

“It’s Really Awesome”

You’re giving college students like Hannah peace of mind

Hannah and her partner recently moved back to the area after spending a few years in Texas with family. Hannah is a student at Northern Kentucky University working to finish her degree.

While the couple is grateful to be back in the tristate, they’re trying to make it on their own. And it has been difficult. With school responsibilities, Hannah hasn’t been able to work.

Although her partner currently works two jobs, they worry about not having enough food.

That’s why Hannah is so thankful for the student pantry, Fuel NKU, which is supported by Freestore Foodbank and kind friends like you.

Because of your generosity, Hannah says she can secure nearly 80% of the food they eat when she visits Fuel NKU.

“It’s huge,” Hannah says. “And it’s nice being able to come twice a week.”

Hannah especially likes that she can “shop” for all the essentials she needs. “It really does bring peace of mind,” Hannah says, tearing up. “I can pay bills, and I can [get] groceries. But now I am not stressing about it. So, it’s really awesome just getting to feel safe, feel secure.”

Thank you for opening your heart and supporting people in our community like Hannah!

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



Create a Holiday Tradition of Service

This holiday season, we invite you to create a new tradition — a tradition of service! If you haven’t already, get involved with Freestore Foodbank as a volunteer or by hosting a virtual food drive. Gather your friends and family and make a new holiday tradition that provides nourishing food and hope for tristate area families.

Volunteer Opportunities



Host a Virtual Food Drive



Hannah is grateful for the support provided by the Fuel NKU student pantry.



“It’s Great There’s a Resource”

Liberty Street Market — and your support — makes a real difference for families like Tyrah’s

Liberty Street Market is a Freestore Foodbank pantry that is designed to work and feel like a grocery store.

Clients can peruse the aisles to find the food choices that meet their specific needs and tastes ... without feeling like they’re merely getting a handout.

Because our work is about more than just providing food. At Freestore Foodbank, we want to offer our tristate neighbors a hand up and the resources they need to move forward. Everyone deserves to be able to put food on the table for their families.

Because of your generosity, it’s working! Just ask Tyrah.

When Tyrah visited Liberty Street Market, she told us about her family’s difficult situation. She and her husband are both employed, and they make too much to qualify for aid. But their paychecks aren’t keeping up with the rising cost of groceries. They simply can’t make ends meet and keep enough food on the table for their three growing boys.

“We fall in a gap,” Tyrah says. “We’ve had to choose between buying food and paying bills — in



\$1 DOUBLES to provide up to 6 meals!

Tyrah is thankful for the healthy food she can access for her family of five.

addition to running up massive credit card bills just on necessities.”

It’s an impossible situation, and a choice nobody should be forced to make. Thanks to the generosity of friends like you, they don’t have to!

And Tyrah is so thankful. “It’s great there’s a resource people can go to when we can’t stretch our incomes enough,” she says.

Thank you for supporting important programs like the Liberty Street Market. Your gifts provide neighbors with the extra help they need when they need it. And right now, your support goes twice as far, thanks to a matching gift!

Inside



KURT’S CORNER
A Message From Our President & CEO
2



Notes of Thanks
2



Family Leads Fight Against Hunger
3



“It’s Really Awesome”
4



Kurt's
Corner

A Message From Our President & CEO

With the holiday season just around the corner, I feel an overwhelming sense of thankfulness for all we accomplished this past year.

Together we ensured that the growing number of individuals and families facing hunger in the tristate area had the food and relief they needed when they needed it.

There's so much to celebrate. But we now need to build on the successes of the past year to provide even more support in the coming year.

Your generosity is the very foundation of this work. Because of you, our neighbors know Freestore Foodbank is here to offer food, support, and a sense of community.

The spirit of giving is at the heart of this season, and right now every gift goes twice as far to help! **Thanks to a \$350,000 matching gift from Sycamore Capital and generous Second Helping Fund donors, your gift doubles in impact. Every \$1 now provides up to 6 meals!**

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 we're all part of a caring community.

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

With gratitude,

Notes of Thanks

Our younger neighbors share how much your support means



I love it. Thank you!

Third grade



Thank you so much!

Third grade



It is so awesome, and thank you. We really needed it.

Fourth grade

Sheth Family Leads Fight Against Hunger

See how one family unites a community to help provide meals

Meet the Sheths, a family who does so much for Freestore Foodbank — and brings others along! Uday and Nandita Sheth (pictured bottom right) are 10-year donors and central drivers of the Gandhi Food Drive in Cincinnati's South Asian and Indian community.

“My wife and I support Freestore because we believe food is foundational,” says Uday. “People can’t meet their next level of needs without it. And it’s clear that there is so much need.”

Every October, the South Asian and Indian communities come together for the Gandhi Food Drive in celebration of the birthdate of Mahatma Gandhi. “Five years ago, I became involved in leading this drive, in collaboration with the Hindu Temple of Greater Cincinnati and the broader community in our region,” continues Uday. “Together, we raise \$15,000 to \$20,000 per year from 100 to 150 donors, and every year we strive to involve more people and increase our giving. I’m told this is one of the largest virtual drives Freestore holds!

“In explaining the drive, I let our community know that monetary gifts stretch much further than physical food. At Freestore, which distributes food to 614 pantry partners and has immense purchasing power, monetary donations have tremendous impact. Our [Gandhi Food] Drive helps to fill specific food gaps which Freestore tackles — such as high-protein foods and fresh vegetables and fruit.”

The Sheths also engage with their community by volunteering at the distribution center.

“You get a close-up view of operations when you volunteer,” says Uday. “You see forklifts whizzing around, racks and racks of food, and walk into cold storage that’s thousands of square feet in

size. I wanted others to experience it, so I created a WhatsApp group for South Asian volunteers in Cincinnati. I post about volunteer opportunities and the Gandhi Food Drive in the community chat. The group is open to anyone who wants to join, no matter their nationality or ethnic origin.

“Our South Asian community has focused on educational and professional pursuits, and I believe there is a desire to be more involved with the community. Many people are simply not aware of the region’s food insecurity, so I try to start a conversation. It makes me feel good when we realize our interconnectedness and that we’re taking care of each other one box of food at a time.”

Friends of Freestore Foodbank support our mission in multiple ways: monetary gifts, volunteering, and telling others about our work. Some create virtual online food drives that raise funds and awareness.

We’re thankful to have engaged supporters like the Sheths working to solve hunger. You can join them! Discover virtual food drives at freestorefoodbank.org/more-ways-to-give/ and volunteering at freestorefoodbank.org/volunteers.



GIVING TUESDAY

Giving Tuesday is a global day of giving — a chance to join in with people around the world to support the causes closest to your heart. **We’d be honored if you’d make Freestore Foodbank your organization of choice when you participate in the largest giving day of the year! Thank you!**

Mark your calendars for December 3!