

SEEDS OF HOPE



**YOUR GIFTS
ARE HELPING
HUNGRY FAMILIES
THIS HOLIDAY
SEASON**

**KANSAS
food
bank**
HELPING THE HUNGRY • SINCE 1984

MEMBER OF
**FEEDING
AMERICA**

DEAR FRIEND,

During this season of giving, I want to express my sincere gratitude for generous friends like you. Your gifts allow the [Kansas Food Bank](#) to respond to the needs of hungry children, families and seniors across the 85 counties we serve. On behalf of each of them, I say thank you.

If you're anything like me, you're probably spending time making plans to gather around a full table with your loved ones. Many of our neighbors would love to do the same, but living paycheck to paycheck often means scrambling to provide dinner today, with little thought of the upcoming holidays.

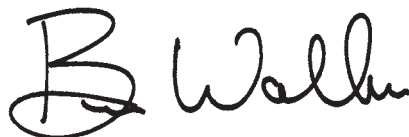
But with your help, Kansans struggling this time of year won't have to choose between feeding their families and covering other basic needs. That's because by supporting our many feeding programs, you help us to connect people from all over our service area with the good, nutritious food they're unable to afford.

Last year, you helped provide thousands of meals to people in need. And, as the demand for food continues to grow, I hope you'll continue to stand with our hungry neighbors at this special time of year.

In this holiday issue of *Seeds of Hope*, you'll learn how your gifts help families escape hunger. I encourage you to learn more about Jennifer, on page 8, and the many other people whose lives you impact every day.

As we look forward to a new year, please know that everything we do at the Food Bank is made possible by your generosity and compassion. Thank you!

Happy Holidays!



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YOUR GIFTS BRING HOLIDAY CHEER

Claire and her husband, Victor, have worked in nursing for almost 30 years. For them, caring for the sick has been more than a career — it's a calling. But when their health began to fail them, they suddenly needed the very medical attention they'd once provided for others.

“If you weren’t able to give, we wouldn’t know what else to do.”

Unable to work right now, the couple has relied mostly on their dwindling savings to purchase essentials like food. That was until

their daughter, Lina, moved back home after experiencing financial troubles of her own. Now, even with the income Lina receives from her job at a local grocery store, the family can no longer afford to put food on the table every day.

All hope seemed lost until Claire walked through the doors of Living Waters Food Pantry, her local [Kansas Food Bank](#) hunger-relief partner. Here, she receives everything she needs to prepare balanced and filling meals for her family.

At first, Claire recalls Victor being a little embarrassed when he found out about her visiting the pantry. But when he saw how much they were able to supplement their

shrinking budget, he couldn't say no.

“Without the help of the food pantry, we would have to do a lot of fishing, fending for ourselves,” says Claire, explaining just how serious her family's situation had become.

Despite their health problems, both Claire and Victor still believe they have a few more years left in their careers – and they're making every effort to find new jobs. Until they succeed, they're thankful for friends like you, who help fill their table at home.

This is amazing,” Claire says. “If you weren't able to give, we wouldn't know what else to do.”



Claire and Lina at Living Waters Food Pantry

THANK YOU FOR PROVIDING HOILDAY MEALS!



Walmart

The Kansas Food Bank is a proud recipient of a 2015 Walmart State Giving Grant. We were recently awarded \$50,000 to support the *Food 4 Kids* program. This gift will provide over 11,000 weekend packets of food to chronically hungry children in our 85-county service area. We greatly appreciate the ongoing support we receive from Walmart every year!

Amerigroup

Amerigroup recently awarded the

Kansas Food Bank \$10,000 to support our *Food 4 Kids* weekend backpack program. In addition to this gift, they have also helped sponsor mobile pantries in Chanute, Meade, Satanta, Ulysses, Eureka, Howard and Sedan. Thank you Amerigroup for helping provide missing meals to hungry Kansans!



Christmas Radio Hour

The Air Capital Chorus will present their 5th Annual "Christmas Radio Hour" to benefit the Kansas Food Bank



on Tuesday, December 15th, 7:00 pm at the Wichita Scottish Rite Dining Hall.

Guests are encouraged to make a monetary donation or a gift of canned goods as admission.

Sack Hunger

K-State Athletics and BASF are working together this season to 'Sack Hunger' during the 2015 Football season. These two partners have teamed up to raise awareness and funds for the [Kansas Food Bank](#) this fall. For each



home and away 'sack', the K-State defense collects during the 2015 season, BASF and its retailers will donate \$100. BASF and K-State Athletics are proud to partner with the Kansas Food Bank and their community's battle against hunger.

NEK-CAP

We've had the exciting opportunity to partner with NEK-CAP, Northeast Kansas Community Action Program, to provide services in Jewell, Mitchell, Osborne and Republic counties over the



past few months. This summer, we provided meals to kids, and in the fall, we worked with them to provide food boxes and hygiene bags. We have formed a great partnership to help families in the north central region of our state. Thank you so much, NEK-CAP!

We are in need of volunteers to help in the sort room. This is a great opportunity for groups to do together. We are also searching for volunteers to assist with reception duties on Monday morning, Friday morning and Friday afternoon. For more information, contact Larry Gunkel at 316-265-3663.

VOLUNTEER PROFILE: MARTHA McCOY

Martha McCoy has been actively involved with the [Kansas Food Bank](#) since 2011. Her volunteer journey began when a good friend suggested she attend an advisory board meeting in Independence to learn about how she could help fight hunger. From then on, she was hooked.

As a retired teacher, Martha understands that success in the classroom is directly linked to good nutrition. For her, giving out food to those in need — especially children — is a wonderful way to ensure young people grow up to be happy and healthy.

Soon after she began volunteering, Martha set out to expand the fight against hunger in her own community of Chanute. With the assistance of a few Kansas Food Bank staff members, she helped establish the first mobile food pantry in town.

Beginning with only two food distributions in 2012, the mobile food pantry in Chanute has since doubled to four visits per year. Through this resource, Martha has helped hundreds of children, families and seniors receive fresh produce and other healthy staples.

“We have the [mobile food pantry] going like a well-oiled machine now,” says Martha, smiling.



In addition to helping with the mobile food pantry, Martha has also been a vocal advocate for the *Food 4 Kids* program and other emergency food services provided by the Kansas Food Bank. It’s a lot of work, but for Martha, helping others is just part of being a good citizen.

Thank you, Martha, for everything you do to improve the lives of hungry people in Kansas. It’s volunteers like you who are helping us ensure that our hungry neighbors have enough food this holiday season and in the coming year.

YOU GIVE FAMILIES RENEWED HOPE

Shelly and her husband, Thomas, have always worked to support themselves and their family. But when Shelly's arm was paralyzed following a failed surgery a few years ago, their financial security was shattered.

“This is a tremendous help.”

Now the sole breadwinner, Thomas relies on his income from installing residential siding and doors to cover his family's basic expenses. While he's grateful to have a job, there's a major downside to working

outdoors — when bad weather strikes, his paycheck suffers. This can make buying food for his family very difficult.

With no family or friends to turn to, Shelly and Thomas reached out to the food pantry at New Hope Christian Church, a nearby [Kansas Food Bank](#) hunger-relief agency. With the food they receive, there's now plenty to go around today and throughout the holiday season.

This is the first time their family has ever had to ask for food assistance — and Thomas and Shelly are nothing but grateful to have the support.

“This is a tremendous help,” Thomas says, with emotion showing on his face.

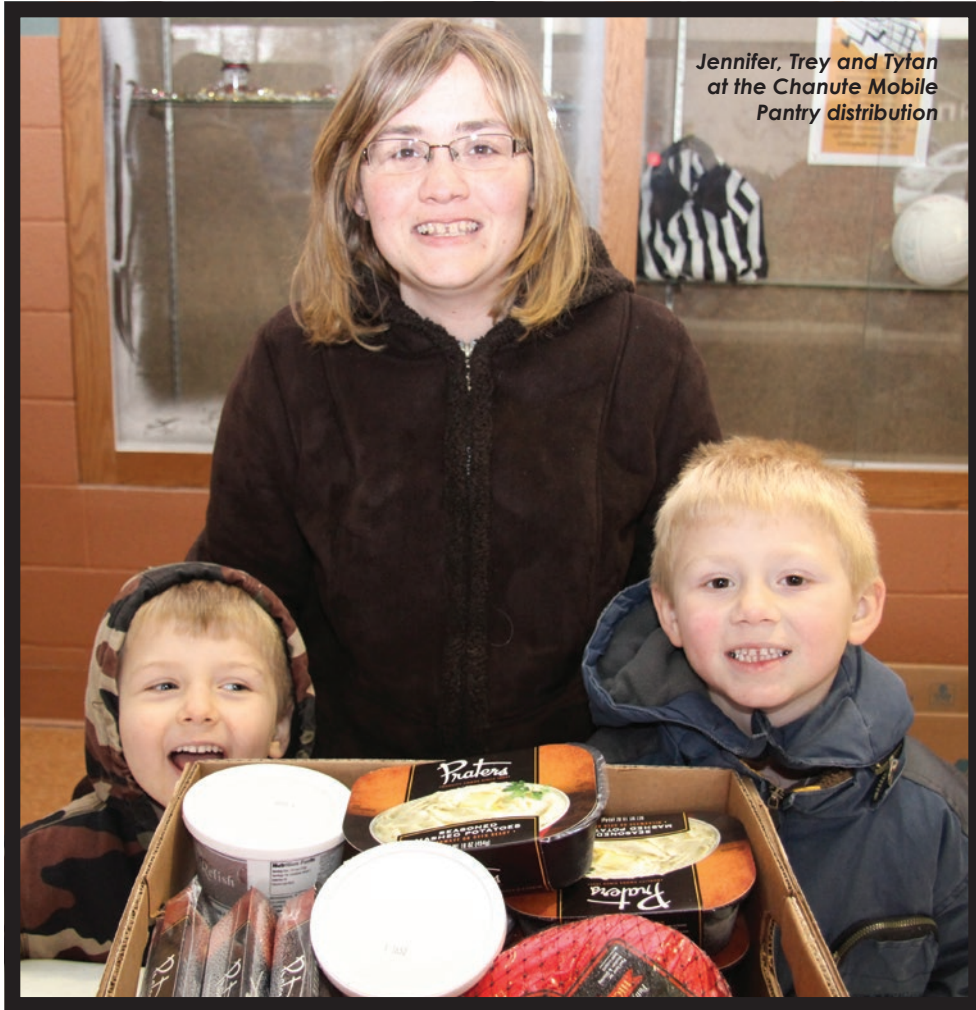
It's been such a relief for Shelly and Thomas knowing both they and their daughters won't have to go to bed hungry. And it's all because you choose to give so generously to the Food Bank.

“Thank you,” Shelly says. “If it weren't for programs like this, we would be in a world of hurt. And for that, we're thankful.”



Shelly and Thomas

YOUR GIFTS PROVIDE HOLIDAY MEALS



Jennifer, Trey and Tytan
at the Chanute Mobile
Pantry distribution

That's why she was overjoyed to learn about the [Kansas Food Bank](#)'s Mobile Pantry distributions in Chanute. With each visit, she's given enough fresh fruits, veggies and other staples to supplement her family's small food budget. And when the holidays arrive, she'll be able to receive special holiday groceries her family would otherwise go without.

As Jennifer looks toward the future, she hopes to be able to return to work. Before the accident, she was an assistant manager at a local general store. She says that as soon as the doctor clears her to work again, she'll begin searching for something similar.

Until that day arrives, Jennifer is thankful for your gifts, which help keep her family well nourished during this difficult period in their lives.

"Thank you for all your help," she says. "You are a blessing."

Jennifer is a single mom raising three children — Camden, 3, Trey, 5, and Tytan, 6. As the holidays draw near, Jennifer would love nothing more than to provide them with a special meal. But that's just not something she can afford right now.

"You are a blessing."

Jennifer was recently injured in a car accident that put her on leave from work without pay. Today, she

and her children are living with her parents while she continues to recover. Although she's grateful for the help, there have been drawbacks to having so many family members living under one roof.

Jennifer's parents are both retired and living on fixed incomes. Together, they don't bring in enough money to buy groceries for everyone. The children have learned not to be picky and to be grateful for anything they get to eat.

"They eat everything that you put in front of them," Jennifer says.



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