

SEEDS OF HOPE

Holiday 2014

kansasfoodbank.org



**YOU'RE SPREADING
CHEER TO FAMILIES
THIS HOLIDAY SEASON!**

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



DEAR FRIEND,

The holidays are such a special time of year. They give us a chance to spend time with family and to reflect on our many blessings. I know I have much to be grateful for, and I'm sure you do, too. With all the joy that comes with holiday celebrations, it's sometimes easy to forget that not everyone is so fortunate.

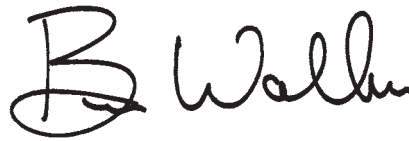
We at the Food Bank are keenly aware of the struggles many families face this holiday season. At such a busy time of year, I'm grateful to have friends like you who allow us to put smiles on so many faces.

Your generosity lifts the spirits of families and individuals throughout the 85 counties we serve. Thanks to your support, parents will be able to provide holiday meals for their children and hungry individuals throughout Kansas will have the comfort of a warm meal. Everyone seeking help will feel the compassion and generosity of the donors, volunteers and staff working hard to serve their neighbors.

As you read through the stories in this holiday edition of *Seeds of Hope*, remember that these are the people you're helping through your support of the [Kansas Food Bank](#). We couldn't do any of this without you.

As we charge ahead full steam into the holiday season, your commitment to fighting hunger is putting food on the table for thousands of Kansans. You're restoring hope through your support of the Food Bank. Thank you!

Happy Holidays,



Brian Walker
PRESIDENT AND CEO

Board of Directors

CHAIRMAN

Doug Jenkins
Professional Software, Inc.

FIRST VICE CHAIR

John Keating
Cargill Meat Solutions

SECOND VICE CHAIR

Don Meiergerd
Retired Excel Food Distribution

SECRETARY

Jim Shelden
Retired Raytheon/CEI

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

Dan Eilert, Intrust Bank
Helen Galloway, The First Place
Clark Goetzinger, Westar Energy
Michael Johnston, Kansas Turnpike Authority

Roger Kepley, Rose Hill Bank
Dana Knott, Dillon Stores
Rebecca Rather

Virginia and Paul Treadwell
Jim Urso, Spirit Aerosystems
Tim Zynda, Wichita Ready Mix

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

FAMILIES WILL EAT TONIGHT, THANKS TO YOU

Rachael, her husband Shawn, and their 16-month-old son Caylou are a long way from their North Dakota home.

Rachael's parents died in a tragic car accident and the family of three was headed south for the funeral in Texas. But Rachael's car broke down during the first leg of their journey and they never made it to the service. The family has been in Wichita ever since.

Lately, Rachael and Shawn have struggled just to pay for basics like rent and food – an expensive car repair is something they just can't afford. Without any savings to repair their car, and no one to help them get back to South Dakota, Rachael and Shawn are stuck.

Fortunately, Shawn found an hourly job mixing cement so his family would at least have a place to stay while he and Rachel saved for the repair. They've been living in a motel for almost a month.

Because so much of their meager savings has gone toward temporary housing, they haven't been able to afford to buy their own meals most of the time. To make matters worse, they don't have access to a refrigerator or kitchen, so they're

really limited as to the kinds of foods they can purchase with their dwindling funds.

Thankfully, Rachael found out that a [Kansas Food Bank](#) hunger-

“Thank you you have a heart of gold.”

relief agency, Grace United Methodist Church in Wichita, offers warm meals to people in need. She and her family have been more than

grateful to have the help.

“It means a lot to be able to come to a place like this,” she says. “I don't have to worry about feeding my family.”

Rachael and Shawn are hopeful that they'll be back on the road again soon, headed home to South Dakota. But until that day comes, they're giving thanks for you and your support of the Kansas Food Bank that's keeping them nourished in their time of need.

“Thank you,” says Rachael. “You have a heart of gold.”



Rachael and Caylou

YOUR GIFTS PROVIDE HOPE DURING THE HOLIDAYS!



Food Drive

Kansas Food Bank recently kicked off its holiday food drive season this month.

From one of our food drive coordinators: "Giving back to the community is part of our company culture. The annual food drive is a healthy competition amongst employees that provides the opportunity to develop leadership and teamwork skills. It allows people from different departments to work together toward a common goal and

it's an event we look forward to each year." — *Ellen Ulrich, Mid-Continent Instruments and Avionics Human Resources Manager*

For information on holding a food drive please contact Debi at 316-265-3663.

Celebrating 30 Years

On October 14, friends and supporters celebrated 30 years of fighting hunger in Kansas. It's hard to believe how far we've come since a small group of like-minded community leaders

came together to establish the Kansas Food Bank. We're so grateful for the continued dedication of our many supporters in joining the cause of hunger relief. We wouldn't be where we are today without you.

The DON Award

The first annual Dedicated, Outstanding, Number One Award was presented to one of our outstanding volunteers, Don Meiergerd. Through his service to the [Kansas Food Bank](#), Don has consistently displayed the positive

attributes that inspired this accolade. This award will serve as a launching point for future volunteer recognitions.

Our Retail Partners

Dillon's and KWCH, Channel 12 hosted the annual Live Drive on November 8. Each year, Live Drive raises awareness of the Food Bank's programs and how they help community members in need. During the event, Dillon's customers helped their fellow Kansans by donating to the Food Bank at the checkout.

Walmart Foundation

The Kansas Food Bank received \$50,000 from the Walmart Foundation's State Giving Grant, which will go toward supporting our childhood hunger program. We were also voted one of the top 50 food banks in the Fight Hunger, Spark Change Challenge. Through the challenge, Kansas Food Bank was awarded \$60,000. The Food Bank plans to use \$45,000 to purchase fresh produce for partner agencies while the remaining \$15,000 will be

used to provide shelf-stable milk for The Lord's Diner Food Truck.

Whole Foods

The new Whole Foods Market has partnered with the Kansas Food Bank in the fight against hunger. During this holiday season, their 'Feed 4 More' program will provide additional meals for our partner agencies to distribute.

VOLUNTEER PROFILE: KWIK SHOP VOLUNTEERS TO FIGHT HUNGER



André, one of Kwik Shop's many employees that volunteers regularly at the Food Bank

Wichita area Kwik Shop employees have been volunteering regularly at the Kansas Food Bank for about three years now. Every month, local stores send about half a dozen employees to help assemble packages for the *Food 4 Kids* program. In 2013, Kwik Shop donated more than 200 volunteer

“We love to help the Kansas Food Bank.”

hours to helping people in need... and this year they're aiming for 300!

Kwik Shop's parent company, Kroger, is a long-time supporter of the [Kansas Food Bank](#). So, when Jimmy Lewis, Regional Operations Manager for Kwik Shop heard that there was a need for volunteers, he got Kwik Shop involved. “We wanted to do something to bridge efforts with Kroger,” he says.

In addition to packing bags for the *Food 4 Kids* program, Kwik Shop also partners with the Food Bank by donating unsold perishable foods. Last year, they donated more than 14,000 meals.

Jimmy emphasizes that

employees keep signing up to volunteer because they enjoy the chance to give back to their community. Thanks to partners like Kwik Shop, our neighbors are getting the food they need to live healthy lives. Without volunteers, many programs vital to the Food Bank's operations simply couldn't exist.

Kwik Shop employees have said that their time spent volunteering at the Food Bank has been truly life changing. Jimmy expects them to keep coming back for one simple reason. “We love the Food Bank,” he says.

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

YOU HELP PARENTS PUT FOOD ON THE TABLE

Pamela's in line for the first time today at the [Kansas Food Bank](#)'s mobile pantry in Santana to pick up groceries for her family. Even though she and her husband, Jesse, both have jobs, they've had some trouble paying for all their family's needs lately.

Pamela, a Zumba fitness instructor, knows very well the

importance of good nutrition for herself and her daughters, Camila, 8, and Daniella, 10. But it's not always easy to eat the most nutritious foods with little money to spend on fresh fruits and vegetables, which can be expensive.

With the coming holidays, the girls will be out of school for Thanksgiving and Christmas breaks, so Pamela will have to make up

for 20 meals each week that they normally receive at school. She admits that school breaks make it harder to feed everyone.

“Money is tight some months, so this food is a real blessing.”

Pamela is quick to say that she and Jesse are usually able to make ends meet on their own and that until now, they'd never had to ask for help with food. But with no health benefits through their jobs, healthcare costs for the family of four have cut into their monthly food budget.

Pamela is grateful that a friend told her about the mobile food pantry. Even though she says it's humbling to accept help, she was pleasantly surprised by her experience. The volunteers were friendly, and she received enough fresh produce and other groceries to make a full week's worth of meals.

“This is a great supplement!” she says. “The kids will love the veggies and fresh fruit.”

Thanks to you, Pamela's family will have nourishing food on their table. “I'm so thankful for these good things,” she says. “Money is tight some months, so this food is a real blessing.”



Pamela and Camila

THANKS TO YOU, FAMILIES HAVE HOLIDAY MEALS

Melissa and David live in Chanute, Kansas with their two daughters, Lydia, 2, and Alexandria, 10. Melissa cares for the little one full time while David works hard building lighted signs for local businesses.

Not long ago, the money from David's job was enough to cover the family's monthly expenses. But when his hours were cut back, the family struggled to pay for food and other necessities. Even with a little help from the WIC program, Melissa worries that her daughters won't have enough to eat.

Melissa told her story to a friend

who mentioned that the [Kansas Food Bank](#) had a program that visits Chanute every few months. It was

“We love the fact that people truly care about us.”

around Christmas last year when she went to the Mobile Food Pantry for

the first time. There, she was able to receive everything she needed to prepare a delicious holiday meal with food left over to stretch to the end of the month.

Many of your neighbors go without adequate food this time of year. Because of you, Melissa and her family will not go hungry. Your continued generosity ensures that their needs – and the needs of so many Kansas families – are being met.

Good-paying jobs in and around rural towns like Chanute are few and far between, so the ability to get help with groceries is a huge relief for families like Melissa and David's.

Melissa says she'll never forget the help her family's received. “We love the fact that people truly care about us,” she says. “My family thanks you for the time and money spent so we can have a special meal during the holidays.”



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



[twitter.com/
KansasFoodBank](https://twitter.com/KansasFoodBank)



[facebook.com/
KansasFoodBank](https://facebook.com/KansasFoodBank)

