



2025 IMPACT REPORT





2025 Annual Impact Report A Letter to Our Community

When Kids Eat Great, They Can Be Great.

This is our belief at Feed the Soul and not a tagline.
It is our purpose and the driving force behind everything we do.

In 2025, Feed the Soul aggressively continued our mission to combat childhood nutritional deficiencies for area students through targeted access, education, and awareness programs. The Feed the Soul impact went beyond just distributing fresh fruits and vegetables. We helped students focus in class, elevate their performance on the field, build confidence in their choices, and imagine a healthier future for themselves and their families.

Great Food is fuel. Great Food is health. Great Food is power.

Across classrooms, in school hallways, at mobile markets, and with community partnerships, Feed the Soul consistently and reliably showed up because one-time interventions don't lead to lasting outcomes. Consistent access does. Thoughtful Education does. Reinforced awareness does.

This report shares the story of what happens when kids are given the nourishment and knowledge they deserve — and when a community commits to helping them Eat Great to Be Great.

With gratitude,
— **Feed the Soul**





Overview of Programs

Our Mission

Feed the Soul exists to improve the health, academic, and life outcomes of students facing nutritional deficiencies, because students can't reach their full potential on ultra-processed, low-nutrient food.

Our Purpose

To ensure every student has the opportunity to Eat Great to Be Great.

We fight childhood nutritional deficiencies by providing fresh fruits and vegetables paired with hands-on nutrition education; empowering students to thrive in school and in life. Feed the Soul operates at the intersection of access, education, and awareness. Our programs are designed to meet students where they are, developmentally, academically, and nutritionally, while building lifelong healthy habits that extend far beyond the classroom.

In 2025, Feed the Soul delivered over
1 MILLION servings

of fresh fruits and vegetables to students and their families.

**Direct to students servings
combined with educational programs
distributed in 2025**

657,338
STUDENT SERVINGS





Core Programs



EG2BG Core Curriculum (1st – 12th Grade)

We developed **16**, Instructor-led, interactive classroom modules that connect food to brain power, mood, long-term health, and real-life decision making. Students receive "Health Homework" Kits – curated bundles of foundational fuel and meal components that ensure nutritional stability away from the classroom.

The curriculum is fully aligned with National and State Health Education Standards, covering essential health concepts, decision-making, and self-management.

We don't just teach students what to eat; we teach them how specific nutrients and daily habits act as tools for success.



Power of Produce® (Pre-K – 8th Grade)

Healthy habits start young. Power of Produce brings nutrition education to life through interactive lessons, taste tests, and an in-school farm market experience. Students take home bags filled with fresh fruits and vegetables while learning how food helps them grow stronger, smarter, and healthier.



Healthy Holidays® (Pre-K – 12th Grade)

For many students, school meals are their most reliable source of nutrition. When schools close, hunger shouldn't follow them home. Healthy Holidays ensure students leave for breaks with fresh fruit and healthy breakfast items, protecting nutrition, dignity, and well-being when it matters most.





Core Programs



Level the Playing Field® (7th – 12th Grade)

Middle and high school students need the right fuel to perform: academically, athletically, and mentally. This program combines outcome-based nutrition education with daily access to fresh produce, replacing ultra-processed snacks with real fuel for focus, strength, and confidence.



Community-Based Mobile Produce Markets®

Pay-What-You-Can markets that bring high-quality, culturally relevant fresh fruits and vegetables directly to students and their families where access might not already exist. Markets are held April - November, ensuring access to vital nutrients when schools are closed.



Cultivating Calm®

An experiential learning program using hydroponics and school gardens to connect students to food science, agriculture, local food systems, and therapeutic learning, nurturing both mind and body.



To The Rescue®

To The Rescue turns surplus into opportunity. This program rescues high-quality fruits and vegetables that would otherwise be wasted and redirects them to schools and community sites, ensuring students and families have access to fresh, nourishing food. Paired with practical lessons on produce storage and freshness, To The Rescue reduces waste while fueling health, learning, and sustainability.



TOTAL SERVINGS DISTRIBUTED 1,004,711

WOW!

Community Outreach

Beyond schools, Feed the Soul supports families and communities through accessible, dignified food distribution.

Mobile Markets

- Number of mobile market events: **38**
- High quality produce servings distributed **347,373**

To The Rescue (Food Rescue & Redistribution)

- Distribution sites: **36**
- High-quality servings redistributed: **108,502**

Through rescue and redistribution, we reduce food waste while expanding access to fresh, nutritious produce for families facing food insecurity.



DIRECT TO STUDENTS

	Healthy Holidays	POP	LTF	THR	Cultivating Calm	TOTAL
Q1	68212	0	35814	2462		106488
Q2	59868	42398	50814	4480		157560
Q3	12695	19654	48914	9405	2126	92794
Q4	142385	9860	50972	88815	8464	300496
	283160	71912	186514	105162	10590	657338



COMMUNITY MARKETS

Mobile markets	
Q1	18321
Q2	94264
Q3	126214
Q4	108574
	347373



Community Partners, Advocates & Donors

Feed the Soul is grateful for a growing network of schools, nonprofits, civic organizations, faith partners, funders, and individual donors who make this work possible.



SCHOOL	Total Kids	Afterschool Programs	Total Kids	Mobile Markets	Outings
Aiken HS	200	BBBS	42	Avondale	4
Aiken MS	360	Bloc Farm 2 Table	85	Clifton	2
Cincinnati Urban Promise	140	Bloc Hub	15	Downtown	3
College Hill Academy	412	Bloc OLA	65	E Price Hill	18
Corryville Catholic	245	Bloc Sports	16	Erlanger KY	4
Covedale	560	Bloc Teaching kitchen	22	Walnut Hills	1
DePaul Cristo Rey	306	CPS track meet	285	West End	6
Hays Porter	285	CPS track meet	220	TOTAL	38
Holy family	365	CRC avondale	120	Food Pantrys- To The Rescue	
IDEA PH	695	CRC - Corryville	104	Avondale Grocery Store	
IDEA ValleyView	595	CRC - Millvale	85	Bloc Ministries	
KTIMS	40	CRC - Mt Washington	120	Holy Family	
Mt Airy	690	CRC price hill	100	House of Joy	
Reece Price	680	CRC west end	85	LaSoupe	
St Theresa Avilia	325	FCC - West End	85	Lords Gym	
Taft	280	Garden of Joy	18	OLA	
West High	320	Hayes Porter	65	Santa Maria	
WestWood School	485	Mt Airy	265	St. Joseph	
Winton Hills	385	Youthland PH	120	Topps- Butler County	
TOTAL	7368	Youthland Beekman	84		
		TOTAL	2001		



VOLUNTEERS



\$108,341 IRS equivalent

At an IRS-estimated value of \$30.12 per volunteer hour, volunteer contributions represent an equivalent of \$108,341 invested directly into our mission.

Volunteers are essential to our impact, powering everything from produce packing to program delivery.

- Middle school, high school, and college volunteers: **174**
- Adult volunteers: **118**
- Total volunteer hours: **3643**



Schools	#Students	hours	total hours
All Saints	58	9	522
Depaul Cristol Rey	4	15	60
Miami OH	2	25	50
Mt Saint Joe	18	3	54
Roger Bacon	38	4	152
St X	24	21	504
SUA	10	26	260
UC	16	8	128
UK	1	48	48
XU	3	12	36
TOTAL			1814

# Adults	total hours
118	1829

TOTAL 3643



COMPENSATED COMMUNITY ROLES

\$45,030

People Power

Feed the Soul believes food access and economic opportunity go hand in hand. We are proud to offer compensated opportunities for direct community member involvement in our programs.

- Local leaders with **lived experience**, cultivating long-term resilience and leadership: **722 hours** (3 adults)
- Youth **workforce development** : **2280 hours** (12)

These opportunities build skills, confidence, and pathways to stability – while strengthening our programs from within the community.

	#	hrs month	months	total hours
Underemployed adults	3	22	12	722
(Title one) HS students	12	48	5	2280
			TOTAL	3002





2025 Annual Impact Report

Financial Overview

Feed the Soul remains committed to transparency, stewardship, and sustainable growth.

Financial Snapshot

- Total revenue: **\$708,938**
- Total expenses: **\$701,920**

Expense Allocation (example)

- Program Services: **[90.5%]**
- Operations & Overhead: **[7.5%]**
- Staffing: **[2]**

Every dollar invested fuels fresh food access, nutrition education, and stronger outcomes for children and families.





2026 GOALS

Feed the Soul's Overall Goal for 2026 is to GROW!



Meet or Exceed current Fresh Fruit and Vegetable Servings Distributed



Continue to Evolve and Enhance Our Suite of Programs



Increase Our Reach within the Community in terms of Schools, Families and Community Partners



Build our Organizational Foundation to ensure Future Impact

The demand for Feed the Soul programs continues to grow, with more schools requesting support and more communities seeking access to fresh produce. With your partnership and financial support, we will continue to scale our impact, innovate our programs, and nourish the next generation so every child has the chance to Eat Great to Be Great.

www.feedthesoul.org