

FALL

2017

harvest gatherings

Shared Harvest

FOODBANK

HUNGER IS NOT A CHOICE.
GIVING IS.

www.sharedharvest.org

800-352-3663

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OUR MISSION:

To find, rescue and distribute food to people living in poverty through an efficient network, uniting the public and private sectors;

To raise awareness of the impact of poverty.

FEEDING
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Way



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ASSOCIATION OF
FOODBANKS

Richard O Jones
Editor

Volunteering: Good for everybody

It's no great secret that nonprofit enterprises like Shared Harvest Foodbank rely heavily on volunteers to carry out their work.

On any given day, some 16 million people will give of their time. An estimated 62.8 million adults, 25.3 percent of the U.S. population, volunteered at least once in 2014 (the latest numbers available).

Indeed, in 2014, the national volunteer labor force gave nonprofits 62.8 billion hours of effort worth an estimated \$179.2 billion, about one-half the value of monetary financial contributions.

Sadly, the 2014 volunteer rate is the lowest reported since 2002, but those who do volunteer are

volunteering more, averaging 139 hours a year.

These people are onto something. Volunteering more than two hours a week puts one over the "volunteering threshold" for experiencing significant benefits from their volunteering activities.

Among the benefits: Lower mortality. That is, living longer.

A University of California study has shown that people who exceeded the "volunteer threshold" experienced 44 percent lower mortality rates over a five-year period than those persons who did not volunteer, even after adjusting for other factors such as age, health habits, and social

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Notes from our director...

Two hundred and fifty pairs of hands giving an average of five hundred hours every month.

That's what it takes for us to distribute millions of pounds of food every year. And they come from all walks of life. We have businesses like GE Aviation, Barclay, First Financial Bank, Kroger, Macy's, Collective Visions, Astra Zeneca, and many more who give their employees the opportunity to volunteer during the work day.

We have individuals who come to help get their "10,000 steps" on their fit bits. We have people who receive benefits like SNAP who are assigned to work an hour for each \$8.15 of benefits they receive (yes, people receiving federal benefits are required to work for them at nonprofits or government agencies). Or those assigned to do community service by the courts instead of jail time or to work off fines and court costs.

These 250 pairs of hands pack up food bags for hungry children on our Backpack program or boxes of food for senior citizens on our Commodity Supplemental Food Program. They sort donations from Nabisco or our retail partners Kroger, Meijer, Walmart, Target, and Aldi.

They assemble mailings like this newsletter, help with filing, answering phones or data input. We have two dedicated volunteers, Jane and Beth, who help with the distribution of food boxes to seniors, along with a small group of hearty volunteers from GE Aviation – in all kinds of weather.

Then there are volunteers like Neil, who is a regular weekly volunteer. Neil will do anything to help, he quietly enters the foodbank, signs in, and goes into the warehouse ready for any task – his dedication to the cause of

fighting hunger is a testament to the difference one person can make.

And these are just the volunteers we can count... there are thousands more in our network of food pantries, soup kitchens and shelters.

... People who pick up food from the foodbank or meet our trucks at a drop point in their county.

... People who stock the shelves or prepare the meals.

... People who greet folks as they enter trying to make them feel welcome and less embarrassed about asking for help.

... People who sweep the floors or do the paperwork or help customers out to their cars with the groceries they've received.

Volunteers receive much more than they give. Volunteers motivate others to do good. Volunteers give voice to those who feel powerless. To say volunteers volunteer for lack of something better to do is to say a volunteer has no value. To say volunteers volunteer and therefore work for nothing is to say a volunteer's work is worthless. But to say volunteers choose to give their time to work is to say a volunteer is priceless.

*It's the little things we do and say
that mean so much as we go our way.
A kindly deed can lift a load
from weary shoulders on the road.
A word, a touch can mean so much.
The time to share, the heart to care.
We hold you dear, priceless volunteer.*



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UPCOMING EVENTS

**Journal-News Community
Food Relief Campaign**
Through Jan. 1

All Kroger Stores
Check Out Hunger

Showplace DeLux Cinema
Holiday Classic Movies for
Food

Whole Food Market
FEED4MORE

Midas Drive Out Hunger
[www.Midas.com/
DriveOutHunger](http://www.Midas.com/DriveOutHunger)

Visit
www.sharedharvest.org
for more information

Hunger In Real Life

I was at Family Services in Middletown, when David came up to me requesting help to apply for SNAP benefits.

While completing his application; David told me his story.

He had a job making \$18 an hour but had to quit to take care of his parents, both of whom were suffering from dementia.

Since David didn't get paid to be a caregiver; he didn't have any income to help support himself, so SNAP, along with

monthly trips to the food pantry helped he and his parents at a most desperate time.

When he is able to return to the workforce, the SNAP program will make sure he has food on his table and is one less thing he needs to worry about as he tries to find a job and security for the future.

There is an ongoing myth that people are living in poverty because somehow it is their fault—if they would only just go get a job they could do better. The reality is, sometimes people,

True Stories From Shared Harvest SNAP Outreach

like David, must make difficult choices which can lead to loss of a job or lower paying jobs. Difficult choices that mean they struggle to get the food and nutrition they need to have healthy lives. One choice no person makes is the choice to be hungry.

The SNAP program and our network of food pantries is a godsend for families and individuals who are trying to do the best they can in difficult situations.

— Peter

Food pantry client seeks to return the favor

Recovery from knee surgery allows her to spend time in The New Path office

As a single mother, Traci knows well the struggle to keep a family fed, even a cozy family of two.

And having experienced the kindness of the community, she is glad to give back by volunteering her time to The New Path, a ministry of the Ginghamburg United Methodist Church.

The New Path offers a choice food pantry and other services for the needy in Miami County, one of five counties served by Shared Harvest Foodbank.

According to Tina Osso, executive director of Shared Harvest Foodbank, it's not at all unusual for people who have been served by food pantries to come back and volunteer their time as a way to repay.

"We have had many people in the warehouse who were once clients," she said. "Some of our most enthusiastic donors are people who have been helped through a hard time by getting food from one of the pantries we serve."

Earlier this year, unable to work because of knee surgery from which Traci is now recovering, she decided to give back to The New Path by volunteering in the office. She helps with data entry and other chores, and enjoyed helping gather door prizes for a fundraiser.

"I'm grateful to be here and I'm thankful this place is here," Traci said, "not just for me when I need it, but for other people. I'm glad I've had the opportunity to be there and work for them in the office and help me recover."



Hunger is not a choice
Giving is

\$1 = 7 meals

To donate, visit
Journal-News.com/foodrelief
or send to

Shared Harvest Foodbank
5901 Dixie Highway
Fairfield, OH 45014-4207

JOURNAL-NEWS

Shared Harvest
FOODBANK



I want to tell some stories about priceless volunteers from my years in the hunger relief field, using words as my brush and pallet to paint the faces of personal struggles against hunger and the volunteers who make a difference in their lives:

Justin & Jeremy

Every weekend, Justin and his brother Jeremy, who were probably 10 or 11 years old, came to the Ecumenical Food Distribution Project in Hamilton that was run by volunteers. I served as one of the many volunteers and helped assemble and distribute brown bag lunches on the weekends because at that time, all the food pantries and soup kitchens were closed.

The rules were simple: If you wanted a lunch you must come to the door and ask for it, and you could only have one. This particular Saturday, Justin came to the door and asked for a lunch for himself and his brother who was at home, sick. I pointed to the rules poster on

the door and told him, "Sorry, you can only have one lunch." He said ok and took his lunch, crossed the alley and sat down to eat, as he and his brother always did.

But this time, he very carefully ate half his sandwich, half his chips, half his cookies and drank half his drink. When he was through, he wrapped everything that was left and put it back in his sack. I asked him what he was doing, and he said, "Well my brother is sick but he's hungry too, and half a sandwich is better than none." Most times, volunteers get more than they give. For me, this lesson taught by that little boy who was willing to give up half of what he had so his brother could eat is a lesson I wouldn't soon forget. It is still fresh for me some 25 years later.

Patty

Patty lives in a trailer park in Fairfield, she is proud of her modest home and works hard to keep it. She has a housekeeping job at a nice hotel that pays just enough for her to pay rent and utilities and little else.

She has no car, so every day she walks two miles to the hotel, puts in her eight hours and walks two miles home.

Patty feels lucky she can eat at least two meals a day at the hotel because the Chef knows she has little money left to buy food for home. Patty goes to the Fairfield Food Pantry every month to get groceries, so she can get staples to help feed herself on her days off.

Every day, a man drove to work using the same route as Patty walked. Every day, he saw her walking to and from her job at the same time he was driving to and from his. One day it was pouring down rain, so he stopped to ask Patty if she wanted a ride. She accepted.

Then he volunteered to take her to and from work each day. Even when he's off, he picks her up for work and takes her home after. He won't accept gas money from her because he knows she can't afford it. A simple task for him, an incredible gift to her. Volunteers give much more than they receive.

Volunteering: Good for everybody

Continued from front page...

support. And the older the volunteer, the greater the benefit.

A University of Minnesota study added that there was little or no relationship between volunteering and positive health outcomes for fewer than 100 hours per year.

A more palpable and immediate benefit of

volunteering has been referred to as "helper's high"—that is, feeling good about oneself—in addition to other positive outcomes such as increased sense of purpose, trust in others, social activity, and political participation.

Those who volunteer have been shown to have greater functional ability and lower rates of depression later in life than those who do not volunteer. Again, older volunteers are the most likely to receive greater benefits from volunteering.

So for your own peace of mind and longevity, please contact Jerome at 513-874-0114 to volunteer with Shared Harvest.

"The Health Benefits of Volunteering," report from Corporation for National & Community Service, 2007.

"The Nonprofit Sector in Brief 2015: Public Charities, Giving, and Volunteering," report from the Urban Institute, 2015.

"The Effects of Volunteering on the Physical and Mental Health of Older People," Terry Y. Lum and Elizabeth Lightfoot, Research on Aging, 2005.



SpaghettiOs

Sometimes volunteers come in the smallest packages. One day I was working late at Shared Harvest and just as I was leaving the office. A car pulled into the parking lot and a small boy – about 5 years old – got out, walking up to the office with his mother close behind. I opened the door for him and he stepped inside holding out a can of SpaghettiOs.

He told me that in his Sunday School he learned that there were kids going hungry right here. So after class, he asked his mom to take him to “Kogers” so he could use some of the money he had saved to buy food for a child who would go without.

He chose SpaghettiOs because that was his favorite food. Volunteers motivate others to do good. The volunteer Sunday school teacher motivated this little boy to do good. This little 5-year-old motivated his mother to do good. Of all the millions of canned goods that have been donated to Shared Harvest over the years that can of SpaghettiOs is one of the most precious.

Margaret

A few years ago, a volunteer from a food pantry was doing her personal grocery shopping and happened upon Margaret, an elderly lady who had come to the pantry a few times over the past year in need of emergency food assistance.

Margaret didn’t like going to the pantry for help, however some months she had no choice, her social security check barely covers her housing and medical needs. But she survived the depression and learned to make do with very little.

Now the volunteer pantry worker saw her in the pet food aisle checking the prices on canned cat food. Striking up a conversation, the volunteer said she didn’t realize that Margaret had a pet cat. Margaret blushed, cast her eyes to the floor and said, “I don’t.” Then as quickly as she could, she left the store.

This volunteer pantry worker stood up in front of a room full of Senators and Congressman and told this story. This volunteer shared her heart rending experience with people who make the rules, set the budget and can make it easier for people like Margaret to eat people food rather than pet food.

She told the story that made a difference in Margaret’s life and all the Margaret’s who suffer in silence. This volunteer gave Margaret a voice.

— Tina Osso

RAISE YOUR VOICE!

I met Keith at a food pantry in Hamilton, Ohio. He struck me as a blue collar, fix anything type of guy. But while Keith looked like he could do just about anything, he told me that he could no longer carry more than 10 pounds. He had recently torn muscles in both of his arms and developed ganglion cysts in his wrists due to a work related accident.

Keith humbly asked me to assist him and I processed his **SNAP** application that day.

I have met many people like Keith during my travels as a **SNAP** outreach worker. One day you might feel like you have everything you want in life, and the next day you or a loved one might be stricken with disease or rendered unable to work.

The truth is, you never know what is going to happen in life and nothing is guaranteed. It is scary when you have to rely on government programs to protect the health and wellbeing of your family. We are fortunate enough to live in a country that has these programs in place to help the people who truly need it.

SNAP has proven to be the most effective program at preventing hunger in the United States. Anyone reading this story could find themselves needing assistance from this program one day.

At the end of his application, Keith told me that he never thought he would be asking for any type of government assistance; but his family was hungry and there was nothing else he could do. Keith truly needed assistance and I am glad he had the courage to ask for help.

— Robert Zohfeld
SNAP Outreach

HELP US WORK FOR NEIGHBORS IN NEED

You can help protect
federal nutrition programs like SNAP.

Visit www.sharedharvest.org
and click on the Raise Your Voice icon
to learn how you can become
an advocate in the fight against hunger,
or contact:

Sarah Ormbrek
800-352-3663
sarah@sharedharvest.org

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HOUSEWIVES**

IN HONOR OF...

Robert Caldwell
in honor of Tina Osso

Anthony Cole
in honor of Maddie & Max Cole, and Jack McAdams

Nat Cole
in honor of Tina Osso's Birthday

Faye Curran
in honor of God

Janet Eckerfield
in honor of Kim & Bonnie Nuxhall's Anniversary

Virginia Elam
in honor of "My Love" Joseph Elam from "Jenny"

Virginia Elam
in honor of WWII Veterans & the Needy

Richard & Mary Griss
in honor of Jeff Griss' birthday

Arnold & Virginia Hacker
in honor Riley Oshel
at the start of the new school year

Becky Holzberger
in honor of Richard Holzberger

Leonard Knollman
in honor of Mary Knollman

Darlene Onyett
in honor of our Grandchildren, Chris, Claire, Kaitlin, Greg, Sam & Olivia

Chuck Osso
in honor of Tina Osso's 64th birthday

Lisa Ellram & Jeff Siferd
in honor of Ray Siferd on his birthday

Phil Stubblefield
in honor of Adrian Jones

Carl & Pamela Taylor
in honor of Linda Haddix

Donald & Florence Vail
in honor of Mary Vail's Birthday

Jenny Sue Willis
in honor of Kenneth E. Wills

IN MEMORY OF...

Ronald Acton
in memory of Bryce & Essie Acton

Ernest Barnes
in memory of grandmother Rose Chafin

Dennis & Lynne Briggs
in memory of Ken Schoettmer for his birthday

Raymond Brown
in memory of Debbie

Sharon Campbell
in memory of William, Lillian & David Rucker

Mark Cox
in memory of Floyd Barnett, Curtis Michael Fike & Ronald Bryce Acton

Matthew Crehan
in memory of Shella Crehan

Timothy & Mary Beth Dillon
in memory of Ed Buehler

Phyllis DiStaola
in memory of Mike Disota

Sandra Donisi
in memory of Jodie Reese

MJ & Duffy
in memory of Mabel Murtlow

Betty Emenaker
in memory of Nathan & Maxine Miller

Gloria Gardner
in memory of Frank & Florence Meder

Dennis & Mary Garland
in memory of Joey Gibson

Louis & Cheryl Geiger
in memory of Theresa M. & Thomas Geiger

Christi Harrison
in memory of Jane Fox

Dale & Sherri Hinrichs
in memory of Joan O. Hinrichs

Michael & Faye Kelley
in memory of Colleen Kelley

Donna Leipzig
in memory of Don E. Fischer

Edward Loving
in memory of loved ones

Isao & Barbara Noda
in memory of Mildred Ippolito and Toki Noda

Suzanne Paulus
in memory of James E. Paulus

Joseph & Brenda Polley
in memory of Phyllis Ann Wilhight

Dean & Sara Porter
in memory of Grandma Sehn

Suzan Proski
in memory of Doris Keenan

William Pyles
in memory of Patricia B Pyles

Anthony & Joyce Richards
in memory of Margaret Richards

Sandy Rogers
in memory of Tony & Rina Rogers

Jonathan Rosensweig
in memory of Steven Frechtling

Margaret Sacco
in memory of Vincent Sacco

Joe Setaro
in memory of Iris

Charles Shelton
in memory of Betty Shelton

Mary Jane Gorman & Eleanor Stevens
in memory of Mabel Murtlow

Wanda Watson
in memory of Joyce Fudge

Daniel Weber
in memory of Betty Weber

Daniel Wurst
in memory of Patricia J. Wurst

FOOD DONORS

A M Conservation Group

A.L. Smith Transport

ABC Trucking

Advance/Pierre Foods

Aero Fulfillment Services

Anonymous

Bar S Foods

Beaver Street Fisheries

Bulldog Freightway

Chickpea Chicks Hummus

Dale Fibrun Farms

DHL/J.M. Smucker Company

Frito-Lay Company

Good Foods Made Simple

HarvestShare

Heinz/Portion Pac Inc

Kellogg's Company

KLLM Transport

Kraft

Kum & Go

Meijer Distribution Center

Nabisco Biscuit (Mondelez)

Nestle USA Inc.

Nestle Waters

Nihm Trucking

Ohio Association of Foodbanks

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Sanderson Farms

Schwanns Food Service

Smithfield Packaging

Starbucks

Supply Chain

Swift Transport

Tropicana of Cincinnati

Tyson Foods

United States Dept. of Agriculture

Vendors Supply of Ohio

Victory Wholesale Grocers

White Castle

RETAIL RESCUE

Aldi's

Kroger Company

Marsh's Supermarkets

Meijer Stores

Target

Walmart

FOOD DRIVES

Aftermarket Group Thyssenkrupp

AK Steel

Arc Document Solutions

Austin Fartes Scouts

Badin High School

Butler County Educational Center

Butler Tech

Camp Campbell Guard

Camp World

Cheesecake Factory

Childrens Learning Adventure

City of Hamilton

Clark Shaefer & Hackett

Clarke Power Services

Community Health

Contech

Crossview Christian Church

CSL Plasma

Delta Kappa Gamma Chi

DNA Diagnostics

Dollar General

Elements

ES3

Essendant

Fairfield Senior High School

FedEx

Fifth/Third Bank

First Financial Bank

G.E. Aviation

GE Hispanic

Graham Packaging

Kettering Health Network

Kroger - Food for Friends

Kroger - Food from the Heart

Kroger Marketing Associates

Kroger Operations

Lane Library - Food for Fines

Life Span

Logicalis

Macy's Bag Hunger

Manheim

Meister Dental

MK Dental Excellence

NALC Stamp Out Hunger Food Drive

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OPW

Perform Your Core

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ResCare Ohio

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SafeCo

Skylove

Springdale DeLux Cinema

Swim Outlet

TaeKwon Do - Nation

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Total Quality Logistics

Ultimus Solutions

Wayback Burgers

WWW Management

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Christine Crear

Ryan Ehlinger

Simon Fluckiger

Irene Harroll

Julie Lamar

Rosemary Miller

Maria Ohl

Brad Ruter

Matthew Scagnelli

Charles Schwartz

Jennifer Sharres



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Tina Osso	Executive Director
Terry Perdue	Chief Fiscal Officer
Darrell Sandlin	Chief Operating Officer
Mike Stamper	Retail Pickup
Taylor Wellman	Driver/Warehouse Associate
Mike Williams	Driver
Robert Zohfeld	SNAP Outreach Supervisor

Volunteer Projects @ Shared Harvest Foodbank

BackPack Program: Great walking exercise as you assemble various items in a grocery bag and/or box packed bags in preparation for weekly distribution to children. Your effort will help reduce negative behaviors, poor attendance and academic problems in the classroom.

Retail Rescue Program: Performing quality checks on donated food and package variety boxes, helping us rescue perishable foods from retail grocers for distribution to our partner agencies.

Commodity Supplemental Food Program: Standing in an assembly line while packing food items in a box in preparation for monthly distribution to persons who are over 60 years old. Your effort will help our elderly to live independently and with dignity.

Food Drive Support: Performing quality checks on donated food and boxing for distribution.

Bulk Mailings: Fairly easy sit-down work, assembling newsletter and donor solicitation mailing in an office environment.

Visit sharedharvest.org, click on 'volunteer' to complete the volunteer application or contact Jerome Nelson at jerome@sharedharvest.org or give him a call at 513-874-0114.