at school.

- 4,541 Meals served
- 9 Sites



### HEALTHY HARVEST MOBILE MARKET

A grocery store on wheels, serving neighborhoods with limited access to healthy food.

- 11,898 Transactions
- \$94,426 Sales
- 53.3% Of customers used a benefit



### KIND PROGRAM

KIND (Keeping Infants Nourished and Developing) provides emergency formula to families in need through healthcare partners while they seek a more long-term solution infant food insecurity. .

- 1,507 Cans of formula
- 11 Sites



## LIBERTY STREET MARKET

Freestore Foodbank offers a choice pantry, much like a regular grocery store, to those in need.

- 26,225 Distinct households
- 42,484 Distinct clients
- 2,224,636 Pounds of food provided



## SCHOOL/ COLLEGE PANTRY

Pantries were designed to provide permanent on-site food assistance at select local schools with high food insecurity rates.

- 17,269 Households served
- 824,634 Pounds of food provided
- 588 Individuals



## CLINIC PANTRIES

Clinic Pantries provide connections to social work, Legal Aid, SNAP, mental health and transportation.

- 12,492 Individuals served
- 3,349 Veterans served
- 6 Sites



## HOLIDAY BOXES

Each year, Freestore Foodbank provides boxes of food for our neighbors who are facing hard times to ensure they have a meal.

- 9,311 Households assisted
- 25,823 People served

# CONNECTION



## BENEFITS ENROLLMENT

Benefits are often a vital lifeline during a time of crisis for local families, we offer support through difficult process. Our Benefit Call Center can provide enrollment to anyone needing assistance.

- 1,858 Medicaid enrollments,
- SOAR: 35 application completed for social security disability benefits & 30 approvals



## BACK ON TRACK

Our Back on Track program supplies free work and clothing as customers prepare for job as customer prepare for job interviews, training and more.

- 11,405 Clothing distributions
- 2,848 Households served



## BIRTH CERTIFICATES + IDS

To support employment, housing, enrollment in education and more, our Customer Connection Center located in Over-the-Rhine, offers vouchers for birth certificates and IDs.

- 1,097 Birth certificate vouchers
- 819 ID vouchers



## TRANSPORTATION 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 appointments, search for employment or travel to a new job for the first two weeks.

- 6,851 Bus tokens provided



## SNAP

SNAP provides a monthly supplement for purchasing nutritious food. If you qualify, you'll get a debit card to use for groceries.

- 8,086 SNAP applications submitted

# HOPE



## CINCINNATI COOKS!

Cincinnati COOKS! is free culinary job training program that allows students to the mechanics of commercial kitchen, as well as professional and life skills.

- 100 Graduates
- 80 Passed ServSafe exam
- 35 Second Course graduates



## LIFT THE TRISTATE

Logistics, Inventory, Facilities management and transportation (LIFT), is a job program that allows individuals to receive hands-on training from experienced warehouse personnel.

- 52 Graduates
- 37 Received CLA (Certified Logistics Associate)



## STABILIZATION PROGRAM

To assist individuals to achieve greater stability by helping them to define key areas in their life that create barriers to obtaining and maintaining employment.

- 200 Successfully Completing Program
- 33% Improvement in housing



## SHELTER DIVERSION

To create a strategy that prevents homelessness for people seeking shelter by helping them identify immediate alternate housing arrangements and, if necessary, connecting them with services and financial assistance to help them return to permanent housing.

- 63 Households supported
- 236 Individuals served

For more information about our programs, please go to our website at [www.freestorefoodbank.org](http://www.freestorefoodbank.org)



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

# 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

Freestore Foodbank's mission is to improve lives by eliminating hunger in partnership with our community. Our vision is to create a hunger-free, healthy and thriving community. To achieve our objectives, we provide nutritious food and connect people to support services that offer a pathway from crisis to stability.

 FEEDING  
AMERICA

Follow us on:   