

Holiday 2013

seeds *of hope*



**You're
Giving
Families
Hope This
Holiday
Season!**

KANSAS
food bank
HELPING THE HUNGRY • SINCE 1984

A Member of **FEEDING AMERICA**



Brian Walker
PRESIDENT AND CEO

HUNGRY KANSANS CAN HAVE A MEMORABLE HOLIDAY MEAL, THANKS TO YOU

Dear Friend,

With Thanksgiving dinner soon on the table, and Christmas not far behind, it's a good time to stop and think about our many blessings. At the top of my list is my family, and the health and happiness we are so fortunate to have. I'll admit that sometimes these things get taken for granted, but thankfully, we remain continually blessed.

We here at the Food Bank are more than aware of the fast-approaching holiday season. It's a busy time of year for us – and it's my personal favorite. The giving season is a good reminder of just how much Kansans care for one another.

I wish you could see how your gifts impact the families, children, seniors and individuals we serve. Because you give, this holiday season "working poor" parents whose income isn't enough to cover all their families' necessities will be able to get food from one of our hunger-relief partners. Individuals with nowhere else to go will have food and fellowship at their local soup kitchen. And hope will appear in the form of food for thousands of men, women and children throughout our service area.

As you read through the stories we've featured in this holiday issue of *Seeds of Hope*, please remember that these are just a few of the families who have benefitted from your generosity to the [Kansas Food Bank](#).

Your partnership changes lives in Kansas. It's with our hungry neighbors in mind when I say, *thank you*.

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YOU'RE GIVING HOPE TO STRUGGLING FAMILIES



Augustine, Rebecca and their three children

Augustine rubs his tired face as he sits with his family at His Helping Hands, a [Food Bank](#) hunger-relief partner in Wichita. He, his wife, Rebecca, and their four boys are here today to receive food – something Augustine and Rebecca are unable to provide on their own right now.

“Thank you for your help.”

Augustine shakes his head as he explains the difficulty of seasonal work. “I would do anything to support my family,” he says. Unfortunately, landscaping work is scarce in the winter. Augustine feels frustrated when two and three days at a time go by without work in the off season.

Alex, Augustine and Rebecca’s oldest son, is able to contribute to the household occasionally by doing odd jobs around the neighborhood. This extra income

helps, but when utility bills rise in the winter, it’s certainly not enough to provide for the family’s basic needs – like a trip to the grocery store every week.

It’s thanks to your support of the Kansas Food Bank that the family is able to get help from His Helping Hands today. If the food at the pantry wasn’t available, Augustine and Rebecca would have to do without during their time of need.

Once the weather warms up again and Augustine is back to regular work, he and Rebecca won’t have to rely on His Helping Hands to supplement their grocery budget. Augustine can’t wait for that day to come. But until it does, he’s so thankful for your generous support.

“Thank you for your help,” Augustine says with sincerity. “Everything that you do to help is appreciated.”

THANK YOU FOR MAKING A DIFFERENCE!



You give families hope during the holidays.



Thank you for helping our struggling neighbors.



Mothers can feed their children, thanks to you.



Seniors thank you for your generosity.



Struggling Kansans are grateful for your help.



On A Roll

Soap... toothpaste... deodorant. The ability to buy these basic household items is critical for one's sense of self-dignity. Unfortunately,

the struggle to afford these necessities takes an extreme emotional toll on many Kansans. Food pantries and meal providers usually don't have the means to offer this assistance, yet

the humble request for something as simple as toilet paper is still heard.

Thanks to the support of our community, this fall the Kansas Food

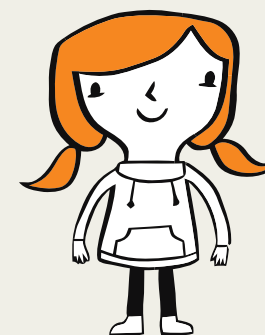
Bank rolled out the Mobile Hygiene Pantry. The program will serve Wichita residents who have trouble affording basic household necessities, like personal care, baby care and household maintenance items. At the Mobile Hygiene Pantry, guests receive a pre-packed bag of personal hygiene items which includes toilet paper, laundry soap, toothpaste, deodorant, shampoo and bar soap. In addition other items such as diapers, baby wipes and feminine hygiene products

are available based on household demographics.



Just one year ago, the [Kansas Food Bank](#) announced Bob Box, the initiative to fight senior hunger.

Sponsored and endorsed by former Kansas Senator Bob Dole, the boxes reach seniors who experience food insecurity across 25 Northwest Kansas counties. Since it began, over 6,000 boxes of food have been distributed to seniors in need by our Health Department partners, and after such a successful first year, we're pleased to announce that the program will now expand into Southwest Kansas! The road map is in place with distribution starting in an additional 24 counties.



Hungry Kate, The Girl with a Belly Ache

Have you met Kate? Find out more about her at www.kansasfoodbank.org/meetkate.

A FAMILY FIGHTS HUNGER TOGETHER



The Rather Family

With a family of eight – including six boys ages 4 to 14 – Rebecca Rather has her hands full at home. But even with such a full house, she always makes time to fight hunger with the [Kansas Food Bank](#).

Rebecca learned about food banking while visiting her mother-in-law in Utah a year and a half ago. While there, the family toured the local food bank and participated in a service project together. Rebecca loved the experience so much she wanted

to find out how she could get involved in the fight against hunger at home with the Kansas Food Bank.

Now, a year and a half later, Rebecca has been bringing her whole family to the Food Bank to volunteer quarterly, and she's also the newest member of our Board of Directors.

"Volunteering has been a great opportunity to get outside myself and my day-to-day life," Rebecca says. "It's been very fulfilling for me and my family."

Enthusiasm for fighting hunger has certainly caught on with all of

the Rathers. Rebecca's oldest son, Samuel, is currently working on his Eagle Scout award and recently coordinated a food and fund drive with his church and his troop as part of his project. In just one month, Samuel raised over \$1,000 and collected hundreds of pounds of food, then delivered, sorted and presented the donation during Hunger Action Month in September.

Joining the effort against hunger has really impacted the 14-year-old. "A lot of people are hungry and need our help," he says. "I want to encourage others to do their part."

“It's been very fulfilling for me and my family.”

Thanks to the Rathers – and all of our wonderful volunteers – Kansans have the food they need to thrive today and all year long. Thank you!

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

YOU BRING RELIEF TO STRUGGLING PARENTS

Cammetta and Bryant, parents of Daniel, 12, and Micah, 11, are so proud of the young men their boys are becoming. They've taught them the core values of respect, honesty and hard work – and the good grades the boys bring home from school show they've taken heed of these important lessons.

But ever since a debilitating knee injury forced Cammetta into early retirement, the dedicated parents have been struggling to provide for their family's basic needs. Bryant works full time, but his income alone is rarely enough to last all month. Because they don't receive any other type of assistance, it's been hard to pay the bills – which

“This [food] relieves a lot of pressure.”

now include Cammetta's rising medical expenses. Keeping enough nutritious food in the house has been challenging for the parents.

With the holidays quickly approaching, the family's budget

will be extra strained as they try to make up for the meals Daniel and Micah won't be receiving in their school's cafeteria. Cammetta would love to be able to share a special meal with her family.

This holiday season, Cammetta is comforted by the fact that your support allows her to visit United Methodist Open Door, a [Food Bank](#) hunger-relief partner in Wichita. Cammetta is always humbled in receiving the generous amount and good quality of food at Open Door. And because she can always count

on her food pantry, her family will be able to share a balanced dinner together every evening this holiday season, and all year long.

“Without your support, more families like mine would be hungry,” Cammetta says in appreciation of your giving. “This [food] relieves a lot of pressure.”



Cammetta

YOU'RE HELPING FAMILIES GET BACK ON THEIR FEET



Cole and his three children, Gabe, Marlena and Vivian

This holiday season, the Martins* can't wait to sing carols with their local church's music ministry. It's their favorite part of every holiday, but this year, being together with friends and family will be especially meaningful.

For this family of five, 2013 has been anything but easy.

Cole and Jennifer Martin are the proud parents of Gabe, 8, Marlena, 6 and Vivian, 3. Things started to go awry for the family when Cole

Jennifer works part time and the family is now subsisting on her small income. Until Cole can find another steady job, they'll need a little help providing for their three growing children.

Fortunately, Cole and Jennifer know they can rely on the Emporia Rescue Mission, a [Kansas](#)

[Food Bank](#) hunger-relief partner, for quality, nutritious food. "We're fortunate that we know how to cook," Cole says, explaining how he and Jennifer can plan and

lost his good job installing flooring. He dedicated himself to finding another job, and soon began working for a local church. But when the church had to cut its budget, Cole was let go. He says he felt nearly defeated.

prepare meals that the family can enjoy for days.

While Cole, Jennifer and their children are giving thanks this holiday season, you can bet that you're on the top of their list. "Bless you," Cole says, with gratitude. "If it weren't for this help, we would literally have to tighten our belts."

No one in Kansas should have to go hungry in their time of need. Thank you for making sure families, children, seniors and individuals in our community have enough food to thrive!

*Last name has been changed to protect the family's identity.



1919 E. Douglas
Wichita, KS 67211

316.265.4421
www.kansasfoodbank.org



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