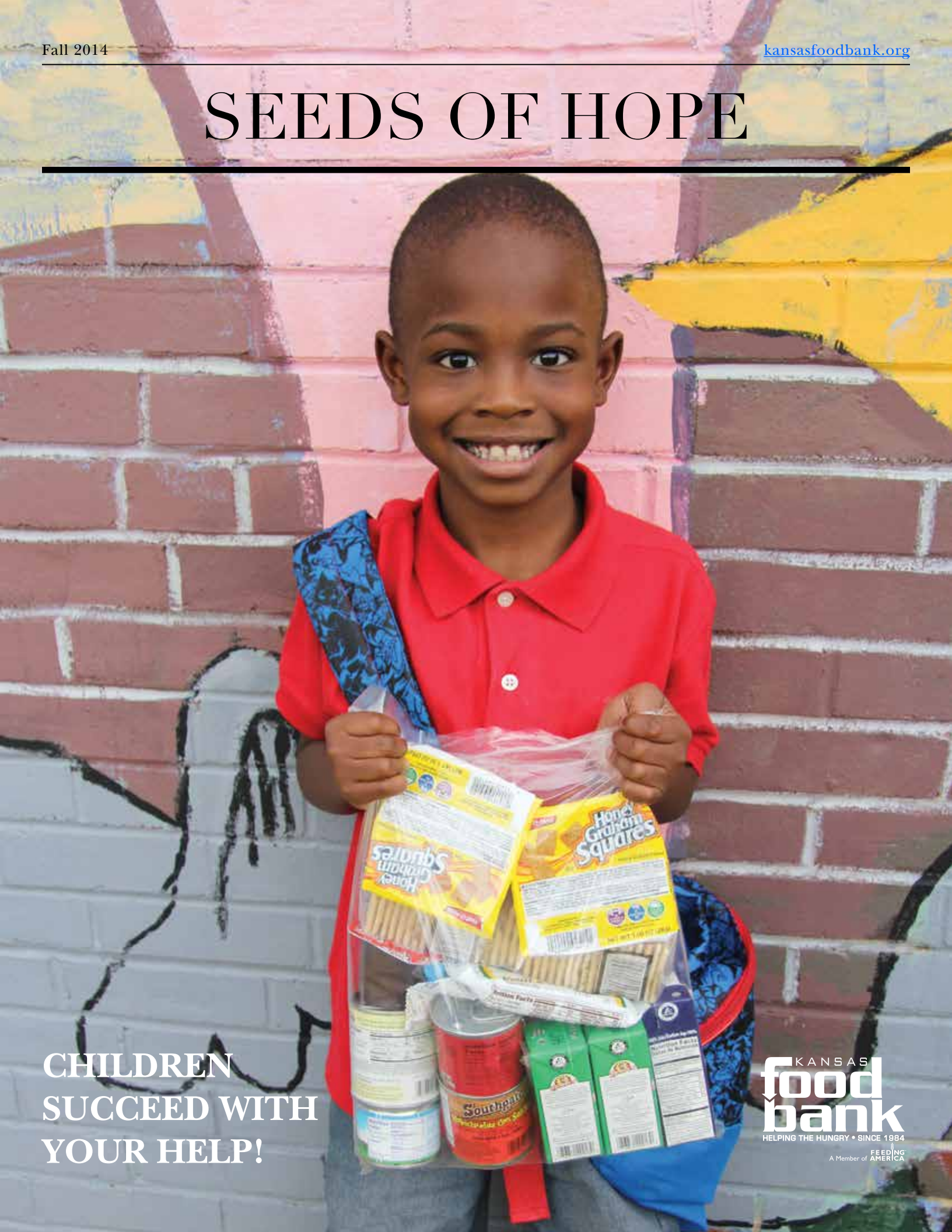


SEEDS OF HOPE



CHILDREN
SUCCEED WITH
YOUR HELP!

KANSAS
**food
bank**
HELPING THE HUNGRY • SINCE 1984
A Member of FEEDING AMERICA

DEAR FRIEND,

After another long, hot summer in Kansas, most kids went back to school with a mixture of emotions – excitement for a new year, but regret that vacation’s over.

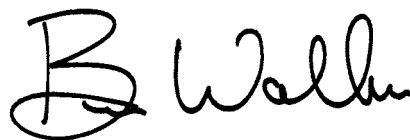
For kids on the free and reduced-price school meal program, however, the end of summer break is only something to celebrate. Going back to school signals the big relief that they can once again rely on breakfast and lunch in the cafeteria.

The school meal program is a vital resource for struggling parents and their children. But what about when the last bell rings to signal the end of the school day? Children who don’t always have enough to eat at home could be facing a long, hungry night until breakfast at school the next day. And a weekend spent unsure of when the next full meal will be seems impossibly long.

Thankfully, there’s help through you and your generosity to the [Kansas Food Bank](#). With your partnership, we’re able to supply chronically hungry children with backpacks full of food through our *Food 4 Kids* program... enough meals and snacks to last the whole weekend.

Your help is not only appreciated by the kids, but by their parents, too. Even for some who don’t usually struggle to provide for their families, back-to-school season can really take a bite out of the budget. As parents decide how they’ll afford a new backpack, new school supplies and clothes to keep up with summer growth spurts, other basic necessities become out of reach... even groceries.

This fall, we need your help as much as ever to make sure our Kansas neighbors – young and old – have the food they need to thrive. You’ll notice that we’ve given our *Seeds of Hope* newsletter a new look to showcase even better just how much you make a difference. As always, thank you for your partnership – we couldn’t feed hungry Kansans without you!



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THANK YOU FOR HELPING KANSAS FAMILIES



Jennifer and her husband Patrick have never struggled as much as they have the past few months. They both work hard to support their family – but Jennifer earns a low wage, and until recently, Patrick was working odd jobs as a handyman. That meant irregular hours and unsteady paychecks.

It had become very difficult to provide for their two precious children, Christopher*, 5, and Kayla, 8. Jennifer and Patrick were trying everything they could to improve their situation. Then some good news came...

After months of searching, Patrick finally found a steady job – and now he and Jennifer can rely

on two regular paychecks each month. They're so relieved to know they'll be self-sufficient again soon, but they're still catching up on bills they missed while Patrick was job hunting.

“Thank you very much.”

One big help came when Christopher and Kayla started back to school. They're enrolled in the school meal program, and Jennifer says it's such a relief to know they're getting a hot breakfast and lunch in the cafeteria every day.

Jennifer also found a great resource through the [Kansas Food Bank](#)'s mobile food pantry, made possible by your generosity. In the middle of the month, when their grocery budget runs low between paychecks, Jennifer and Patrick can visit the mobile pantry that stops near their home. Here they receive a box full of supplemental groceries to help tide them over until the next payday.

This hardworking mother knows her family will be on their feet again soon, and she's so thankful for your generosity in helping them until that day comes.

“Every little bit helps,” Jennifer says. “Thank you very much.”

* name has been changed

YOU'RE PROVIDING NUTRITIOUS FOOD FOR NEIGHBORS THIS FALL!



Happy Birthday to Us!

Can you believe the Kansas Food Bank turns 30 this September? What started as a need to help laid off workers in one

county has grown right along with the increase in need for hunger relief. We have come a long way over the years

supplying hunger relief to the State's largest cities as well as the most rural areas — hunger is in every community giving a hand up to those who need it most.



Hunger Action Month

September is Hunger Action Month and

once again your Kansas Food Bank will host an all-day volunteer event. Scheduled on Thursday, September

18th, a variety of volunteer activities will be available in two hour shifts. And of course tours will be available all day as well. So if you have not had the opportunity to see our space or ever wondered exactly what all we do here at the Kansas Food Bank, this would be an excellent time to pop by. For more information, please call 316-265-3663.

The Backpack Room is Buzzing

With the start of school comes the need for *Food 4 Kids*. Volunteers have started packing *Food 4 Kids* packets



food4kids®

which will reach approximately 7,000 hungry children every Friday during the school year. Currently we have 400 districts that participate in the program. For information on how you can help make a difference for a hungry child, please call Larry Gunkel at 316-265-3663. Single volunteers and groups of volunteers all help us meet our goal of providing food packets for hungry



Walmart Fight Hunger. Spark Change.

Your vote every day can help the Kansas Food Bank receive \$60,000 in funding from Walmart. Fifty awards will be presented to the food banks who receive the most votes. The campaign will be hosted at www.walmart.com/fighthunger

children every week. We believe the most essential school supply is food.

with the voting open between Monday, September 15 through Sunday, October 5, 2014. Voters do need a Facebook account to participate. The last time Walmart held a campaign like this, your Kansas Food Bank was in the top 45 and received funding. Every vote counts and you can vote every day. (Just remember to allow 24 hours to pass before voting again!) And if you haven't liked us on Facebook yet, you can do so at: www.facebook.com/KansasFoodBank

VOLUNTEER PROFILE: TWILA POTTENGER LENDS A HAND TO FIGHT HUNGER

After a lifetime spent in rural Kansas, Twila Pottenger knows firsthand what life is like away from the big city. She recognizes living here isn't without its challenges – and she knows that for families struggling to provide for their children, the limited, often overpriced selection of food at the grocery store can be a source of major anxiety. That's why she works hard to connect her community with help through the [Kansas Food Bank](#).

"I think there's a real need in this area," she says. "Many people need something to supplement what they're not able to buy at the grocery store."

For Twila's community of Minneola, Kansas, the solution is through the Food Bank's mobile pantry system, which you make possible. Twila is a faithful volunteer at the mobile pantry distribution at her church.

When she's not helping improve her community by giving food to those in need, she's lending a hand at the nursing home or organizing a blood drive. Twila is a woman of many talents who loves to quilt and sew and just married her high school sweetheart, Lowell, last year. They're both very active in the Minneola Methodist Church.



Twila and her husband, Lowell

"It's a blessing to give back to the community."

Because she's found such meaning through her work with the Kansas Food Bank, Twila encourages others to get involved, too. Recognizing that volunteering is a great way to stay active and involved, she especially

encourages fellow retirees to try giving their time through the Kansas Food Bank.

As Twila puts it, "It's a blessing, and a rewarding gift to give back to the community."

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

YOU'RE FEEDING RURAL KANSANS

As a partner agency of the [Kansas Food Bank](#), the Geary County Food Pantry in Junction City, Kansas, provides access to a host of healthy foods once a week. Here, the approximately 70 families the pantry serves can find nutritious produce, whole grain foods and healthy protein like lean meats and fresh eggs.

There's a big need for healthy food in this part of Kansas – and Maria's family is just one example of those who have found the help they need here.

Maria is a single mother raising two children, ages 9 and 17. Her older daughter is disabled and

requires a special diet, which is costly and would put an extreme strain on Maria's already tight budget. Maria works at a local hotel, but since she's supporting her family on her own, she rarely has enough money to afford the necessities for the whole month.

Fortunately, thanks to your

“Thank you so much!”

generosity to the Kansas Food Bank, Maria can find the special food her daughter requires at the Geary County Food Pantry – along with all

the other staples she needs to keep her family healthy.

In addition to the assistance Maria receives here, she says it's a real help that her 9-year-old can count on free meals in the school cafeteria. The start of a new school year meant a little additional relief in Maria's grocery budget.

Maria knows you're to thank for the food she receives at the Geary County Food Pantry, and she was thrilled to be given the chance to express her gratitude for your generosity.

“This food helps us a lot,” she says, emphatically. “Thank you so much!”



FOOD 4 KIDS THRIVES, THANKS TO YOU!

Suzie has been caring for her two granddaughters, Diamyrie, 8, and Alexis, 14, since they were born. She'll be the first to admit that raising children isn't easy at her age, but she loves the girls dearly and wouldn't change her situation for anything.

Suzie lives on a fixed income and receives a little bit of assistance to help raise Diamyrie and Alexis. Still, she finds it really difficult to stretch her budget to afford the basic necessities for the girls. Even if she could afford to buy nutritious food,

cooking has become more and more difficult as she ages.

Diamyrie's school counselor knew about the family's situation and that it must be hard for a grandmother to care for two grandchildren on her own. Fortunately, the counselor was able to connect the family with the assistance they needed through *Food 4 Kids*, the [Kansas Food Bank's](#) weekend backpack program. Now, Diamyrie has access to kid-friendly, nutritious food to last from Friday night to Sunday night, when she doesn't have breakfast and lunch in

“I'm very happy you care for us.”

the school cafeteria. The shelf-stable food is both healthy and kid-friendly.

“I like that I can open the food and make it for myself,” Diamyrie says. “I eat it all!”

Now, with just the little bit of help they receive through *Food 4 Kids*, Suzie finds it much easier to stretch her budget to provide for the whole family. And as you can imagine, knowing her granddaughters have consistent access to food provides indescribable peace of mind for this caring grandmother.

“I am very grateful for this program,” she says. “Friday is a relief because I know that the food will always be there for the children.”

Suzie is so thankful for your generosity, which keeps the *Food 4 Kids* program going strong to help parenting grandparents like her. She expresses the sentiment of so many families who benefit from the weekend packs of food when she says, “I'm very happy you care for us. Thank you!”



Suzie and her granddaughter, Diamyrie



1919 E. Douglas
Wichita, KS 67211
316.265.FOOD(3663)
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