



For more information about LIFT the Tristate, please contact:

Jessie Ingham

jingham@freestorefoodbank.org

513.482.7292

A large, stylized version of the 'LIFT THE TRISTATE' logo. The word 'LIFT' is in a very large, white, sans-serif font. The words 'THE' and 'TRISTATE' are in a smaller, white, sans-serif font. The word 'TRISTATE' is positioned below 'THE'. The entire logo is set against a solid orange background.

**FREESTORE FOODBANK
FREE 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.

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 Associates (CLA)**
(passing grade required)
- ☒ **Certificate Logistics Technician (CLT)**
(passing grade required)
- ☒ **Forklift Operator License (PIT)**
- ☒ **LIFT the Tristate Certificate**
- ☒ **Earn up to 6 college credit hours towards a higher degree**
(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 about our LIFT Program, please scan our QR code.

