feed the soul
Produce with Purpose
NEWSLETTER

November

Fueling Students Futures

OUR PROGRAMS

THE ORIGINAL POWER OF PRODUCE SINCE 2018 · LEVEL THE FIELD · HEALTHY HOLIDAYS · MOBILE MARKET · cultivating calm · TO THE RESCUE

OUR MISSION

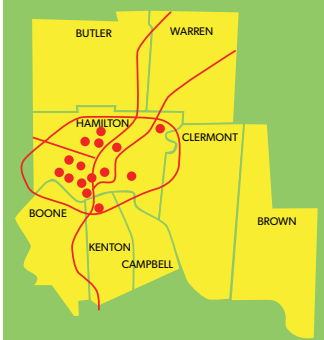
To ensure area children have the vital nutrients they need to improve health, academic and life outcomes.

THE IMPACT

So far this year **Feed the Soul** has provided **1.53 million** servings of fresh fruits and vegetables — the equivalent of nearly half a million nutritious meals!

1.53M

42 Distribution sites -



Schools and Community Centers in Greater Cincinnati and Northern Ky

OHIO
45225
45229
45237
45219
45204
45205
45208
45239
45224
45238
45203
45214
45211
45232

N KY
41018

Success Story

Level the Field: Fueling Healthier Futures at Western Hills High School

Just over a year ago, Feed the Soul delivered an Eat Great 2B Great refrigerator to Western Hills High School to support more than 300 chronically food-insecure students, many of whom are unhoused.

For three years prior, FTS had provided fresh produce through our Healthy Holidays program, ensuring students had nutritious food over long weekends and school breaks. As food insecurity continued to rise, so did the need. We expanded our partnership through Level the Field, with one simple goal: give students DAILY access to the fresh, nutritious foods they need to learn, grow, and reach their full potential.

- Access: High-quality, fresh fruits and vegetables that are ready to eat and kid-friendly.
- Education: Nutrition lessons that build knowledge and encourage healthy choices.
- Choice: Giving students a voice in the foods they eat.
- Community Support: Sponsors and donors who make consistent access possible.
- People: Passionate school and community partners who serve as FTS Ambassadors, engaging students and making healthy food an exciting part of the school day.



EAT GREAT 2B GREAT!

Meet Dana Delaney: Western Hills' Very Own "Fruit Lady"!

Dana Delaney is the ESL Coordinator at Western Hills and one of our dedicated Feed the Soul Ambassadors. Several times a week, Dana organizes students to meet our delivery truck, help unload fresh produce, stock the refrigerator, and make sure their classmates have what they need.

We recently caught up with Dana for a one-year update. Here's what she had to say:

> *"It's heartbreaking to watch students struggle to focus in the classroom, especially knowing that many have little to eat between the time they leave school and when they return the next day. It's nearly impossible for a student to give their best when they simply don't have the energy. Before the refrigerator arrived, we often had students who couldn't stay awake during tests. But over the past year,* **with daily access to fresh fruits and vegetables, we've seen an incredible transformation!**
>
> *Students can't wait to see what's in the fridge, and word spreads like wildfire! Their eyes light up when they spot grapes, berries, mandarin oranges, cucumbers, and sweet bell peppers. You can actually see their moods shift. Within minutes, they're more energized, happier, and eager to connect.*
>
> *Knowing that many students have little access to food beyond chips and convenience-store snacks once they leave school, the refrigerator has been such a relief. Being able to take home fresh fruits, vegetables, sandwiches, and more means* **they can return the next morning nourished and ready to learn.**"

The program has become so popular that students have given Dana a special nickname: "The Fruit Lady!" We have a feeling that's one title she doesn't mind having!



That's Level the Field in action: fresh food, nutrition education, meaningful relationships, and a school community where every student has a better opportunity to succeed. Because hunger has no place in the classroom!

DID YOU KNOW?

In our region there are more food insecure students than the combined capacity of Paycor Stadium, Great American Ballpark, TQL Stadium and the Cintas Center.

Many of these students face hunger not just occasionally, but day after day. That's why Feed the Soul works to bring fresh food, nutrition education, and hands-on experiences directly to the students who need them most.

Join the Mission

Volunteer with us - student service hours available throughout the winter!

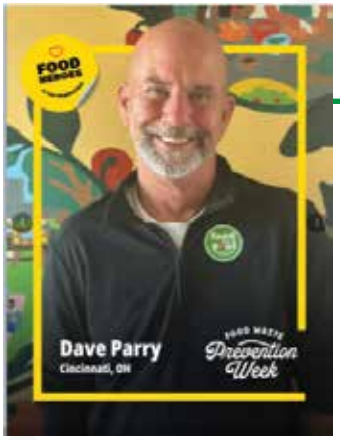
Give the gift of potential:

$50 sponsor a child for the semester

$250 fill a school fridge for a week

DONATE TODAY!

www.feedthesoul.org



FTS Produce & Logistics Director Dave Parry Named a Hamilton County Food Hero!

During Food Waste Prevention Week, the Hamilton County Resource Team recognized Feed the Soul's own Dave Parry as a Local Food Hero!

With more than 25 years of fresh food and grocery retail experience, an unmatched work ethic, and a genuine passion for helping others, Dave is the driving force behind Feed the Soul's rapidly expanding produce distribution and food rescue operations.

From coordinating produce procurement to managing logistics and delivering fresh, high-quality fruits and vegetables to students across three counties, Dave brings dedication and heart to everything he does.

And he's leaving a trail of smiles along the way! Every delivery means more fresh food, healthier students, and stronger communities.

Congratulations, Dave! This Food Hero recognition is well deserved, and we're grateful to have you on the FTS team!

POWER PLAY

Program Updates: Power Play at Xavier Jesuit Academy!

We had a fantastic time returning to Xavier Jesuit Academy with Power Play, one of four lessons in our Power of Produce program!

Power Play reinforces healthy habits and the super powers of fruits and vegetables. Students discover how four simple daily choices can add up to better health, improved focus, and the ability to reach their full potential. The lesson brought learning to life with an interactive game, fresh produce taste tests, and, of course, our favorite finale—a school farmers market where students got to choose fresh fruits and vegetables to take home!



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MOBILE MARKET

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Custom Design Benefits

FTS is thrilled to join the **Warming Cincinnati event** November 19, 10am-1pm, Cincinnati Library 800 Vine Street A donation by Custom Design Benefits will ensure 100 families will take home a weeks worth of fresh produce, just in time for the holiday season.



Interested in sponsoring a market. Tiered sponsorship packages available.

Partner

Bring Feed the Soul to your school, or power our programs through corporate and community partnerships.

Volunteer

Prepare samples, set up the market, accompany students as they shop, and have fun.

Give Today

A $15 dollar donation provides TWO weeks of produce for a family