



NewsFeed

When Retirement is a Struggle

Ruth loves to talk about her 10 grandchildren, and she knows healthy food is a key to helping them thrive.

She and her husband, James, who are 18-year residents of the Franklinton neighborhood of Columbus, care for four of the grandchildren before and after school during the week. In order to keep enough food in the house to feed themselves and the children, Ruth walks to the Gladden Food Pantry twice a week to get fresh fruits and vegetables. The food she gets there helps with healthy meals and snacks for the growing children, ages 5 and 8 and 7-year-old twins.

“The kids eat a lot,” she admitted.

Ruth enjoyed her work as a nursing assistant until her two major heart attacks in 2005. “I wasn’t able to work after the heart attacks,” she said. Now Ruth and James are both retired, and they struggle to get by. Your support makes it possible for Ruth and James to take home the fresh foods they need to feed themselves and their grandkids. 



Ruth gets help from the Gladden Food Pantry after health issues forced her into retirement. The pantry provides healthy foods for her and her husband as well as their grandkids.



GET INVOLVED.

www.midohiofoodbank.org/get-involved

There are more ways than ever to make a difference

Waste Not

More than half of the food distributed by Mid-Ohio Foodbank is fresh. Connecting good food with our hungry neighbors is key in building a healthier, hunger-free and thriving community.

But perishable food such as meat, produce, eggs, and dairy must be kept fresh and chilled, adding another layer of complexity to getting food into the hands of those who need it most.

With a grant from Solid Waste Authority of Central Ohio (SWACO), Mid-Ohio Foodbank has teamed up with food retailers and 27 partner pantries to keep food fresh longer.

Mid-Ohio Foodbank provides our partner pantries with freezer blankets that keep the fresh and frozen foods at a safe temperature during transportation and prior to distributing. Partner pantries also will be given thermometer guns that help ensure the reclaimed food stays at a consistent and safe temperature. Our partner pantries can pick up more food directly from our retail partners.

The project reduces the number of freezers and coolers needed at partner pantries and cuts down on extra trips by Foodbank trucks. Now, more food than ever before is making it from the grocery store to our neighbors in need. 📍



Malinda Sullivan, program coordinator for Canal Winchester Community Pantry, shows off their new freezer blankets provided through a partnership between SWACO and Mid-Ohio Foodbank. The blankets will help the pantry access more perishable foods.

Many Needs Filled by Pantries are Temporary

Sometimes we all need a helping hand to meet the needs of everyday life. “I only visit the pantry when I can’t afford food,” said Billy, who is raising two teenage sons on his own. “I know there are many other people who need food too.”

Of the clients served at pantries that are part of Mid-Ohio Foodbank’s partner network, 80 percent visit a pantry five times a year or less. Billy hadn’t been to a pantry in seven months but, like most of our hungry neighbors, he occasionally uses pantries during a time of temporary need.

Billy’s workplace recently reduced his hours. As a single father of 15- and 17-year-old boys, he knows how important it is to provide healthy food to help them thrive. The help he gets from the food pantry allows him to stretch his reduced income to pay bills and keep his hungry sons fed.



As a single father of teenagers, Billy needed temporary help from the local pantry to feed his teenage sons.

“The volunteers at the pantry are always so helpful and kind,” Billy said. “And it’s great to be able to pick the foods I know my boys will eat. When I can’t quite make ends meet and need food for my kids, coming here is a really positive experience for me.”

You make a difference for families like Billy’s who would otherwise go without nourishing meals. 📍

Going the Extra Mile to Help Their Clients

When North Central Mental Health Services (NCMH) realized that many of the people they serve also struggle to afford food, they stepped up to do something about it. NCMH is a comprehensive, community-based mental health and recovery agency and a force for good in the community.

“Hunger has a negative impact on the physical, mental and emotional health of persons who are struggling to find and retain employment and housing,” said Susan Jennings, community relations director at NCMH. “Our employees are gratified by the opportunity to help people in our community who need extra assistance to prevent hunger. Working together on an important project such as Operation Feed enhances morale and builds teamwork.”

Mid-Ohio Foodbank’s Operation Feed provides fresh, healthy food for local families struggling with hunger. Each year, the Foodbank joins forces with local businesses, schools, civic groups, and individuals to raise critically-needed resources through a community-wide drive.

Want to get your workplace involved? Join the community of 150 organizations already hosting Operation Feed campaigns by emailing operationfeed@midohiofoodbank.org or calling 614.270.6227. 



Employees at North Central Mental Health Services take part in Mid-Ohio Foodbank’s Operation Feed campaign. The campaign provides another level of support to clients and helps build team morale.

Showing the Community She Cares – All Year Long

We asked Dana Ward, a former Foodbank employee who now works for The Ohio State University, why she still donates to Mid-Ohio Foodbank every month.

“I think about how uncomfortable I feel when I get hungry, and I cannot even imagine feeling that emptiness on a regular basis. When I am even just a little hungry, I can’t focus, can’t think, and I am no fun to be around. I know people live with that feeling every day. It breaks my heart to think about parents who are working multiple jobs and still can’t afford their child’s favorite snack, or an elderly person who is homebound and struggling to get the food they need to stay healthy.

I donate to Mid-Ohio Foodbank because I care for people in the community and want them to have food on their table.

I give monthly because I’m busy. Giving monthly makes it so I don’t forget to give. I like knowing that every month my gift will feed people. I feel good all the time!” 



Adilyn Visits a Produce Market

The Holiday Produce Market at Mid-Ohio Foodbank was a busy and merry event, with holiday movies and carolers entertaining hungry families and volunteers. "It was a festive time," said Rebecca Peacock-Creagh, manager of the Kroger Community Pantry. "People were grateful and patient. They helped hand out food and helped their neighbors." Adilyn and her grandmother were among more than 250 families who attended the Produce Market and received lots of fresh food and meat for their holiday dinners. Adilyn was happy to draw you a picture!



Mid-Ohio Foodbank
3960 Brookham Dr.
Grove City, OH 43123
614.274.7770
info@midohiofoodbank.org



Want NewsFeed delivered by email?
Contact Claire at
chadger@midohiofoodbank.org
or 614.317.9403.
Please remember Mid-Ohio Foodbank in your will.

