

WINTER 2013

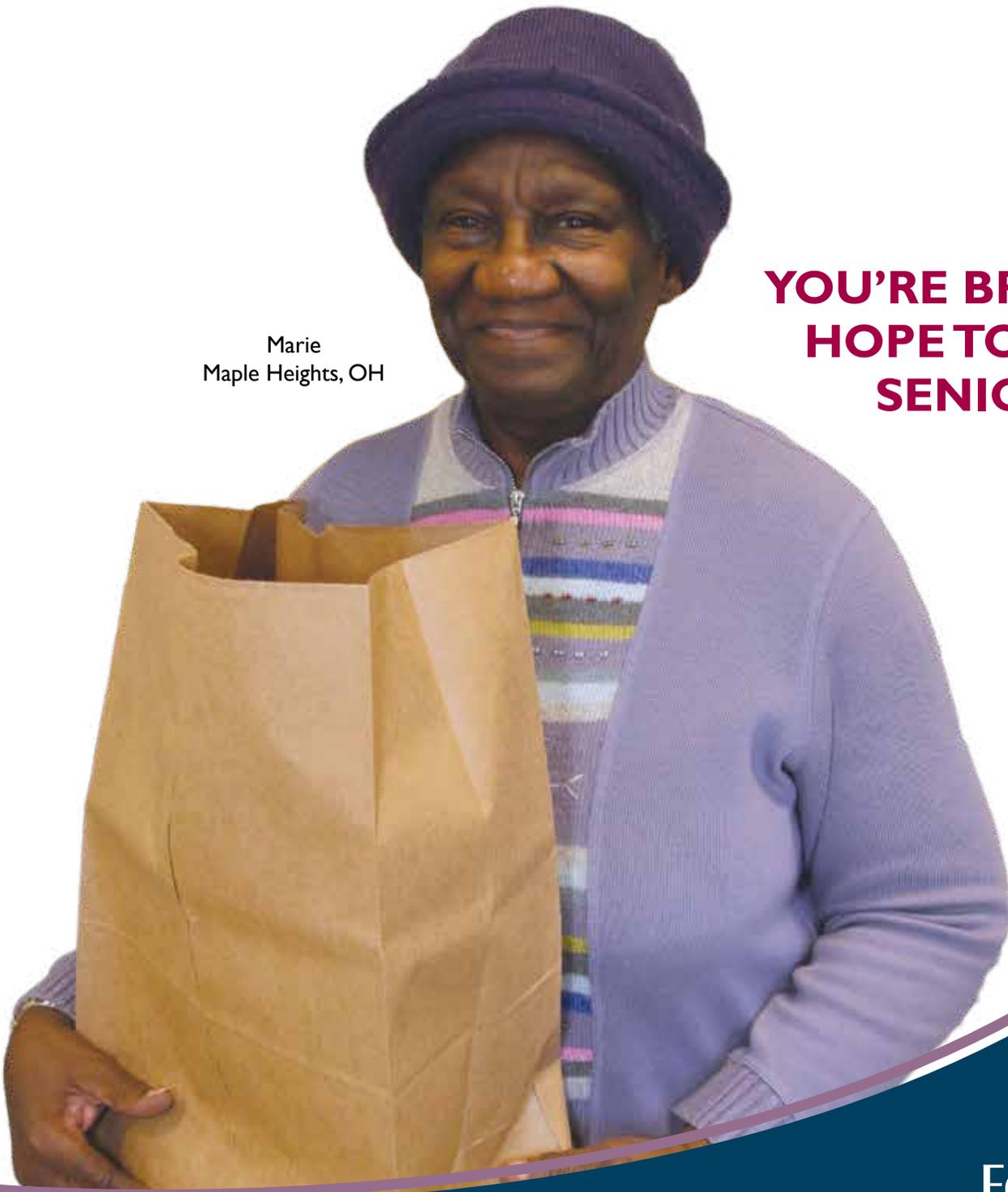
FOOD

for Thought

The vital link between
food and hunger.

Marie
Maple Heights, OH

**YOU'RE BRINGING
HOPE TO OHIO
SENIORS!**



**Cleveland
Foodbank**

The vital link between food & hunger.

A Member of
**FEEDING
AMERICA**



ANNE CAMPBELL GOODMAN
President and CEO

Dear Friend,

I'm so excited to begin a new year — a year we'll spend feeding even more people, with the help of our caring community. We've never failed to meet the challenge of providing more meals each year than the year before, but the task is truly great.

According to a Feeding America study, 35 percent of the people we serve must choose between paying for food and paying for medicine or medical care. For Northeast Ohio's senior citizens, these kinds of decisions become even more difficult during the winter months when increased heating bills claim a large portion of fixed incomes.

The Foodbank provides a food safety net for people of all ages. It's because of your support that I'm optimistic about the New Year — we can do even more to serve our community in 2013 if we work together.

Please take some time to read the stories in the following pages. These older adults have given so much throughout their lifetimes. We are able to provide them with the nutritious meals they need so they don't have to deal with the anxiety of not having enough food.

Thank you so much for helping the [Cleveland Foodbank](#) rise to the challenge of closing the meal gap in our community. Together we can ensure a full plate for every senior, family and child every day. My very best to you in 2013.

Gratefully,

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YOU'RE SUPPORTING THE HEALTH OF OUR COMMUNITY'S SENIORS

“Coming here helps,” Becky says as she sits down to a hearty lunch at EBC Fery Senior Center, a [Foodbank](#) partner agency here in Cleveland. “Without this place, I don’t know what I’d do.”

Becky worked hard her whole life caring for others as an in-home healthcare worker. Now 77 and retired, she often has trouble taking care of her own needs. Her sole income is in the form of a monthly Social Security check, which often doesn’t afford her the flexibility to buy all the nutritious food she needs.

Fortunately, support from friends like you helps Becky and seniors in similar situations every day. In addition to lunch at EBC Fery, patrons can take home a food basket full of staple items once a month to help stretch their food supply at home. This small amount is all many seniors need to get by.

As a diabetic, Becky truly appreciates having access to regular, healthy meals at the senior center. The meals also give her a chance to socialize with other older adults, which means a lot as Becky has lived by herself for many years. She’s so grateful you choose to help provide balanced nutrition for herself and her friends through your gifts.

“I appreciate it. It’s something we really need,” Becky says. “The Foodbank is a big help for all us seniors.”

Together you, the Foodbank and volunteers at our member agencies can and do make such a difference in the lives of vulnerable people in need of hope.

“**WITHOUT THIS PLACE, I DON’T KNOW WHAT I’D DO.**”



Becky
South-Collinwood neighborhood

LOCAL LEGISLATORS VOLUNTEER

Local legislators recently visited the [Cleveland Foodbank](#) to show their holiday spirit by helping pack food for our local food pantries. We rely on state and federal support to stock our shelves and their support is critical to our efforts. Thanks to the following legislators, and their staff members, who were present:

State Representative Nickie Antonio

George Brown, *Office of Senator Rob Portman*

Caryn Candisky, *Office of Senator Rob Portman*

Janine Carter, *Assistant Deputy Clerk of Council*

Bev Charles, *Office of Congresswoman Fudge*

State Senator John Eklund

Anita Gray, *Office of Congresswoman Fudge*

Dave Greenspan, *County Councilman*

Pequita Hansberry, *City of Warrensville Heights*

Congressman David Joyce

Maple Heights Mayor Jeffrey Lansky

Dale Miller, *County Councilman*

Nikima Muller, *Deputy Clerk of Council*

Joseph Nanni, *County Chief of Staff*

Michael Patterson, *Office of Congressman Dennis Kucinich*

George Phillips, *Council Services Coordinator*

Councilman Michael Polensek

Jeanne Schmotzer, *Clerk of Council*

Jack Schron, *County Councilman*

Warrensville Heights Mayor Brad Sellers

Beth Thames, *Office of Senator Sherrod Brown*

Linda Vopat, *City of Maple Heights*



Local legislators show their holiday spirit by packing boxes for distribution at Foodbank partner agencies.

HARVEST for HUNGER



HARVEST FOR HUNGER 2013 KICKS OFF IN FEBRUARY!

The annual **Harvest for Hunger** food and funds drive is right around the corner! The campaign, which kicks off on February 13 at 10 a.m. at Quicken Loans Arena, raised enough food and funds for 15 million meals for hunger centers in 21 Northeast Ohio counties last year! Please join us!

Co-chairs Ken Marblestone of Charter One and Howard Lewis of Family Heritage Life Insurance will lead this year's campaign. Mayor Frank Jackson, City of Cleveland, will serve as an honorary chairman. The 2013 drive is critically important, as the need for food in our area continues to increase. The food and funds raised will provide free, nutritious food directly to local hot meal programs, pantries and shelters to serve hungry people in Northeast Ohio.

Local companies and schools are needed to host food and funds drives as part of the effort. For more information about the events or how you can host a food and funds drive at your company, visit www.harvestforhunger.org.





ONE OF THESE KIDS IS HUNGRY

Hunger is closer than you think. But so is the solution.

Hunger could be riding to and from school with your child. One in four kids in Ohio struggles with hunger. With your help, local food banks can provide four nutritionally balanced meals with every dollar you donate. **Please give today at HarvestForHunger.org.**

Thank you for your generosity.



SAVE THE DATE! MARKET AT THE FOODBANK

Sunday April 14, 2013 6-8:30 p.m. at the Cleveland Foodbank to benefit Harvest for Hunger

Enjoy signature dishes from more than 50 of Cleveland's best restaurants, samples from area beverage purveyors, entertainment, and the chance to bid on exciting one-of-a-kind packages!

THANK YOU, YP PANTRY!



YP Pantry members cut apples for fruit salad (top) and make peanut butter and jelly sandwiches during their Give Thanks volunteer event at Trinity Lutheran Church, a Foodbank partner agency in Lakewood.

When public relations specialist Amanda Hicken saw Cleveland at the top of Forbes' "America's Most Miserable Cities" list in 2010, as a result of the recession, she started a blog — Clue Into Cleveland — to share why she chose to move to and reside in the city she loves. And this past summer, her blog connected her with a way to improve lives in the city and across Northeast Ohio: *Young Professionals [YP] Pantry*, the [Cleveland Foodbank's](#) newly formed young professionals group.

YP Pantry is a group of socially conscious young people dedicated to fighting hunger in our Northeast Ohio community. Because the group accepts an annual commitment of 24 volunteer hours in lieu of dues, membership is more accessible to altruistic 21 to 40-year-olds.

The Pantry's monthly events cycle between a repacking session at the Foodbank, a volunteer day at a member agency and a social fundraiser. Every event so far has sold out, and at the first happy hour fundraiser the core group of Amanda and 11 others expanded to a network of 45 young professionals!

"Hunger truly affects everyone — I didn't fully realize that until we volunteered at the distribution center," Amanda says of the group's event at Trinity Lutheran Church in Lakewood.

Kate Hanna, another early member of YP Pantry, has been a Foodbank volunteer for a few years now and says she appreciates the reach of distribution to regions outside Cleveland.

"A commitment to the Foodbank is a commitment to the broader community," Kate says. "We're in some tough times. The Foodbank has become an asset for people who need a little lift, a little bump, a little help."

Thank you, YP Pantry, for your gracious support of our efforts to fight hunger across Northeast Ohio. We are so excited to see you grow in the coming years!

For more information, or to join the YP Pantry, check out their Facebook page at facebook.com/ClevelandFoodbankYPPantry or call 216.738.2139.

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.

THANK YOU FOR BRINGING HOPE TO STRUGGLING NEIGHBORS

Charles “Catfish” Williams enlisted in the Army as a young man in Fremont, Ohio. He fought in the Vietnam War then returned to the States to work as a nurse’s assistant in a VA hospital.

Unfortunately, the hospital made some cuts a few years ago and Charles lost his job. Suddenly without that income, things became difficult for him. His monthly veteran’s pay was not enough to sustain his home and bills, and he eventually found himself homeless.

**IT’S A BLESSING TO
EAT A HOT MEAL.**

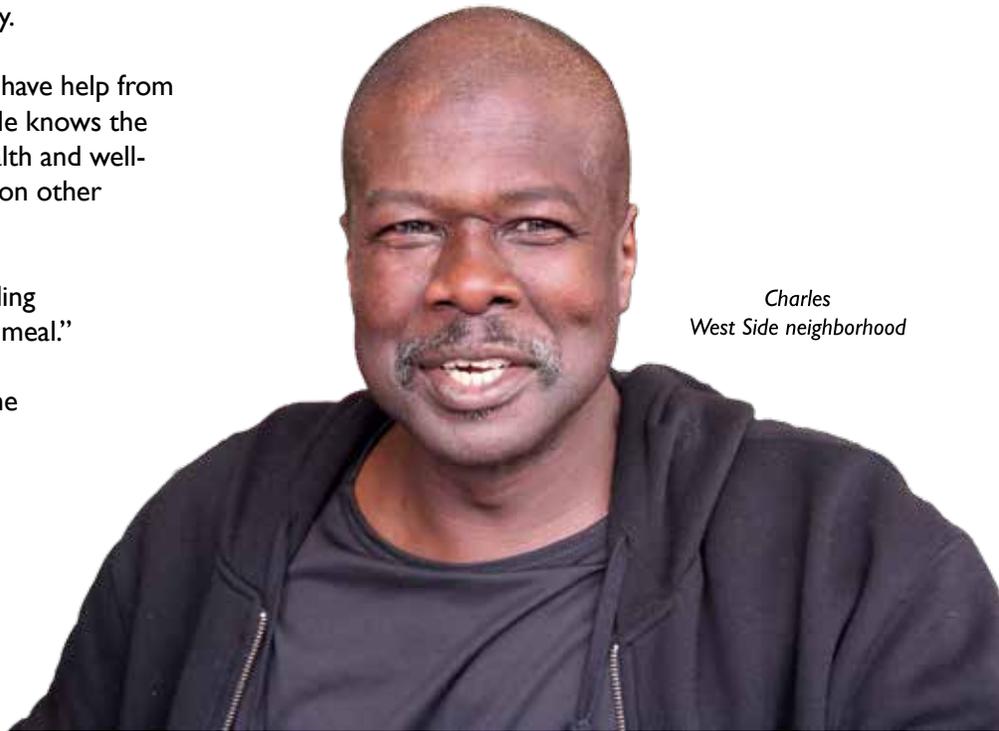
Charles also struggles with post-traumatic stress disorder from his years of service, which has made his ability to hold a job and get back on his feet even more of a challenge.

Thanks to friends like you, Charles won’t have to worry about missing meals as he regains his self-sufficiency. He’s able to visit the Drop-In Center at West Side Catholic Center, a [Cleveland Foodbank](#) partner agency, located conveniently on a bus route so Charles can easily stop in for a hot breakfast or lunch on a chilly day.

Charles couldn’t be more grateful to have help from gracious Foodbank supporters like you. He knows the nutritious meals he enjoys bolster his health and well-being and help him save money to spend on other things he needs.

“Thank you from my heart for providing food,” he says. “It’s a blessing to eat a hot meal.”

Your generosity means so much to the people we serve together. Thank you for looking out for your neighbors in need.



Charles
West Side neighborhood

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

This past summer, the Cleveland Foodbank’s largest matching gift challenge ever was made possible in part by an estate gift. By including the Foodbank in your estate plans, you too will have a lasting impact on our hunger relief efforts, ensuring that nutritious food is available for hungry men, women and children of Northeast Ohio in the future. 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, please contact Mary Lavin at 216.738.2056 or mlavin@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 many years to come.

YOUR GIFTS HELP STRETCH FIXED INCOMES

Although she recently celebrated her 90th birthday, Phyllis won't let age slow her down. She's an active volunteer with Friends of the Maple Heights Library and also helps out in the Maple Heights Senior Center, where she's a regular.

One of the services provided by the senior center to members like Phyllis is transportation to the Maple Heights Food Pantry, a [Cleveland Foodbank](#) partner agency.

Phyllis has been a member and volunteer at the senior center for the past 17 years, and has been visiting the food pantry since it opened about four years ago. Volunteering keeps her active and social, and the food she receives from the pantry helps stretch her small, fixed income.

As a younger woman, Phyllis never would have expected to need help making ends meet. She had what some would think of as a glamorous life. She and her husband of 26 years lived abroad in Italy — he was easily able to support his family and she didn't have to worry. But when he passed away nearly 30 years ago, she was stunned and heartbroken.

Phyllis returned home and got a job — working for 11 years before retiring at the age of 71. Now, regular Social Security checks make up her meager income.

Phyllis' heating bills spike dramatically during these Northeast Ohio winters. She's especially grateful for the help she receives at the food pantry now that her budget is even tighter.

"With food prices the way they are and with a fixed income, it's such a blessing!" Phyllis says of the pantry. "I am very thankful."

Your gifts help sustain older adults throughout our community, providing them with the regular nutrition they need to thrive. Thank you for sharing what you have!

“I AM VERY
THANKFUL.”



Phyllis
Maple Heights, OH



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You can follow the
Cleveland Foodbank on
Facebook and Twitter



local coordinator of
**HARVEST
for HUNGER**