



# NewsFeed

## SEPTEMBER IS HUNGER ACTION MONTH!

## What does hope look like?

**F**or Shannon and her daughter, Olivia, 7, hope is fresh produce and groceries from the Edison Enterprise Baptist Church food pantry in Morrow County.

Shannon had a good-paying job as a factory worker, so things went well for her and Olivia. But all that changed when she suddenly lost that job due to layoffs.

“It seemed like every time I got a little ahead, we’d get hit with a new bill,” Shannon said.

Olivia suffered a dog bite and a broken arm, so medical expenses piled up. Shannon searched every day for a new job and took on part-time work. Keeping up with expenses was tough.

Like other parents, Shannon worries about providing for Olivia and getting healthy food to help her grow. A friend told Shannon about the food pantry, and things looked brighter.

“Olivia is a mirror of me. Anything I do, she copies,” Shannon explained. “If I eat

healthy, she will too. The food pantry gives me so much hope, and the volunteers – like Michelle – are so kind and helpful.”

YOU give parents like Shannon hope by providing healthy food for their families. Thank you for caring! 🍎

*NOTE: Client names have been changed to protect confidentiality.*



Donate  
Now

# Families get fresh food from school markets

**J**ames is a single dad who has custody of his three sons. His youngest boy, Cody, is enrolled at the Capital Park Head Start Center in east Columbus.

James often shared with his family service worker that he struggled to have enough food for his growing sons.

Thanks to your gifts to Mid-Ohio Foodbank, Capital Park became a partner in the School Market program where families can get fresh food when they pick up their children from school. Capital Park hosts year-round, weekly produce distributions for Head Start families as well as monthly distributions for community residents. James has participated in the program every week since it began.

Recently he sought out his family service worker and shared that he no longer “holds back food” to stretch what the family has.

Angie Reid is one of the family service workers. She delivers food from the Capital Park school program to 10 families at 3 different Head Start centers.

“These families often don’t have transportation to get food, but they have to pick up their kids from school, so we offer them a way to get fresh, healthy food at the Head Start centers. I get emails, phone calls and texts from the families who are so excited and grateful when they pick up their food,” she said. 📍

*NOTE: Client names have been changed to protect confidentiality.*



*Capital Park weekly school produce distribution*



*Angie Reid loads food for 10 Head Start families*

**SEPTEMBER IS  
HUNGER  
ACTION  
MONTH**

**Looking to learn** more about hunger in your community  
and **what you can do** to make sure Ohio families  
and individuals **don't go hungry?**

**TAKE PART IN HUNGER ACTION MONTH**

[www.midohiofoodbank.org/HAM](http://www.midohiofoodbank.org/HAM)



## Urban Farms looks to the future

**A**fter six years of transforming a vacant school grounds, we sadly ended our Urban Farms of Central Ohio operation at Clarfield Farm in August. We could not come to an agreement with the new land owner, so we were asked to vacate.

We are grateful to neighbors, community leaders, the farm team, donors, volunteers, restaurants, and so many more who made Clarfield Farm a place that:

- grew more than 100,000 pounds of chemical-free produce;
- provided 1,000+ families access to healthy food;
- increased the supply of local foods to Columbus;
- mentored future farmers; and ,
- trained 3 dozen area teens with job skills to be prepared for life after high school.

One of the students in our intern program this summer was Niya, a sophomore at Central Crossing High School. Her older brother, Damian, was also on the Junior Farm Crew this year.

Niya got involved with Urban Farms through the Job Readiness Training Program. She said her mom, a former Mid-Ohio Foodbank client, frequently posts about us on Facebook. Niya got interested in growing food when she learned about the Urban Farms program from her mom.

“I learned so much (through the summer at Clarfield) about how plants grow, like the importance of when you plant different crops to maximize productivity. My favorite things are harvesting, washing and packing produce that we grow. It makes you feel good when you see the seed grow to a plant that you actually harvest,” she said.

The spirit of the central Ohio community made Clarfield Farm a success, and it’s what will carry us into the future. We are grateful for the support of friends like you, and look forward to growing again. 🍅

***We are better together!***

# Fun, family and giving back

**W**hen Kasey and Becca Kist started the Thanks for Giving 4 Miler in 2015, they had a vision of creating a family-friendly Thanksgiving morning event where the community could come together for fun and give back to worthy causes.

Mid-Ohio Foodbank is fortunate to be a beneficiary of the event which, in just three years, has generated more than \$100,000 to feed hungry families. The organizing team includes the Kists and five other families, plus a committee and many volunteers.

“We wanted an easy, family-oriented run where people give what they can to participate. We attract everyone from experienced runners to families with kids and even grandparents,” Becca said.

The fourth annual donation-based Thanks for Giving 4 Miler will be held in New Albany on November 22. In addition to the 4 Miler, there is a 200 meter Kids’ Race. 📍



*For registration and other information, visit [www.narun.org](http://www.narun.org)*



Mid-Ohio Foodbank  
3960 Brookham Dr.  
Grove City, OH 43123  
614.277.FOOD (3663)  
[info@midohiofoodbank.org](mailto:info@midohiofoodbank.org)



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[czimmerman@midohiofoodbank.org](mailto:czimmerman@midohiofoodbank.org)  
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