



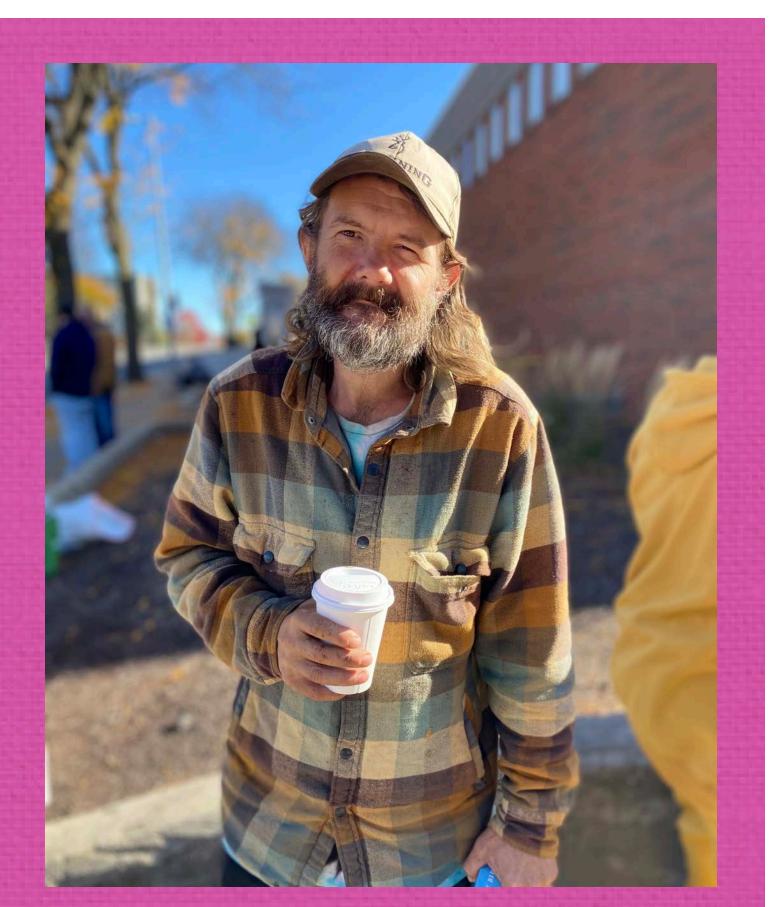








2024 ANNUAL REPORT



"I love coming down here on Saturdays. These people are like my family. They care about me and I care about them. Getting a lunch and hot coffee is just a bonus!" – Saturday Morning Patron.



Creating a community where the hunger for food, respect, and belonging is met for all people.

The legacy and mission of Food for Thought is driven by the desire to feed our neighbors and create a sense of community and belonging. This has been possible because of our amazing partners like you! We are so thankful for your generosity over the years. You've helped us make and deliver PB&J lunches every week; joined us at the various mobile food pantries we operate each month; and supported our fundraising events so that we can continue in the fight against hunger. YOU are part of the Food for Thought family, and we are so honored to be on this journey with you.



"Even if you just change one life, you've changed the world forever." – Mike Satterfield

Our Work

Food for Thought is dedicated to creating a community where the hunger for food, respect, and belonging is met for all people. We fulfil our mission and demonstrate our impact in the community through the following programs:

PB&J LUNCH DISTRIBUTION

Every week, volunteers gather to make and pack 250 PB&J lunches that are distributed every Saturday morning throughout downtown Toledo. Whether it's a lunch or cup of coffee someone is receiving, everyone is met with kindness and shown dignity and respect. Through blizzards, rainstorms, and heat waves, the people we serve on Saturday mornings know they can count on us to be there.

In 2024 we...

- distributed more than **13,000** PB&J lunches.
- served more than 6,500 cups of coffee!
- formed hundreds of genuine connections & friendships!







Our Work

MOBILE FOOD PANTRIES

Our mobile food pantry program provides supplemental nutrition assistance to **more than 750 families every month!** Partnering with schools, local churches and community centers, our mobile pantry visits **10 different locations** where patrons can select from a variety of shelf-stable foods, fresh fruits and vegetables, dairy products, and frozen meat at no cost to them. We serve with dignity and respect by offering a 'choice pantry' where patrons can select the food items they want and will use. We believe EVERYONE has the right to eat, especially nutritious, fresh food. No one is ever turned away!

In 2024 we served...

- 10,831 households
- ✤ 6,939 seniors (age 60+)
- ✤ 4,844 children (under age 18)
- 11,331 adults (age 18 59)



Total number of people served **23,114** (from 85 different zip codes)





Letter from Executive Director

It's my honor and privilege to have served as the Executive Director of Food for Thought since 2019. Since then, we've weathered a pandemic, seen significant growth, fought through near recession challenges, and everything in between. But despite all that has been thrown our way, this small nonprofit has become stronger and more focused than ever. From our humble beginnings, with a small group of people passing out PB&J lunches to now serving more than 20,000 people in the Greater Toledo area is something to be proud of. Food for Thought has become an impactful and influential organization in the food insecure space. I take pride in the fact that throughout our periods of growth and refining, we've stayed true to our roots; serving others with dignity and respect and creating entry points for people to be both served as well as join us in serving.

Since its inception in 2007, Food for Thought has celebrated many accomplishments such as, new events, stronger partnerships, a sustainable mobile pantry network, and expanded services. None of which would be possible without our amazing supporters, volunteers, donors, staff, and Board of Directors.

In 2024, we provided groceries to more than 10,800 households (which equaled more than 20,000 people in total receiving food); served nearly 7,000 seniors aged 60+; and distributed more than 13,000 PB&J lunches to those experiencing homelessness.

As we move into this next year, we will continue feeding the hungry in a thoughtful way. This encompasses considering the real needs of those we are serving, caring about their health and well-being, addressing isolation, showing hospitality, and demonstrating that every person has dignity and worth regardless of their situation. Thank you for being a part of the Food for Thought family! Your support, gifts, encouragement, and dedication keep us going. I look forward to continuing our work together as we nourish our community.

With Gratitude Sonya Sel

Dedicated Volunteers

Our volunteers are the heart and soul of Food for Thought. We could not run our programs as efficiently or effectively without the time, energy, and love that our committed volunteers dedicate every day. The 600+ volunteers that give their time to our mission have made it possible to feed Toledo for almost 18 years now! We are eternally grateful for all you do year in and year out. THANK YOU!







2024 Board of Directors

Karen Chrzanowski, Chair Scot Henshaw, Vice Chair Chris Rowe, Treasurer David Schwartz, Secretary Michelle Blue Teresa Hagedorn Katie Heffernan Mattimoe Wendy Miller Angie Mulligan Matt Musteric Keith Mathis Smith Alyse Stolting

Our Valued Supporters

Our accomplishments in 2024 would not be possible without the generous support of our community! The monetary and in-kind gifts that our donors have generously contributed have made it possible for Food for Thought to provide equitable access to nutritious, fresh food for everyone we serve. We have a bold aspiration to fill our food pantries with even more fresh, nutritious foods so we aren't just providing food, but rather the kind of food that allows one to be healthy and thrive.

Food Pantry Partners

- Celebrate Grace
- Lott Industries
- SSFAC

- Crossroads on 23
- Faith United
- Indiana Ave. Baptist
- Northwood Church of God
- Second Baptist
- St. Paul's Episcopal
- (Social Services for the Arab Community)
- Trinity Episcopal



"Alone we can do so little; together we can do so much." – Helen Keller

Corporate Partners

- Air Control Products
- The Andersons
- Baumann Ford Oregon
- Buckeye Broadband
- EverDry Waterproofing
- Fausz Family Foundation
- First Energy Corp.

- John Henry Eldred Jr.
 Foundation
- IGS (Interstate Gas Supply)
- Lott Industries
- Mark Feldstein & Assoc.
- Mail Works II
- MI Foundation

- McNaughton-McKay
 Electric Company
- Owens Corning
- Plante Moran
- Service Spring Corp.
- Starbucks Foundation
- Toledo Roadrunners

Rooted in Our Community

Creating Entry Points



600+ Volunteers



1,500 Hours Served

Partnerships with community groups. For example, providing lunches for TSN (Toledo Streets Newspaper) staff meetings and the Toledo Lucas County Homelessness Board's annual Point-in-Time count.



52 Saturday Morning Lunch Distributions



25 Recipes Created for our Patrons



Pantry guests select their own food

items vs. picking up prepackaged boxes.

Alleviating Hunger



10,831 Families Served







6,000 lbs. of Locally Sourced Produced Given



Thoughts on Hunger

One person experiencing hunger is one too many. Did you know that 1 in 4 families in our community struggles with hunger each year? While struggling to afford basic living expenses, particularly over the last several years, many households have to choose between putting food on the table and covering the cost of rent, utilities, school supplies, and transportation. Childhood hunger is also a major issue in Toledo. 80% of children in Toledo Public Schools are eligible for free school meals. And in Ohio, nearly 25% of older adults struggle with food insecurity.

With your partnership we have been able to help people like Bonnie.



"I love that Food for Thought pantries have produce! I can get potatoes and oranges and lots of other great things. It helps me get through the month." - Food Pantry Patron

"Food for Thought is important because sometimes you hit a bad month with unexpected bills and it's nice to know there is help out there. I appreciate knowing I can get the food I need. It means everything to me to make sure my kids are taken care of." – Bonnie





Your Dollars at Work

Your donations help us feed more than 20,000 people a year! Monetary gifts combined with in-kind food donations help us offer shelf-stable foods, fresh produce, and dairy items for local families in need. Never underestimate what a dollar can do for those in need! Here are just a few examples of what your tax-deductible donation can provide:

- \$25 provides 20 PB&J lunches to the homeless.
- \$50 provides groceries for 10 Lucas County families.
- \$100 provides fresh produce for up to 75 families via our mobile food pantries.

Every dollar makes a difference!



"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King



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