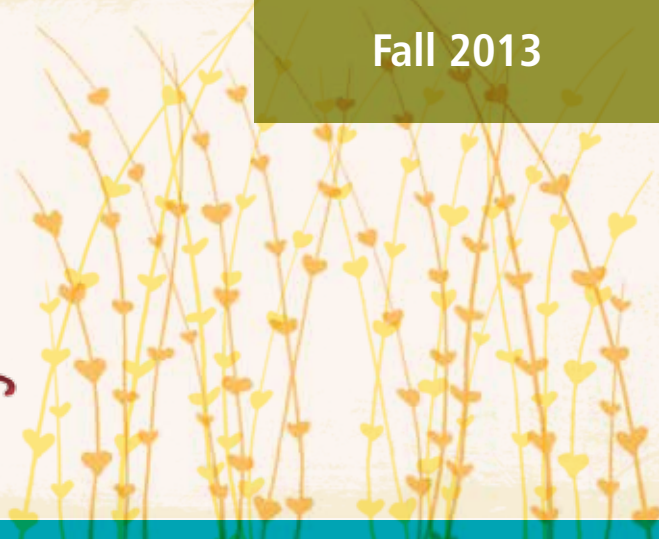


Fall 2013

seeds *of hope*



**You're
Helping
Kids
Succeed!**

KANSAS
food bank
HELPING THE HUNGRY • SINCE 1984

FEEDING
A Member of AMERICA



Brian Walker
PRESIDENT AND CEO

THANK YOU FOR FEEDING KANSAS KIDS

Dear Friend,

Thanks to your generosity over the summer, thousands of kids throughout Kansas had the food they needed to thrive in June, July and August, even when they were unable to access balanced breakfasts and lunches in their school's cafeteria. Because of you, hunger pains didn't define these children's summers.

Now that the same kids head back to school, they'll be able to count on breakfast and lunch through the free or reduced-price meal program once again. But when they go home after school, gaps still remain – especially on weekends, when they face two whole days without enough to eat.

Fortunately, gifts from generous friends like you help the [Food Bank](#) work to fight childhood hunger all year long. With your support, we're filling backpacks with the most important school supply – food – to distribute to kids enrolled in our *Food 4 Kids* program. Read more about how *Food 4 Kids* gives children access to nutritious, kid-friendly food on the weekends on page eight.

Of course, you're not just helping children when you give to the Kansas Food Bank. Through your support of our new *Bob Box* program, sponsored by Senator Bob Dole, senior citizens in rural Kansas receive a box full of nutrient-rich, senior-friendly foods. Flip to page six to read about Henry and Judith – they're just the kind of seniors you can help when you give to support *Bob Box*.

By giving to the Kansas Food Bank, you're helping Kansans of all ages, from children to senior citizens. Thank you for your generous support.

BOARD OF DIRECTORS

CHAIRMAN

Doug Jenkins, *Professional Software, Inc.*

FIRST VICE CHAIR

John Keating, *Cargill Meat Solutions*

SECOND VICE CHAIR

Don Meiergerd, *Excel Food Distribution – Retired*

SECRETARY

Virginia Ablah, *Ablah Enterprises, Inc.*

TREASURER

Sam Seward, *M&L CPAs Chartered*

PRESIDENT & CEO

Brian Walker

DIRECTORS

Lionel Alford, Jr., *Engineering Consultant*

Joan Barrett, *KWCH TV – Channel 12*

Dale G. Diggs, Jr., *Diggs Construction, LLC*

Kenny Doonan, *Doonan Truck & Equipment of Wichita, Inc.*

Pastor Junius Dotson, *Saint Mark United Methodist Church*

Helen Galloway, *The First Place*

Cindy Halsey, *Cessna Aircraft Co.*

Michael Johnston, *Kansas Turnpike Authority*

Roger Kepley, *Rose Hill State Bank*

Dana Knott, *Dillon Stores*

Rebecca Rather

James (Mike) Rush, *The Boeing Company*

Jim Shelden, *Retired Raytheon/CEI*

Virginia and Paul Treadwell

Jim Urso, *Spirit Aerosystems*

EMERITUS BOARD

Tom Kitch, *Fleeson, Gooing, Coulson & Kitch*

J.V. Lentell, *Intrust Bank, N.A.*

John E. Moore, *Lt. Governor – Retired*

Dr. Charles Wood, *Estate Planning Consultant*

THANK YOU FOR SHOWING KANSAS CHILDREN YOU CARE



Michael

Your support ensures that children have the food they need so that they have the energy to work hard and succeed this school year. That's because your gifts mean children can visit The Boys and Girls Club in Wichita for a healthy afterschool meal.

Lindsey Wassinger, marketing director for the Club, recognizes the

extreme need that many of their children face – she says that of the 450 children they serve, almost half are living below the poverty line. More kids than that simply don't have access to healthy foods when they're at home.

"We try to make kids aware of healthy food choices," she says, acknowledging that the nutritious meals provided by the [Food Bank](#) help

with this important lesson. "A lot of families are going through hardships, so it helps that the kids are guaranteed a meal here."

Wassinger recalls a particular story about a single, working mother of three – she had lost her job and was having difficulty feeding her children. The mother felt relief knowing that she could

count on The Boys and Girls Club to make sure her kids wouldn't go hungry.

The stories of hope that come from The Boys and Girls Club wouldn't be possible without your support of the Kansas Food Bank, and Wassinger is more than aware of that.

"If it wasn't for [your support of] the Food Bank, costs would be higher, which would mean we wouldn't be able to serve nearly as many children," she explains.

Thanks to you, The Boys and Girls Club doesn't have to turn children away when they're in need of a meal. Thank you for providing access to food for the children at The Boys and Girls Club, and all throughout Kansas!

“The kids are guaranteed a meal here.”

THANK YOU FOR MAKING A DIFFERENCE!



Thank you for helping feed hungry Kansans, young and old.



Your gifts provide balanced meals for our youth.



Growing students are thankful for your support.



You provide hope to those in need.



You put smiles on children's faces.

Midwest Dairy Association

The Midwest Dairy Council members have been working to build deeper relationships through volunteerism, donating and other support for the Kansas Food Bank. Their goal is to share their commitment to helping neighbors in local communities.

Bob Box Update

It's been one year since we unveiled *Bob Box*, our latest initiative to fight senior hunger in Kansas. Sponsored and endorsed by Senator Dole, Bob Boxes have become a



reliable source of nutrition for food insecure seniors in northwest Kansas. More than 4,000 boxes were distributed during the first year, and the program is ready to expand into phase two this fall. In southwest Kansas, 24 counties will be added to the distribution list during this phase. Health Departments have been great partners in ensuring the boxes reach the seniors who need them most. We're honored to work

with Senator Dole on this project to fight senior hunger. From a recipient in Hill City: "Now I know that I have something to eat when times are a little tough. Thanks for a wonderful program!"



Hunger Action Month

September marks Hunger

Action Month, and activities will abound at the [Kansas Food Bank](#) and in the communities we serve to raise awareness of hunger. An open house event is scheduled at the Food

Bank on September 19, from noon to 8 p.m., where we'll give tours and host special volunteer events. It'll be a great time to stop by the Food Bank and see the inner-workings of all that we do to feed our hungry friends and neighbors! For more information please call 316-265-3663.

JR Albert Foundation Gift

The Kansas Food Bank has received a generous gift of \$25,000 from the JR Albert Foundation to help provide food insecure families with fresh, nutritious produce, which the Food Bank has been

committed to increasing for the past two years. This year, we expect to provide over 1.5 million pounds of produce to our partner agencies. "The families we serve really enjoy receiving fresh items," stated our partner agency in Elkhart, Kansas. All too often households have to bypass fresh produce because of cost – but by offering produce through our network of agencies, we're ensuring families have access to more nutritious foods.

Food 4 Kids

It's that time of year – the *Food*

4 Kids room is buzzing! Volunteers have started packing backpacks for children who experience hunger on the weekend. The first round

of packets have already been delivered to participating schools! If you would like to join in the fun, please contact Larry at 316-265-3663. We have volunteer opportunities for individuals to groups of 50. Hours are Monday through Friday between 8 a.m. and 4 p.m.



A RETIRED VETERAN HELPS KANSANS IN NEED



Don Yakshaw

Don Yakshaw is a man of many hobbies. After serving on active duty in the Korean and Vietnam wars and spending the next 45 years working for AT&T, when it came time to retire, he was eager to keep up his active lifestyle.

If you'd like to volunteer at the Kansas Food Bank, contact Larry Gunkel at lgunkel@kansasfoodbank.org.

Among all his pastimes today, volunteering with the [Kansas Food Bank](#) is one of his favorites. Hunger is an issue of special importance to Don – growing up in the Great Depression, he saw its effects on his own family daily.

Today, Don says he's noticed that many hardworking families in our community simply don't have the means to support themselves. "It feels good knowing I can help feed local kids," Don says.

Aside from the fulfillment Don gets from helping others through his volunteer work, he also benefits from the companionship he finds with his fellow volunteers, many of whom are retired military men, too.

"We have good camaraderie," Don chuckles. "We sure are efficient putting those bags [of food] together."

Don has found such satisfaction through his volunteer work with the Food Bank that he encourages others to experience it for themselves.

“ It feels good knowing I can help feed local kids. ”

"Please come down, check it out and see what we're doing," he says. "We're helping kids."

YOU BRING RELIEF TO RURAL KANSANS

Henry, 79, and Judith, 74, are raising their two grandchildren in Hugoton, Kansas. Like a lot of places in Kansas, Hugoton is pretty small – just around 3,500 people live here. The nearest Walmart, in Liberal, Kansas, is more than half an hour away.

There's a grocery store in Hugoton, but the prices are sometimes too much for Henry and Judith to afford on their meager fixed income. With gas prices staying at a steady high, driving 38 miles to the nearest supermarket is out of the question.

Henry and Judith, like many seniors in Kansas, live in a food desert. Miles away from affordable

**“We need
this food to
survive.”**

and fresh foods, many rural Kansans would have no choice but to get by solely on limited amounts of nutrient-poor groceries.

Thankfully, your donations to the [Kansas Food Bank](#) provide



Judith and Henry with their two grandchildren

grandparents like Henry and Judith with the items they need to ensure that their grandchildren grow up with the proper nutrients to stay strong and healthy. That's because your compassion funds food pantries like Project Hope, where Henry and Judith can pick up healthy staple groceries like beans, pasta and fresh vegetables to help take the burden off of their limited income.

Henry and Judith are so thankful for the help they receive from Project Hope. “We need this food to

survive,” Judith says, looking with joy at her paper bag, filled to the top with healthy groceries.

And with your support of our new *Bob Box* program, seniors like Henry and Judith in Hugoton and other rural Kansas towns can benefit from monthly boxes full of nutrient-rich foods to further supplement the limited groceries they're able to buy.

Thank you for helping us feed families, individuals and seniors all over Kansas!

YOU'RE CHANGING CHILDREN'S LIVES



Elizabeth with her *Food 4 Kids* backpack

The teachers at Black Elementary in Wichita are trained to watch out for the warning signs of hunger – hoarding, eating too fast and asking for more, and in the most severe cases, even stealing food from the cafeteria.

Cathy Parker, a social worker at Black, sees children

who exhibit these symptoms of hunger every day. Occasionally, the warning signs show up on an even more extreme level. One little boy she recently met with was very temperamental, and would often burst into tears at school. His small,

pale face almost never broke into a smile.

After Parker gained the little boy's trust, she asked him why he was so unhappy. He then admitted what Parker suspected – he was hungry.

Because you support the [Kansas Food Bank](#), this hungry little boy was able to get access to the resources he needed so badly. Parker introduced

him to the *Food 4 Kids* program, which provides a backpack full of healthy, kid-friendly food each Friday to children at-risk of going hungry over the weekend, when they can't access food in their school's cafeteria.

“Thank you
so much for
helping.”

“After he started receiving weekend packs of food, his demeanor changed,” Parker remembers.

She knows that for many families, this program is a true lifeline.

“Many students are from single parent or single income homes,” she explains. “Home life is a challenge for many.”

Parker is so appreciative of your support of the Food Bank, which ensures that the partnership between *Food 4 Kids* and Black Elementary can help feed children most at risk of hunger.

“Thank you so much for helping me help these students,” she says. “Without your help, this program wouldn't exist.”



1919 E. Douglas
Wichita, KS 67211

316.265.4421

www.kansasfoodbank.org



Like us on [Facebook!](#)

You can also follow us on Twitter!
twitter.com/KansasFoodBank