“When you’re lost in life, this place is a blessing and it heals you.”

-JAMES

James was injured in a work-related accident and soon became addicted to the pain medication he was prescribed. His addiction progressed over the course of a year, until he realized he had $60 to his name and found himself homeless.

He discovered Refuge of Hope, an emergency shelter for men. “It was extremely embarrassing and humbling to swallow your pride and ask for help. When you’re lost in life, this place is a blessing and it heals you.”

Offering three meals a day is an important component of the shelter’s services. It allows the residents to focus on getting better, rather than worrying where their next nourishing meal is coming from.

After 11 months at the shelter, James not only became clean, but found housing, a therapy dog and counseling for his post-traumatic stress disorder and anxiety.

It’s been five years since James lived at the shelter. He now inspires other residents by volunteering in the kitchen.

“These men have an issue they’re working through and need food, shelter or encouragement. It feels good to do something positive for them.”

READ MORE STORIES OF HOPE ONLINE.
akroncantonfoodbank.org/stories
Thank you, volunteers, for helping feed people and fight hunger.

We’re appreciative of our volunteers all year long, but National Volunteer Month allows us to shower volunteers with love and gratitude for their tireless commitment to our neighbors struggling with hunger.

John has always gravitated to organizations fighting hunger. He was greatly inspired by his mother who volunteered regularly at their local food bank. He sees hunger as a universal issue and recognizes the great need in our community.

“I wish people knew how great a need there is. You think about the low unemployment rate and then contrast that with just a small glimmer of what we see. There’s a need out there that food banks and agencies fill every day.”

John has already earned his Very Important Volunteer (VIV) status for the year. To earn this recognition, a VIV must visit the Foodbank at least five times in a calendar year.

In addition to his weekly visit, John and his wife, Karen, volunteer at the Foodbank’s monthly Neighborhood Distributions. Last year, Karen brought a group of friends to volunteer at one of the distributions for her birthday!

John loves the welcoming environment of the volunteer center and the friendships that have formed in his weekly volunteer group.

He describes a feeling of accomplishment and joy that follows every morning spent sorting and inspecting donated food.

“You just feel good afterward. There’s all kinds of crazy things going on with the world and everybody’s got issues in their lives, but when you volunteer even in a small way, you just feel that much better for it.”

We are very lucky to have such caring volunteers like John. To all Foodbank volunteers, thank you for being such integral members of our Foodbank family! We appreciate all you do!

**YOUR IMPACT IN 2019**

- **60,000** hours of service
- **10,000+** volunteers
- **1.3 million** meals processed

**ORGANIZATION’S VALUES RENEWED**

Foodbank staff members in collaboration with input from board members, recently went through an in-depth process to identify six new organizational values, and we are excited to share them with you.

**COMPASSION**
Acting with kindness, grace and a willingness to help

**COLLABORATION**
Working together to leverage the wisdom of collective thinking

**SERVICE**
Striving to exceed expectations

**INTEGRITY**
Pursuing ethical, credible and honorable conduct

**INCLUSION**
Creating an environment where all people feel safe, welcomed, respected and valued

**INNOVATION**
Embracing creativity, risk and an openness to being different
YOUR AKRON-CANTON REGIONAL FOODBANK IS EXCITED TO LAUNCH GROWING FOR GOOD: THE CAMPAIGN TO REACH FURTHER AND FEED MORE. Growing for Good is an $11.5 million capital campaign that will help us achieve our vision of a hunger-free future. This campaign will help us construct an additional distribution center in Canton, giving us greater capacity to source and distribute more meals to our community. It will also fund a mission critical expansion of the Akron facility.

You can help us FEED MORE

To feed more, the Foodbank must grow its network. The Foodbank has always been a regional network, but there are still areas of high need that have minimal hunger-relief programs. With a secondary location to create greater regional access, the Foodbank’s network can open new hunger-relief programs to reach communities where individuals may still be missing meals.

You can help provide these missing meals!

89 PERCENT of the Meal Gap has been met.

Invest in our vision to provide enough meals for the community.

Join Growing for Good: The Campaign to Reach Further & Feed More

Visit Growing4Good.org today or call 330.777.7571.
MARK YOUR CALENDAR

**CORE EVENTS INCLUDE**

**VARIOUS VOLUNTEER PROJECTS & OPPORTUNITIES FOR YOUNG PROFESSIONALS**

- Thursday, May 14, 2020
- Tuesday, June 16, 2020
- Thursday, July 16, 2020
- Tuesday, August 11, 2020

**STAMP OUT HUNGER ANNUAL LETTER CARRIERS’ FOOD DRIVE**

Saturday, May 9, 2020

**TASTE OF THE PRO FOOTBALL HALL OF FAME**

Tuesday, September 29, 2020

**SELFLESS ELF 5K RUN/WALK**

Saturday, December 19, 2020

**FOR EVENT DETAILS, VISIT**
akroncantonfoodbank.org/events

---

YOUR SUPPORT OF HARVEST FOR HUNGER MAKES ALL THE DIFFERENCE

Harvest for Hunger is the Foodbank’s largest fundraising campaign and helps support food distribution all year long. Your generosity will help us reach our goal of providing 5.3 million meals for the local community. No matter how you choose to support Harvest for Hunger, please remember that 100 percent of every dollar raised in the Campaign goes directly to providing free food for people in need. For more information and to get involved, visit akroncantonfoodbank.org/hfh.

**HOST A FOOD & FUNDS DRIVE**

Collect food and financial donations.

**HOST A VIRTUAL FOOD DRIVE**

Create a personalized online fundraiser and share with your social networks.

**WEEK OF GIVING**

Fun and tangible ways to support the Campaign, including virtual tours, volunteerism and community events.

**MAKE A DONATION**

Make an individual or corporate gift and offer employees the opportunity to give through payroll deduction. $1 = 4 meals

---

**BOARD OF DIRECTORS**

- **William Shivers** CHAIR
- Terry Link VICE CHAIR
- Amanda Montgomery SECRETARY
- Greg Long TREASURER
- Bill Artman
- Lisa Backlin
- Rob Bowers
- Alison Breaux
- Jerod Cherry
- Rich Clark
- Maureen DeSanzo
- Randy Frame
- Kristin Hannon
- Annie McCauley
- Jill Penrose
- Laura Query
- Tari Lash-Ritter
- Bernett L. Williams
- Dan Flowers PRESIDENT & CEO

---

The Akron-Canton Regional Foodbank is a 501(c)(3) nonprofit organization recognized by the IRS. If you know anyone who might be interested in receiving this newsletter, or if you would like to be removed from our mailing list, please contact the Marketing Department at info@acrfb.org or 330.535.6900.