



November 2022

Dear friends,

Friendship Donations Network is a food rescue organization based in Ithaca, NY that has been operating since 1988. **As a community, we can be proud that we have been rescuing and redistributing food every single day for almost 35 years.** We are writing to ask that you consider making a contribution to help us continue operating in our community.

FDN recovers surplus food from dozens of food donors (including stores, farms, colleges, other food-related businesses, and individuals) averaging 1,500 pounds of fresh food a day. We provide free food to 50 food distribution partners who share it with more than 2,000 people each week through meal programs, food pantries, community organizations, and grassroots distribution.

This organization is able to exist because of dedicated volunteers, partners, and our generous community of supporters, which includes YOU!

The impact of FDN's role in the community is to show people how to share the abundance of fresh food that surrounds us – simply and equitably, with as few barriers and as little bureaucracy as possible. We operate rooted in trust and we recognize that relationships are at the center of everything we do.

Here are some highlights of the win-win-wins that have happened this year in the FDN community. Enjoy!

- With appreciation from Meaghan and the FDN board



Friendship Donations Network partnered with the Youth Farm Project's Social Justice Immersion program and Ithaca Murals to create a beautiful mural on the outside of the FDN facility at the Just Be Cause Center.

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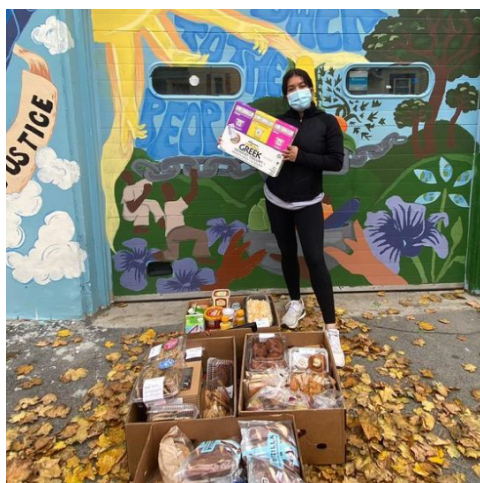
"FDN is a resource "we never thought we needed". When people come to OAR they are often in crisis and have a lot going on. On top of that they are hungry. Being able to offer food and even sit down and share a meal with someone allows the person to focus on resolving their problems.

One day a woman came in deeply distraught about a court issue. She was also very hungry and couldn't focus. After enjoying a "ready to go meal" and a dessert, she said laughingly, 'I came in hungry and confused. Now I'm stuffed and I have one less thing to think about.'

Being able to offer food from FDN allows folks to feel they are able to treat themselves to something that may be too expensive for their limited resources. Being able to have a piece of cake, a fresh mango, or an avocado gives people a sense of worth; that they are entitled to nice things."

- Ricardo Escobedo, OAR (Opportunities, Alternatives, and Resources) - a non-profit whose mission is to advocate for and assist the incarcerated, formerly-incarcerated, and court-involved communities in Tompkins County.

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"Having FDN right across the street has been such an amazing gift to our served population. REACH (Respectful, Equitable, Access to Compassionate Healthcare) Medical's outreach team and clinical staff provide medical care to people in-office and on foot out in the community. Oftentimes these people are deeply food insecure, having FDN as a partner has allowed us to provide medical care along with a meal. We're so grateful to be your neighbor in Ithaca!"

- Lucy Paredes, REACH Medical (Respectful, Equitable, Access to Compassionate Healthcare)

Thank you for your continued support.

Thanks to your support, FDN is able to stay agile and bureaucracy-free because we don't have to rely on grants and funding agencies, which come with constraints of reporting and rules.

Please consider making a donation today to help us continue our mission of rescuing food and reducing hunger as we enter our 35th year!

Donate online at friendshipdonations.org/donate or by check using the enclosed envelope.



"PROS staff stop at the FDN facility a few times a week and select whatever we believe PROS can utilize. Because of the generous donations, those in the class-driven program receive hot lunches 3 days per week. On any one of those days participants might arrive to the smell of curry and cinnamon as soup has been created from leftover mashed sweet potatoes, tofu, and fresh kale.

While participants work to recover they have one less thing to think about when coming in for the day: Lunch. Some help prepare lunch and in that way gain life skills, coping skills, or just because they want to "give back". Conversation happens over the cooking and the eating. In this way, sometimes healing takes place in the nooks and crannies of those conversations. Bonds are made and comradeships formed. Many have gained new appreciations for foods they have never tried or had access to.

When participants leave they are encouraged to take home any leftovers and what they need to sustain themselves. FDN supplies over 95% of the food served at PROS. So THANK YOU, THANK YOU, THANK YOU to everyone who in any way is involved with FDN. These amazing lunches would not take place without all of you."

- Tammy Hulbert, Tompkins County Mental Health PROS (Personalized Recovery Oriented Services)



Farmer Ground Flour donated over 100 cases of local, organic cornmeal and polenta in September.

"The corn meal accidentally got mixed with a small amount of wheat. We were looking at ripping open hundreds of two-pound bags and throwing them in a compost pile. That felt wasteful and a waste of time! So it was great to be able to easily and quickly get the food to someone who could use it and appreciate it. I'm glad we could make lemonade out of a lemon!"

- Greg Russo, and the Farmer Ground Flour Crew

