



Dear Friends,

By now, you've probably heard that hunger in the U.S. is at an all time high. In Northwest Ohio, it is no different – in fact, recent data shows that Toledo ranks as the nation's 8th poorest city. Compared to last year, our need has doubled, serving 1400 families last month alone.

The stories vary but are essentially the same: layoffs, medical bills, unexpected family changes. For one of our pantry clients, a layoff sent her family into a tailspin. They had a small reserve to live off of, but found themselves turning to the pantry for help. She came to visit us, stating that at one time, if it hadn't been for our food pantry, their family wouldn't have eaten at all. She shared, "What I like about Food For Thought is that you don't make people FEEL like they're poor." This compassion inspired her to volunteer, which she does every Wednesday. "It's almost become like a family to me," she says, adding that missing a day is something she hates to do – and rarely does.

We also continue to provide for 350 of our unhoused friends each Saturday. More and more families are slipping through the cracks and landing on the streets. We do our best to offer lunches, hygiene items, and as it gets colder, "Survival Backpacks" that include a blanket, hat, gloves and a scarf. However, it's more about the "family time" we share together downtown each Saturday. These items are necessary and helpful, but it is the relationships that are built that truly affect change.

This holiday season is marked not only by a time of great need, but also by great generosity. Please consider making a financial donation to Food For Thought. By supporting our mission, you are helping to provide not only groceries or a meal, but also friendships and personal interaction to those in need.

It is a privilege and an honor to serve those that we do, and a joy to continue to have the partnership and support of amazing people like you. May the peace and joy of this holiday season find your table full, your hearts open, and your family healthy and whole.

Thank you,

Tana M. Schiewer
Executive Director

P.S. There are three easy ways to give!

- 1.) Donate through our cause on Facebook.
- 2.) Donate through the Google Checkout donation button on the homepage of our website.
- 3.) Send a check to Food For Thought, 3540 Seaman Road, Oregon, OH 43616.