

HOLIDAY 2013

FOOD

for Thought

The vital link between
food and hunger.



Natava and Latonia
Detroit - Shoreway
neighborhood

**YOU MAKE
THE HOLIDAYS
BRIGHTER
FOR NORTHEAST
OHIO FAMILIES!**



**Cleveland
Foodbank**

The vital link between food & hunger.

MEMBER OF
**FEEDING
AMERICA**



ANNE CAMPBELL GOODMAN
President and CEO

Dear Foodbank Friend,

It's that time of year again! The holidays are incredibly busy at the [Foodbank](#). In addition to the 153,257 meals we make possible on an average day, we're also working to provide the "extras" needed for a special Thanksgiving or holiday meal for the people who need our help. We're distributing thousands of turkeys and the fixings to our member agencies and programs.

This Thanksgiving we'll most certainly have a record distribution, the agencies we partner with will get tired, our staff will be here at all hours of the day and night and volunteers will work tirelessly here and throughout the six counties we serve to make sure there is enough food for those who are food insecure.

And not just enough food — they'll have a special Thanksgiving meal. It feels great to work that hard for such an important reason. As one of our staff members recently put it, "I never have to wonder when my bonus is coming. It comes every day from helping people who need it."

When Thanksgiving Day arrives, I'm just as thankful to have the opportunity to rest. I don't like turkey, but I love sharing a meal with my family — every day. My kids are involved in so many activities that we often wind up eating very late, but we always eat together. I know all too well this is a luxury.

My children have never wondered, even for one meal, whether there will be enough food. Unfortunately, more than 90,000 children in our area don't have the same privilege. They worry they might have to go hungry, causing a level of stress no child should have to bear. We can put these worries to rest by working together to make sure this basic need is met — with not just food, but nutritious meals for families. Opportunities for them to come together and share their day. We can provide a special holiday. We can alleviate hunger and contribute to a healthier, stronger community. But we can't do any of it without you.

This Foodbank, this movement to be sure no one goes hungry, is our responsibility — but it's also a joy and a privilege to be a part of. Thank you for joining us.

My most sincere thanks,

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YOU'RE HELPING FAMILIES STAY HEALTHY

Poverty is a cycle that can cause generation after generation to experience hunger. But often, especially in a down economy, it can come as a sudden blow to a self-sufficient family. It has happened to families like Tracye's far too often during the past few years.

Tracye is a hardworking and dedicated single mother of two children, ages 11 and 8. But last year, when she lost her job as a hotel room attendant, Tracye had no way to pay her rent and bills. She and her children soon lost their apartment.

With only a few days to find a new home, Tracye learned about the shelter at West Side Catholic Center, a [Cleveland Foodbank](#) partner agency, through a social worker at her kids' school. The first night they came to the center Tracye and her young children were greeted with not only a bed and a roof to lie under, but also a warm, balanced meal. After such instability, it was a welcome relief.

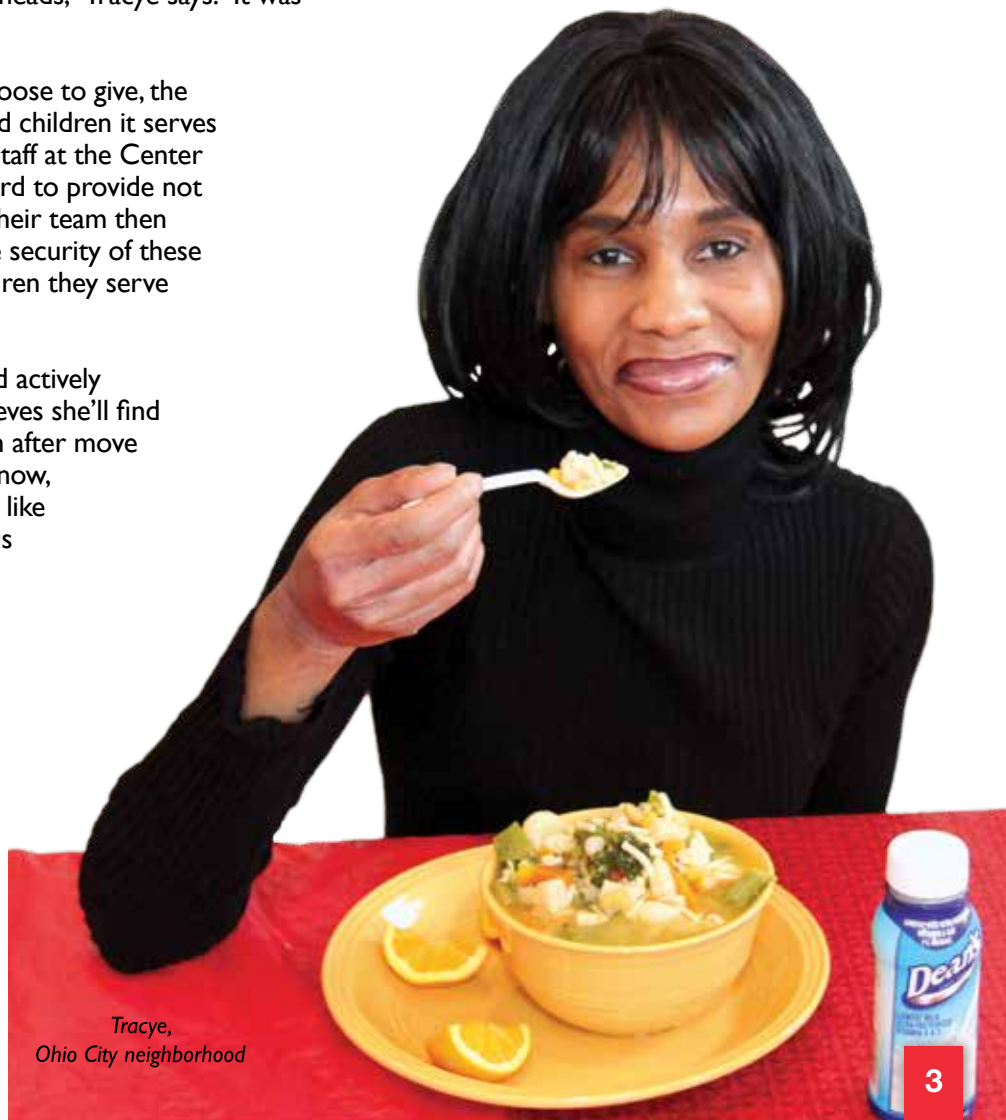
"Things are going well so far...we are safe, the children are in school, we have food to eat and a roof over our heads," Tracye says. "It was scary, but things are good now."

Because generous friends like you choose to give, the Center can offer meals to the women and children it serves — like Tracye and her two children. The staff at the Center say they're happy the Foodbank works hard to provide not just food, but good, nutritious food that their team then turns into balanced meals. They know the security of these regular meals keeps the women and children they serve on the path back to self-sufficiency.

Tracye is taking control of her life and actively searching for a job. She's hopeful and believes she'll find a new position within a month, then soon after move her family into a home of their own. For now, she's so thankful for the generous friends like you who give in order to supply nutritious food for her and her children in their time of need.

"Thank you from the bottom of my heart for your generosity. If it wasn't for you," she pauses thoughtfully before continuing, "if it wasn't for you, I wouldn't have anything."

“THANK YOU FROM THE BOTTOM OF MY HEART.”



Tracye,
Ohio City neighborhood

CLEVELAND BROWNS HELP FIGHT HUNGER

In November, nearly 60 volunteers collected food and donations at the annual Cleveland Browns food drive. Staff and players' families also volunteered at the Foodbank in November and supported our holiday fundraising efforts. The Browns are supportive year-round by hosting this food drive, as well as *Taste of the Browns*, which raised over \$175,000. These generous donations will allow the [Cleveland Foodbank](#) to provide more than 720,000 nutritious meals to those in need. Thank you!

FOODBANK RECOGNIZES VOLUNTEERS AT ANNUAL MEETING

The Cleveland Foodbank recently recognized its volunteers at its annual meeting in October. At the event, John and Janet Mitchell were recognized with the *Volunteer of the Year* award. John and Janet Mitchell have been volunteers at the Foodbank since 2005, and became weekly volunteers in 2010. They can be found in repack, produce distributions and at most fundraising events. They are also *Friends of the Foodbank* through their financial support.

This year's *Volunteer Group of the Year* award was presented to Human Arc, which has contributed in various ways including volunteering at monthly produce distributions, organizing an annual race/walk event that raised \$25,000 with all proceeds benefitting the Foodbank, and offering their expertise in planning our new Help Center. Congratulations to all those recognized at the event!



Runners kick off the annual Human Arc Race Against Hunger

HEALTHY OPTIONS, HEALTHY MEALS CONFERENCE A SUCCESS!

The Cleveland Foodbank recently held its third annual agency conference with more than 250 representatives from our member agencies. The day began with a breakfast keynote presentation given by Dr. Diane Habash, Bionutrition Clinical Research Manager at Ohio State University. Dr. Habash stressed the importance of good nutrition and a healthy diet during her presentation. There was also a vendor fair and additional sessions that included topics covering child and adult obesity, produce and healthy food distribution.



Anne Campbell Goodman with Ann Shotwell, winner of the 2013 Ed Worley Award

Several awards were given for agencies' extraordinary commitment and innovation throughout the year. This year's winners included:

- **Ashland County** – The Pump House Ministries (pantry and shelter)
- **Richland County** – Grace Episcopal Church (pantry)
- **Cuyahoga County** – North Olmsted Oxcart Pantry (pantry)
- **Lake County** – Society of Mother Teresa (hot meal site)
- **Geauga County** – Thompson United Methodist Church (pantry)
- **Mobile Pantry of the Year** – City of Bedford Heights

The Ed Worley Award was presented to Ms. Ann Shotwell, who runs a hot meal site and pantry at Morning Star Baptist Church. The program has served almost 50,000 meals since the program started. The award, which is named after one of the Cleveland Foodbank's founders, is given to an agency that demonstrates outstanding hunger-relief efforts in our community.

Thank You for Providing Needed Meals!



Frank,
Brooklyn Centre neighborhood

Leona,
Bellville, OH

Jackie,
Maple Heights, OH

Kylxia,
Clark-Fulton neighborhood

Bobby,
Hough neighborhood

RETIREES HELP FEED THE HUNGRY!



The loyal T&T Motley Few volunteer group join in the fight against hunger every Tuesday and Thursday.

Jack Siggins and Kris Gill didn't know each other before they started volunteering with the [Cleveland Foodbank](#). In fact, no one in the T&T Motley Few group did. But now, five years later, they're an established group of Tuesday and Thursday volunteers — and friends.

In 2008, Jack had been retired for a year and was looking for a place to volunteer. He'd worked just down the street from the Foodbank for years, and when he was searching for a place to dedicate his free time, he says he thought to himself, "I'll go back and check out that Foodbank building." Now when he drives here to volunteer, the trip feels familiar.

Jack watched the Tuesday and Thursday group grow from just a few members back then to the sizeable group it is today. He was there when Kris joined after retiring in 2010. She'd spent her career as a librarian and came to the Foodbank in search of a mission she felt strongly about, where she could meet other people. She definitely found what she was looking for.

Now, around 25 enthusiastic retirees make up what Kris has dubbed the T&T Motley Few (T&T stands for Tuesday and Thursday). The group usually works repacking boxes, except when they're passing out produce monthly through the Foodbank's Mobile Pantry program. For Jack, this has been one of the most meaningful experiences.

"The reception we get from the people getting the fruits and vegetables has opened my eyes," he explains. "It's always a long line — there's a lot of people who need food."

Behind the scenes, though, Kris says they feel rewarded knowing they're packing up food to be distributed to those who need it most. And sometimes, sorting through donated food is full of surprises — they once found three cans of pork and beans individually wrapped and shipped from Tennessee. "They cost \$8 each to mail," Kris says with a smile. "Not the cheapest way to donate food, but we packed them up!"

After several hours of volunteering, the group likes to finish the day off with food and fun together. The Tuesday group usually enjoys homemade treats in the Foodbank's break room, and the Thursday group likes to go out to lunch.

With as much personal satisfaction as she's found from volunteering, Kris encourages people of all ages to get out and join the effort — but especially retirees. "It's never too late to pay it forward," she says.

At our annual meeting in October, we recognized our volunteers who have contributed 100 hours or more over the past year. These impressive volunteers include:

Martyn Aiken
Edward Armon
Roger Baden
Chris Barwidi
James Beatrice
John Blazek
Helen Brown
Suzanne Carrigg
Barbara Chillious
Stuart Cohen

Dennis Corban
Greg Darroch
Marquis Francewar
Kristin Gill
Nicki Gudbranson
Vida Habjan
Robert Hardy
Teshie L. Hicks
Joseph Holmes
Sarita Howell

Kathy Humrick
Doreasa Mack
Jane Martin
John Mitchell
Edie Paetow
Earl Player
Connie Pool
Lincoln Radcliffe
Penny Roberts
Leticia Sales-Wilson

Chris Samuels
John T. Siggins
Vivian Solganik
Stephanie Strasshofer
Raymond Swearman
Adam Veno
Henry Williams
Cathy Wyban

Volunteers are crucial to the operation of the Foodbank. Without volunteers, it wouldn't be possible to collect, sort and repack all the food that comes through our warehouse every day. If you or your group are interested in volunteer opportunities with the Foodbank, please register on our website or contact Alan Fratus at 216.738.2053 or afratus@ClevelandFoodbank.org

YOU'RE HELPING OHIOANS AFFORD THE BASICS

When you're struggling just to keep your house warm in the winter, the holiday season isn't the most magical time of year. In fact, for those forced to choose between heating their home or eating regular meals, it's without a doubt the most stressful. Thankfully, your gifts ensure women like Claudia, who can't work due to disability, don't have to choose between turning on the heat and having enough to eat.

Claudia worked full-time while raising her four children on her own, so adjusting to a fixed income was a tough transition when health problems forced her into early retirement several years ago. She receives a small Social Security check each month, but she can't always stretch that income to cover her basic expenses — including food.

Because you give, Claudia can visit the food pantry at Salvation Army Miles Park, a [Cleveland Foodbank](#) partner agency, to pick up the basic necessities that help supplement what she can afford on her own. Here, she receives shelf-stable canned goods, whole grain breads and fresh dairy to add to the less-expensive items she's able to buy at the store.

"The food pantry really helps me," Claudia says, pointing to the shelves of nutritious groceries that fill the pantry at Salvation Army Miles Park. Having access to consistent nutrition is so important to Claudia's health, and it gives her the energy to keep up with all her spirited grandkids.

Claudia doesn't just take — she gives back, too. Each holiday season the Salvation Army can count on her to be one of their most loyal bell ringers, because she loves helping others. Perhaps that's why she's especially grateful for your giving, which helps stock the pantry she depends on to stay healthy in her time of need.

"Thank you so much for helping me, and everyone in need," she adds, so appreciative of your support.

“**THANK YOU SO MUCH FOR HELPING ME, AND EVERYONE IN NEED.**”

*Claudia,
Union-Miles Park neighborhood*



HELP SUSTAIN THE FOODBANK'S WORK BY BECOMING A MEMBER OF TOMORROW'S HARVEST

By including the Cleveland Foodbank in your estate plans, you will have a lasting impact on our hunger-relief efforts, ensuring that nutritious food is available for hungry men, women and children in Northeast Ohio for many years to come. You will also become a member of *Tomorrow's Harvest*, our recognition society, which honors and thanks those who have let us know of their decision to include the Foodbank in their estate plans.

If you would like more information, or if you have already decided to leave a gift to the Foodbank in your will or estate plans, please contact Tara Turner at 216.738.2137 or tturner@ClevelandFoodbank.org. With a little planning today, you can leave a legacy that will not only take care of your loved ones, but also help provide food for families in need for years to come.

A MOTHER FINDS SECURITY, WITH YOUR HELP

With your support, in February we opened our new Help Center to make it easier for our clients to find a local pantry and apply for assistance, including prescription benefits, child-care vouchers and SNAP (formerly food stamps). Following is the story of just one family whose lives have been impacted by this innovative new resource.

Dawn, mother of three, carried the phone number for the Help Center in her pocket for weeks. She says she just wasn't ready to admit defeat. She figured if she could just hold out a little longer, she'd finally find a nursing job, and then be back on her feet in no time.

You see, Dawn had spent the past three-and-a-half years staying home with Silas, 6, and twins Calvin and Greyson, both 4. But when a sudden divorce left her as a single parent, Dawn found the lapse in her work history to be debilitating to her job search. Surely she'd find something soon, she thought.

But then one night Dawn realized she had nothing to give her boys for supper, and she had no other choice but to seek help. When she finally called the Help Center, "Yolanda answered the phone and looked up where I could get help in my neighborhood. She was so kind. She worked with me for over an hour to see what I qualified for."

Dawn was able to visit the pantry Yolanda recommended that same day. She remembers the relief she felt as she entered the pantry, which was full of the food she hadn't been able to provide for Silas, Calvin and Greyson. She knew the little boys would be so excited when she brought home apples — their favorite. That night, they had ground turkey tacos.

Through it all, Dawn knows it's thanks to your support of the [Cleveland Foodbank](#) that she was able to find the help she needed. "Thank you. Without you, people would be hungry — we were days from going hungry," she says.

Aside from connecting Dawn with the immediate food assistance she needed at the food pantry, Yolanda helped Dawn apply for SNAP benefits. Within a few days, the caring mother was able to take her little boys to the grocery store.

"It's a sad story, but with a happy ending," Dawn says. "We're coming through it. Good things keep happening."

Good things, indeed. Dawn has an interview for a nursing position this week. With your support, she's well on her way to getting back on her feet.

**“WITHOUT YOU,
PEOPLE WOULD
BE HUNGRY.”**

*Dawn, Silas,
Calvin and Greyson,
Lakewood, OH*



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**HARVEST
for HUNGER**