

"EDUCATION IS
THE KEY TO
FREEDOM, AND
IT IS TIME TO
SET YOURSELF
FREE!"

-Tonya Hunter-Hurst
FOUNDER FTTT



FOOD FOR THOUGHT
TRIAD

Let's think!

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*Food For
Thought Triad*

FEEDING THE MIND AND
BODY

About Us

Food for Thought Triad, FTTT, is a nonprofit organization whose mission is to feed the mind and body of those in need. We understand the importance of meeting one's immediate physical needs, but we take this one step further. We strive to educate and enable people through the power of financial literacy and independence, so they have are able to take control over their lives and combat the pervasive cycle of poverty and hunger.

Program Info.

FOOD BANK SCHEDULE

Tuesdays - By Appt. Only
Thursdays* from 11am thru 2pm

REQUIRED DOCUMENTS

Referral** with a valid ID
OR
A Utility Bill** with a valid ID
open to the public
must have a valid address



FEEDING YOUR POTENTIAL ONE MIND AND BODY AT A TIME



Our Programs

FINANCIAL PLANNING

Whether it is budgeting, credit, investments, or long-term planning, FTTT will teach you all the nuisances of financial literacy, so you can have the tools necessary for financial independence and overall success.

available by appointment

TUTORING & HW HELP

Education has no age requirement. During this challenging time, our youth have been struggling as well, so we have added tutoring and homework help to aid our youth in reaching their fullest potential.

available by appointment

FOOD DISTRIBUTION

The Triad holds some of the largest food deserts in the country, and we have made it a goal to combat this cyclical form of oppression. Food distribution consists of meal boxes designed to provide food to families throughout the community.

while supplies last