

LIFT Provides Pathways to Success

Lives are transformed through this 10-week job training course

\$1
provides
up to
6 meals!

When Justin first looked to Freestore Foodbank for help, he needed a new support system for him and his son. After incarceration due to a battle with drug dependence, he needed a new career path.

Justin came to Cincinnati because he saw potential advantages to better himself in a city, compared to the rural community where he lived, and he wanted to make a change.

He heard about the services of Freestore Foodbank and came to the Customer Connection Center to receive clothing, replace his birth certificate, and get some basic supplies to start fresh. This was when he learned about LIFT the TriState.

Justin was quickly enrolled in the 10-week program, which provides training for unemployed or underemployed adults, offering them new opportunities to find stable, successful careers.

As a graduate of the program, Justin now has his Certified Logistics Associate and Logistics Technician certificates, as well as four different forklift and reach truck certifications, in addition to a certificate of completion from the program.

Not only did LIFT give Justin a new set of skills for several types of jobs, but it also gave him purpose and a sense of pride he'd been longing for. "Freestore Foodbank took me from having nothing to having everything," Justin says.

He says the 10-week program was hard, but the

support of his class and the thought of his son got him through it. Justin is still close with his son, and he's proud that he can tell him he's graduated and already interviewing for jobs.

Justin also says the program staff not only helped him get on his feet but also improved his self-esteem and confidence now that he's returning to the world of employment. This is an especially great feeling to have heading into the holiday season!

Thank you for supporting important programs like this that are helping individuals find the second chance they are looking for. And right now, your support goes twice as far, thanks to a matching gift!



**Pictured:
The 21st graduating class of
LIFT the TriState.**

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Kurt's Corner



A Message From Our President & CEO

With the holiday season practically here, I'm so proud of what we have accomplished this past year. We have provided meals and relief throughout our community like never before.

Yet, as I celebrate all we have done, I know this important work is far from over. Right now, so many families are barely surviving.

Regardless of the reason for their hardship, I intend to make sure we can offer them relief, helping them through these challenges. And I hope you'll join me in this effort. Thanks to a \$350,000 matching gift from Patrick and Susan Sedler and our generous Second Helping Fund donors, your gift goes twice as far.

When friends and neighbors gather around their dinner tables this holiday season to give thanks, it is so much more than a meal. It's a reminder that each of us is part of this caring community.

This issue of *Connection* focuses on families preparing for Thanksgiving. Because of people like you, they have the nourishing food they need to make a holiday meal for the people they love.

Thank you!

A handwritten signature in blue ink, likely belonging to Kurt, the President & CEO.

"Holidays Are Important"

You make more moments of togetherness possible

NeKhaiia loves caring for others, especially with a hot, nutritious meal.

It's a legacy of kindness that's been handed down from her grandmother Ilka, who always makes sure friends and neighbors have somewhere to go for a welcoming meal on the holidays.

"It lets them know that they're not forgotten about. That somebody is thinking about them, and that somebody really cares about them," Ilka says. "Holidays are important to me because they are all about family and laughter."

When 14-year-old NeKhaiia isn't dancing or watching movies with her three younger siblings, she's in the kitchen helping her grandmother make tasty meals for everyone. But ensuring Ilka has enough to feed her family isn't always easy, especially with Thanksgiving fast approaching. That's why she and NeKhaiia came to their local food pantry for help.

During their visit, they received a turkey and other traditional holiday fixings. This Thanksgiving, they will be able to feed all their loved ones — and remind them that they are cared for.


Ilka remembers past holiday seasons when getting enough to feed her family was even harder. "I wasn't always able to provide a turkey, have all the fixings and trimmings," Ilka says. "I can remember wondering where we were going to get a holiday meal."

Thanks to caring friends like you, Ilka and her family won't have to worry about what they'll serve their loved ones this holiday season.

As a donor, your generosity is making the holidays even brighter for families like NeKhaiia and Ilka's. Thank you!



NeKhaiia's holiday season will be filled with joy and warmth, thanks to people like you.



Natasha and
1-year-old Braeleigh
are so grateful!

Making Holidays — and Birthdays — Special

Your support provides relief and comfort for families

Natasha is hoping to make this Thanksgiving extra special since her daughter Braeleigh turns 2 the next day.

She wants the meal to include some Thanksgiving staples like stuffing and pumpkin pie. Natasha is a medical assistant, but as a single mom raising her young daughter, it has been difficult to afford the basics.

So, she and Braeleigh came to Freestore Foodbank, where Natasha got everything she needs to make a meal for her “chosen family,” a group of friends

and their children. Like these groceries, this group of friends has helped this single mother get through difficult times.

“With it being just us, sometimes it’s a lot,” Natasha says of working to stay afloat financially. “We have our own little family now.”

Now loaded up with groceries, Natasha knows she and her loved ones will be able to enjoy a delicious Thanksgiving meal, and priceless time together.

Thank you for opening your heart and supporting families just like Natasha’s!

DOUBLE YOUR DOLLARS DAY ON GIVINGTUESDAY, NOVEMBER 28

We hope you’ll join us this year as we celebrate Double Your Dollars Day. For one day, your donation will double. Your gift of \$25 will provide up to 150 meals for the community.

When you Double Your Dollars on Giving Tuesday, your gift helps provide twice the nourishing food for children, families and seniors in our tristate area.

You don’t have to wait for Giving Tuesday to give!

You can donate online today at: freestorefoodbank.org/dydd23



A Family Tradition of Kindness

For Helen and Steve Rindsberg, their interest in Freestore Foodbank runs deep.

“Giving food is hugely important, but we also appreciate Freestore’s efforts to help people become stronger and more self-sufficient,” says Helen. “Like Cincinnati COOKS! with industry-specific skills.”

“Giving is part of our family’s DNA,” says Helen. “Whether that was contributing at church, experiencing other cultures, or volunteering at school.”

Now, this commitment to giving back is part of the Rindsberg’s financial planning as well. “Our financial advisor told us how we could support causes that are important to us and also see a tax benefit,” says Steve. “Why not contribute through appreciated stock, or through a Required Minimum Distribution?”

Thank you, Helen and Steve, for making Freestore Foodbank a part of your giving life, and supporting this important work for years to come!



Helen and Steve Rindsberg celebrate with a graduate.

Contact Maureen Gregory at 513-482-7542 or mgregory@freestorefoodbank.org for more information about ways to give.

YOUR LEGACY MAKES A LASTING IMPACT

You can make a lasting impact in the fight against hunger!

A gift in your will, trust, or retirement plan is often the easiest way to make a legacy gift and may allow you to make much greater gifts than you could during your lifetime. Please consider Freestore Foodbank as a beneficiary.

For more information, contact Maureen Gregory at mgregory@freestorefoodbank.org or visit freestorefoodbank.org/plan-your-legacy-ensure-your-impact.



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HOPE

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