

TUESDAY, AUGUST 10, 2010

September is National Hunger Action Month conducted by Feeding America and more than 200 Food Bank partners all across the nation, including us. This year's version is the most exciting, most compelling of all I have seen in the past. It focuses directly on what each one of us can do on our own to reduce the power of hunger to cripple the dreams of people in our own communities.

It all begins with taking a pledge to take action to stop hunger before it hurts someone. Here is a list of 30 "I can" suggestions, one for each day of September. Select one or more for yourself and TAKE THE PLEDGE for as many as you can. The first and most important is

What CAN you do? I can pack backpacks • I can collect food • I can donate money • I can raise awareness • I can volunteer at the Kansas Food Bank • I can spread the word • I can organize a food drive • I can bring extra produce from my garden to Plant a Row • I can sponsor a child for a year thru NoMoreHungryKids.org • I can become a fan of the Kansas Food Bank on Facebook • I can "Buy one, get one free" and bring that item to the Food Bank • I can follow the Food Bank on Twitter • I can become a hunger advocate • I can volunteer at a soup kitchen or food pantry • I can tell others about the problem of hunger • I can take the hunger action pledge www.hungeractionmonth.org • I can encourage 5 friends to take the hunger action pledge • I can help end hunger • I can help the Boy Scouts with their food drive on September 11th • I can ask my coworkers to donate \$5 to the Kansas Food Bank • I can learn how hunger affects Kansas • I can bring the extra non-perishable food from my cabinets to the Kansas Food Bank • I can sign up for the Kansas Food Bank newsletter at www.kansasfoodbank.org • I can bring a sack lunch to work and donate what I would spend out on a meal • I can for one day, live on a Food Stamp budget • I can ask my employer to do a match on what I donate to the Kansas Food Bank • I can pledge to always have an awareness of what "food insecurity" means • I can help to end hunger all year long and not just today • I can join the Food Bank on September 3rd for the Hunger Action Month awareness event • I CAN make a difference!

From your Food Bank's point of view I ask you, and all of our Food Bank friends, to pledge to help reduce hunger in as many ways as possible. So please pledge and follow through.

—Brian Walker, President/CEO

VOLUNTEERS NEEDED—AND APPRECIATED -

Kansas schools are poised to begin the fall term, and KFB volunteers have already started assembling rescue packets of food for backpacks. The goal is to have at least a three-month supply completed by September. Then packing will continue as needed through the school year.

Volunteers will be scheduled for "packing service" Monday through Friday from 8 a.m. and 4 p.m. Those who want to participate should call Larry Gunkel at 265-3663. We treasure every packet assembled by KFB volunteers. Each packet will be put in the hands of a school child threatened with weekend hunger. Packed with your love and ours.

WHAT A BARGAIN! The 5th Annual Sienna Plaza Car Show will be held on September 11 from 4 to 9 p.m. at 37th and Rock Road. Auto enthusiasts from all around the Wichita area are invited to enjoy a swinging good time while they check out hot cars and hotrods and munch on hot dogs while listening to hot music. All proceeds from the hamburger / hot dog stand will go directly to the Kansas Food Bank. This event is free to spectators but donations of canned goods are welcome. If you're interested in participating in the event, please call 681-0529 or 259-1234.

Now's the time to put a check mark on your calendar to reserve time to attend a traditional exhibition for cool car fans and a very nice food raiser for your Food Bank.

BSA GOES SCOUTING FOR FOOD -

On September 11 more than 10,000 Boy Scouts from the 30 Kansas County Quivira Council will station themselves at entrances of participating Dillons stores, passing out copies of a list of food items suggested for donation to this year's Boy Scouts of America food drive on behalf of your Food Bank. The drive "Scout Surge/Scouting for Food" will begin on September 4 when the list of items and a request for their donation will be carried on special hangers affixed to doorknobs of homes all around the food drive area. The hangers ask contributors to leave their donations at a Dillon's store or to call a designated number for a home pick up.



Second Helpings asks all readers to participate and to encourage others to do so as well. That will cause us to really "Be prepared" to help hungry, hurting families

AGENCY SPOTLIGHT: Elkhart United Methodist -

The Elkhart United Methodist Church is one of our Pantry Partners located in the far southwest corner of Kansas on the Oklahoma border and just eight miles from Colorado. Pastor Bruce Ferguson is committed to making sure folks who are in need in his community have access to a food pantry. For the past six years, our Rural Delivery program has been helping this pantry fill the need in Morton County.

**TAKE THE PLEDGE** - More than 49 million Americans face hunger each year—that is one out of every six of us. You CAN help the Kansas Food Bank by supporting Hunger Action Month. Take the pledge. Visit [www.hungeractionmonth.org](http://www.hungeractionmonth.org) and commit to doing your part. The pledge is easy. Simply enter your name, e-mail, zip code and hit submit. The food bank that receives the most pledges will win a truckload of food. This is something that you CAN do!



## HERE ARE THREE WAYS TO HELP ON SEPTEMBER 3RD.

### 1. PACK

PACKETS OF FOOD FOR OUR BACKPACK PROGRAM

### 2. REPACK

BULK FOOD INTO SMALLER PACKAGES

### 3. FILL UP

FOOD BOXES FOR OUR SENIOR BOX PROGRAM



Volunteers like these assembled 750,000 pounds of food into 150,000 packets during the last school year.