

## TUESDAY, AUGUST 14, 2012

The need for nutritious food for older Kansans is truly significant. More than 14,000 seniors living in the Kansas Food Bank service area, are at risk of going hungry on any given day. Food insecurity exists whenever the availability of nutritionally adequate and safe foods or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain. Food insecure seniors do not always know where their next meal will be coming from.

Our parents always told us to eat our peas, because there are starving people in "you name the third world country". But they never said eat your peas because there are food insecure seniors living down the street.

Kansas seniors face difficult choices on stretched budgets, and food is often the first expense to be cut. Older adults have given so much to our communities throughout their lifetimes, and we must do our part to ensure their needs are met.

Kansans residing in rural areas have limited access to hunger-relief resources due to a lack of infrastructure. Rural seniors living in extreme poverty have almost no means of stocking their kitchens.

The Kansas Food Bank is working on an initiative to reduce the risk of senior hunger through providing food boxes to seniors in need, especially in the rural areas of our state. We do this to ensure that no Kansan go hungry.

Sincerely,  
Brian Walker, President / CEO

**AGENCY SPOTLIGHT** – Area Mental Health Center in Garden City came to our rescue last month when our southwest Kansas regional agency meeting had to relocate because of a bomb threat at our meeting site. That's right, a bomb threat! Many thanks go to them and their staff for being flexible and providing space for us to finish a great agency meeting.

**Tours on the Half Hour set for September 14<sup>th</sup>!** – On September 14<sup>th</sup>, the Kansas Food Bank will hold our annual open house where we will be offering "Tours on the Half Hour" as well as special one day volunteer activities. Tours will be an opportunity to see the inner workings of the Kansas Food Bank. Our guests will get to experience the big freezer, see how food comes in, how it goes out, and everything that happens in-between! Tours will be conducted the following times:

**Morning:** 8:30, 9:30, 10:30 – **Afternoon:** 1:30, 2:30, 3:30, 4:30

Volunteer times will be in two hour shifts, and are listed on our website: [www.kansasfoodbank.org](http://www.kansasfoodbank.org)



**Let the Packing Begin!** – School is about to start and that means we are gearing up for the most important school supply of all – food! Volunteers have begun the process of packing Food 4 Kids packets this month to ensure students who experience food insecurity on the weekend have something to eat. For children who participate in the program come notable differences: grades improve, behavioral problems diminish, attendance at school is better - truancy dissolves, students are ready and prepared to learn on Monday mornings, and overall attitude towards school improves immensely. Receiving the backpack of food helps students to be able to concentrate on class, improve their learning skills and propel their education forward.



If you would like to help make Food 4 Kids packets, give us a call. We have volunteer opportunities for groups from 1 – 100 all throughout the school year.

**Change is Good** – Our computer system is undergoing a big facelift this month. The system we've been using is now 11 years old, a dinosaur by computer industry standards! So we have sent it off to a nice place with sun and sand where it can relax. The new system will empower us to do a host of things we haven't been able to do before like online ordering for our agencies, as well as allow us to make better decisions about our operations to make your dollars stretch further in the fight to end hunger.



**FOOD BANK FUN FACT** – In the past 11 years, our old computer system ran 56,248 agency orders for more than 71 Million pounds of food out to our friends and neighbors in need!