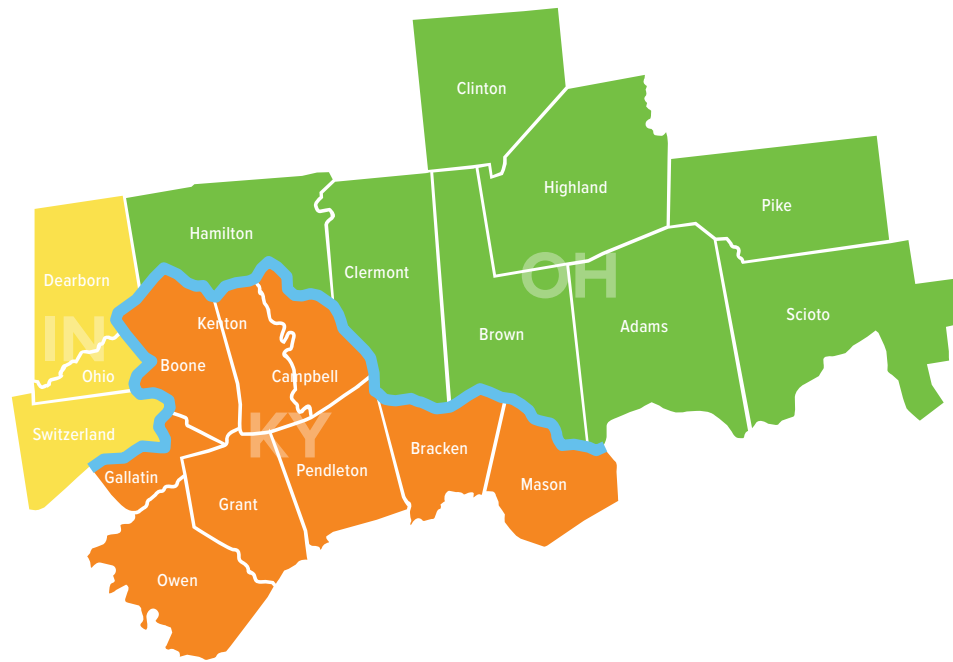


We're helping 274,000+ neighbors in the tristate area. We serve 20 counties across Southwestern Ohio, Northern Kentucky and Southeastern Indiana.



Your Legacy Makes a Lasting Impact

Many of your neighbors are extending their impact by leaving a gift to Freestore Foodbank in their will. Visit our website to learn about that and other creative ways to advance our shared mission today and in the future.

For more information, contact Maureen Gregory at donors@freestorefoodbank.org or visit mylegacygift.freestorefoodbank.org.



FBF-FRE-24167



More Ways You Can Help



Join our recurring giving program, *Full Plate Partners*, and be part of a community that provides millions of meals each year. **To learn more, visit give.freestorefoodbank.org/fpp.**



Host a virtual food drive! This is an excellent way to engage friends, family and co-workers in providing food for neighbors. **Sign up at give.freestorefoodbank.org/vfd.**



Become a volunteer and help Freestore Foodbank serve older adults, children and families. **Check out your options at freestorefoodbank.org/volunteers.**



Give a gift from your donor-advised fund and help provide meals for years to come.

Have questions? Feel free to contact us at supporters@freestorefoodbank.org or **513-482-4500** to learn more.



CONNECTION

NEWS AND INFORMATION FOR FRIENDS OF FREESTORE FOODBANK

Together, We're Building Brighter Futures

You Helped Lawrence Rebuild After a Health Crisis

Lawrence pushes a grocery cart through the Bea Taylor Market, where he can choose the food he needs.



Here at Freestore Foodbank, we're so grateful for the donors and volunteers who make a difference every day in the lives of tristate families. Every neighbor has a story, and with your help, they can write their next chapter with one less worry.

Lawrence is one of those neighbors. He was an IT professional who experienced complications from open-heart surgery that eventually left him without a job and without a home.

"Everything had pretty much crashed, and I've been fighting so hard just to get back on my feet," he says.

But Lawrence didn't give up. He's now living in an apartment with support from a local program while he continues his recovery. And he has the Bea Taylor Market to help stretch his limited income while awaiting disability benefits. He's grateful to his daughter, a Cincinnati COOKS! graduate, for bringing him to the market and helping him get started. And he's grateful for donors like you who keep the shelves stocked with nourishing food.

"Thank you very much for contributing to such

a great thing ... a great resource that we all need. There's a lot of us that really, really need this," Lawrence says. "Thank you for all that you do to contribute, to put food in our stomachs, and to put smiles on our faces."

Lawrence says he's starting to look and feel like himself again, and the emotion on his face echoes his gratitude. Stories like his remind us of the impact we can make together. Thanks to supporters like you, neighbors like Lawrence have hope and a path forward to a brighter future.

Thank you for supporting important programs like the Bea Taylor Market. Your gifts make a difference and go a long way to help build stronger, healthier communities.

Inside This Special Edition of Connection:

- ▶ How YOU Make a Difference
- ▶ Hunger-Fighting Programs
- ▶ More Ways To Help

How We're Solving Hunger — Together



The Need



1 in 7
people in the tristate
face hunger.



More than
274,000 neighbors
— including 82,000 children —
need food assistance in our
20-county service area.

Your Impact

With help from donors like you, last year
Freestore Foodbank was able to:



**Distribute
47.2 million meals**
through a network of 579
community partner agencies



Serve 79,000 meals
to children through 39 Kids Cafe
and summer meal sites



Distribute 1.9 million meals through
69,500 Senior Boxes



**Offer 15.2 million
pounds of produce,**
giving neighbors fresh and
healthy options

Hunger-Fighting Programs

A stronger community and a brighter future starts with a nutritious meal. With help from generous donors and dedicated volunteers, Freestore Foodbank provides food to tristate neighbors when and where it's needed most.

In addition to food distributions and meal programs through community partners, we also offer a number of programs that provide access to food throughout the area:



Clinic Pantries: Patients at participating health care facilities are screened for food insecurity and provided with a supply of shelf-stable food from the in-clinic pantry. Families are also connected to social services, legal aid, SNAP, mental health services and transportation assistance.

Power Packs: More than 5,000 children in 108 schools receive Power Packs each Friday, giving them whole-grain cereals, juices, oatmeal bars, complete pasta meals and other healthy food options to have at home over the weekend.

Senior Boxes: We distribute 6,167 boxes to seniors each month through our partnership network and at our Bea Taylor Market and Liberty Street Market. Senior Boxes include shelf-stable food items to help keep older neighbors nourished throughout the month.

Kids Cafe: We provide free, nutritious meals to children at the end of the school day so they are full going into the evening. More than 5,000 hot meals are served each week through 13 after-school sites.

KIND Program: Keeping Infants Nourished and Developing (KIND) provides baby formula to food-insecure families and connects them with nutritionists and social workers to help with long-term needs.

Choice Markets: Freestore Foodbank has two choice markets located in Cincinnati, Ohio: Liberty Street Market and Bea Taylor Market. Combined, our markets have served more than 100,000 families in the tristate.



Food Is Just the Beginning

Freestore Foodbank also offers wraparound services to help families and individuals during difficult times. We connect neighbors with support and services through programs like Back on Track, Shelter Diversion, our Stabilization Program, Benefits Enrollment and our Representative Payee Program.

With support from donors like you, Freestore Foodbank also offers two comprehensive training programs: LIFT The TriState and Cincinnati COOKS! These programs have graduated more than 2,000 adults in the last 24 years, providing the certification and experience needed for careers in culinary services or warehouse operations.