

FOOD for thought



June 2014



Your donations help to feed local families!

Food Bank helps Allison's 3-generation household.

Allison used to volunteer at a local Food Pantry. "I lost my job due to the cuts in the economy. Then I had to take a step back and say it's my turn, maybe I need to have this assistance. So I gathered my pride and I went to the Food Pantry and I applied. My daughter and granddaughter moved in with me, so it was three generations, and I had to make sure that there was nourishment on the table for them."

Theresa and her two kids know things will change.

"Just because we're struggling now doesn't mean we're always going to struggle, or that we have always struggled," Theresa says. "But the times that we need the [help], it's there." Theresa is confident she'll be on her feet again one day, working in a job she wants to be in and providing for her family on her own. When that day comes, she says, she won't forget those who helped her get there.



Kid-focused programs help Gerald and his little girls make ends meet.

Gerald is a single dad of three little girls: Koi, Briana and Gianna. He's also employed full time as a sous chef at a restaurant. Since he works evenings, he's not always there to feed his kids after school. Thankfully, Gerald can rely on the Kids Café. In addition to providing nutritional food, the Kids Café helps Gerald financially. Gerald makes too much money to qualify for government assistance but too little to take care of three growing girls. Kids Café plays a critical role in helping Gerald stretch his income and provide the kind of life his girls need to grow into a bright future.

13abc's Hope for the Hungry Food Drive: June 23–July 12, 2014

The Toledo NW Ohio Food Bank is the beneficiary for 13abc's Hope for the Hungry Food Drive.

"Last year, we were able to provide over 124,000 meals. This was achieved through the generous food and monetary donations from people in the area during 13abc's Hope for the Hungry Food Drive," said James M. Caldwell, President and CEO of the food bank. "We are grateful for the wonderful partnership with 13abc."

The food drive will kick off on Monday, June 23, with food donations collected throughout northwest Ohio. Donations will continue to be collected at the NW Ohio Rhythm, Blues and Jazz Festival to take place on Saturday, July 12, at Promenade Park in Toledo. Monetary donations can be made at www.toledofoodbank.org using the Network for Good.



Thank you 13abc!

NW Ohio Rhythm, Blues & Jazz Festival

Saturday, July 12, 2014, 4 pm - 12 am
Promenade Park, downtown Toledo

Grammy-nominated, platinum and gold, renowned recording artists will play at the 5th annual NW Ohio Rhythm, Blues & Jazz Festival!

Acts will begin at 4 pm and continue through midnight. Doors open at 3:30 pm.



Blues Legend
Mel Waiters



Jazz singer
Laura Varcho
with Dean Newton, Tim Akin & Donnie Patterson



Contemporary jazz keyboardist
Lao Tizer
featuring Karen Briggs and Jeff Kollman



Local blues and jazz artists
The Skip Turner Band



American blues guitarist
Studebaker John & The Hawks

*Tickets are \$25 in advance - \$30 at the door.
Tickets available at www.toledofoodbank.org*

There will be food vendors, beer and wine sales. There are "early bird" and military specials including 2 for 1 drinks, discounts on T-shirts and reduced ticket prices.

Corporate Sponsors include:

100% of proceeds help fight hunger in Northwest Ohio!



HUNGER DOES NOT TAKE A SUMMER BREAK



Last year, over 193,000 children were served by our member agencies.

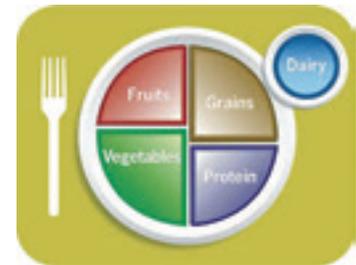
The Summer Meals program at the Toledo Northwestern Ohio Food Bank is designed to meet the needs of hungry children at times when they are most vulnerable – **during the summer vacation months**. Our partners provide children with nutritious meals and snacks when other resources are unavailable or stretched.

Last year, over 193,000 children were served by our member agencies. There are thousands of school-aged children in Northwest Ohio who benefit from free or reduced-price meal programs during the school year. However, during the summer, on average, less than 10% receive meals through similar programming.

Sometimes families do not realize they qualify for this resource. The Toledo NW Ohio Food Bank works to bridge this opportunity to those in our community and offers a reliable program for families to count on when they most need it.

Keeping children well fed with enough proteins, grains, fruits, and vegetables is important to the Food Bank's Summer Meals program.

What's equally important is helping local families realize they have a resource at a time when food



insecurity may be high, particularly for their school-aged children. Please join us in this effort to give students like these a hunger-free summer break by visiting www.toledofoodbank.org.

Study Reveals Higher Food Insecurity in Our Area

Every year, Feeding America, the nation's leading domestic hunger-relief charity, conducts the *Map the Meal Gap* analysis in order to better understand hunger at the county level and provide geographically targeted solutions to feed people in need. The Toledo Northwestern Ohio Food Bank is a member of Feeding America and participates in this study every year.



In TNWOFB's 8-county service area, the report shows that 16% of residents are food insecure. This percentage is higher than the national average.

In April, Feeding America released its most recent study. The report finds that food insecurity exists in virtually every county and Congressional district in the nation.

Too many of our neighbors still struggle to make ends meet and provide a consistent meal source for themselves and their families. To fill in their household meal

gap, these individuals and families depend on the assistance of their local Food Bank and its member agencies, many of whom volunteer to

coordinate and staff invaluable feeding programs.

With the school year coming to a close, now is the time to keep our neighbors in mind. Many families will soon need to replace their kids' regular school meal with one from their food-insecure home. For more information on how you can help, please visit www.toledofoodbank.org.



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Laurie, at 419-242-5000

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Mission

Our Mission is to enable other community organizations to end hunger. We strive to maximize community resources by effectively obtaining and distributing food through a collection and distribution system.

Over the past 30 years, the Food Bank has distributed over 96 million pounds of food and grocery products to our member agencies. Currently, the Food Bank serves over 300 non-profit agencies.

Here's a healthy summer recipe for you!

Easy Fruit Salad

Makes: 6 (½ cup) servings
Preparation: 10 minutes

Ingredients

- 1 (8 ounce) can fruit cocktail, drained
- 1 (8 ounce) can pineapple, drained
- 1 apple, chopped
- 1 medium banana, sliced

*Be Creative!
Substitute any
canned or
fresh fruit.*

Topping

- ½ cup plain or vanilla yogurt
- pinch cinnamon
- pinch nutmeg

Directions

1. Mix fruit cocktail, pineapple, apple, and banana in a medium sized bowl.
2. Mix yogurt, cinnamon and nutmeg.
3. Serve fruit salad topped with yogurt.
4. Refrigerate leftovers.

Your Money Is Working Hard!

The Toledo NW Ohio Food Bank has received another 4-star rating from Charity Navigator.



Only 17% of charities have received this exceptional designation for sound fiscal management, commitment to accountability and transparency.

That is because **97 cents of every dollar is spent directly on programs and services.** We use your donation to help feed over 576,000 hungry people throughout Northwest Ohio. We have trucks delivering wholesome products six days a week!