

SEEDS OF HOPE

THANK YOU
FOR THINKING
OF SENIORS
IN NEED!



KANSAS
food bank
HELPING THE HUNGRY • SINCE 1984

MEMBER OF
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DEAR FRIEND,

It's hard to believe 2017 is already in full swing. I'm happy to say that over the past several weeks, your gifts have already changed countless lives across Kansas — including those of thousands of seniors living on fixed incomes.

Each year, older adults are often forced to make difficult choices — like whether they should purchase important prescriptions, pay a medical bill or buy groceries. That's why your support of this work matters so much.

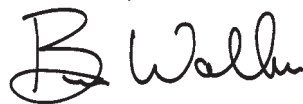
As more of our older neighbors struggle to survive on fixed incomes, we must ensure those at risk of missing meals have the help they need. With the continued partnership of friends like you, more elderly Kansans will be able to access good, nutritious food.

With every dollar you give, you help deliver senior food boxes, fill our partner agencies and mobile pantries with fresh produce and provide balanced meals for some of our community's most vulnerable members. You'll meet a very grateful senior — Clara — on page 8 of this issue of *Seeds of Hope*.

This year we'll continue to roll out our new strategic plan, which will enable the [Food Bank](#) to more efficiently and effectively distribute meals and groceries. Your gifts are vital to the fight against hunger in Kansas, and we're working to make best use of your generous support.

Thank you for caring so much about the people we serve together.

Sincerely,



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THANK YOU FOR HELPING OLDER ADULTS AND THEIR FAMILIES

Andrew, 79, lives in Coffeyville with his wife, Linda, their four children and their great grandchild. A while ago, the family decided to pool their resources to better ensure they could all make ends meet.

help put food on the table. He says his family is really good at making meals stretch. With the nutritious food they take home, they're usually able to make their budget last through the end of the month.

his deep gratitude for your generosity. He knows that because of you, his family can keep their kitchen cabinets stocked this winter.

"You are really doing a great job for us seniors," Andrew says. "I give you all the thanks I can."

As he prepares to head home from the pantry today, Andrew expresses

"You are really doing a great job for us seniors."

The system works most of the time, but it can be difficult when their winter utility bills arrive. Because they live on a fixed income, Andrew and Linda can do little to help pay the increased cost — they receive the same amount of Social Security assistance no matter what changes in their living expenses may occur throughout the year.

When money's tight, one of the first steps the family takes is cutting back on food costs. They often pick up cheaper, less-healthy items at the grocery store. Sacrificing good nutrition isn't the best choice for Andrew or Linda, who share a number of illnesses, including heart problems and diabetes.

Andrew has been visiting the Genesis Inc. Pantry, a [Kansas Food Bank](#) hunger-relief partner, off and on to

Andrew outside Genesis Inc. Pantry in Coffeyville



YOU SHARE HOPE WITH NEIGHBORS OF ALL AGES!



College Pantries

Hunger is a growing concern on college campuses across Kansas. A study done by Kansas University showed that 37 percent of students admitted to cutting back on meals to pay for other expenses. In response to reports like these, the [Kansas Food Bank](#) has begun offering support to campus pantries, like Corky's Cupboard at Emporia State University and the campus pantry at Labette Community College.

Filling the Gap

This March, we will once again be working alongside Partners for Wichita to provide meals at 17 sites around Wichita, Oaklawn and Haysville for kids at risk of going hungry over spring break. We are now in the process of scheduling transportation volunteers to help with these "Filling the Gap" food deliveries. If you would like to assist with Filling the Gap, please contact LaVeta Noble at 316-265-3663.

New Agency Partners

We want to welcome the following agencies that have recently joined the Kansas Food Bank's hunger-relief network: First Baptist Church and St. Michael's Church in Mulvane, Share With Love Food Pantry in Riverton, God's Food Pantry in Norton, the United Methodist Church in Medicine Lodge and the Stanton County Health Department in Johnson City.

Dillons Fights Hunger in Kansas

Thanks to Dillons, fighting hunger has never been easier! Every time you shop, be sure to show your Dillons Plus Card to the cashier, and a donation will be made to the Kansas Food Bank through the grocery chain's Community Rewards Program. To enroll in the Community Rewards Program, visit www.dillons.com/communityrewards. Once you've done this, sign in or create a new account. Click "Enroll Now" and enter the five-digit nonprofit number and search — our number is 86065. Select Kansas Food Bank and click on "enroll". It's that simple!

Feeding Seniors

Seniors make up 10 percent of all clients served by the Kansas Food Bank. In addition to the food distributed through our partner agencies, the [Kansas Food Bank](#) also provides special programs geared toward older adults. This includes the Bob Box and Community Supplemental Food Programs. Together, these programs serve hundreds of seniors each month.

Senior Mobile Pantries

The Kansas Food Bank deploys senior mobile food pantry distributions each month in the following communities: Norton, Syracuse and Smith Center. Each distribution serves about 30 senior households. For more information about mobile food pantry dates in your area and how you can help, please contact Debi Kreutzman at 316-265-3663.

VOLUNTEER PROFILE: **BARB SWAIN**

Barb spent most of her life as a teacher for a school that served students from a low-income community near the Kansas Food Bank. She says she'd encounter several children who were at risk of going hungry almost daily. Barb saw the symptoms on their faces, in their behavior and through their academic performance.

“Any time that you can give is appreciated,”

After Barb retired three years ago, she read an article about the [Kansas Food Bank's Food 4 Kids](#) program and felt inspired to get involved. She wanted to find a place to volunteer, and given her past experience working with children, hunger relief seemed like a good fit.

And she was right. Barb has made many friends at the Food Bank, including members of the staff and fellow volunteers. She says that after she retired, she really missed interacting with people and serving others. This opportunity allows her to do both.

“Volunteering at the [Kansas] Food Bank makes me feel good,” Barb says, explaining why she continues to donate her time.



Barbara “Barb” Swain

Barb encourages other retirees to make the time to volunteer with the Food Bank. She says it's very fulfilling for the amount of time required, which really depends on the volunteer's schedule.

“Any time that you can give is appreciated,” she says.

Here at the Kansas Food Bank, we're so grateful for committed volunteers like Barb, who generously give their time to help fight hunger in the communities we serve. Thank you!

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

THANK YOU FOR HELPING OLDER ADULTS

Before Marsha retired a few years back, she had a career in computer drafting and stockroom support for a local company in Wichita. She may have considered staying on the job a bit longer had it not been for her deteriorating vision.

Marsha shared that her only source of income is her disability payments through the Social Security Administration. Because this doesn't come close to covering her bills, she often has to make cuts to her budget where she can. This often means coming home with fewer groceries than she needs each week.

“I am eternally grateful for you.”

“I make do with what I have,” she says.

In an effort to be more self-sufficient, Marsha keeps a garden in her backyard. But she admits that even with this additional resource, she still needs help accessing healthy food. Thankfully, a church friend referred her to Hillside Christian Church Food Pantry, one of the [Kansas Food Bank](#)'s many client-choice hunger-relief partners.

For Marsha, being able to select food items herself is very important. In addition to having

problems with her eyesight, she also has diabetes, which means she must avoid many of the processed foods that are high in sugar and low on nutrition.

With your help, Marsha, and countless other seniors in the communities we serve together, are

able to enjoy meals they couldn't afford to provide otherwise. You truly pay a vital role in changing the lives of so many people every day.

“I am eternally grateful for you,” Marsha added. “This is God's work in action.”



YOUR GIFTS HELP FEED AGING ADULTS



When we caught up with Clara, a 64-year-old senior living in Fort Scott, she explained how your gifts were helping her through a very difficult time in her life.

About a year ago, Clara lost her husband of several years, leaving her no choice but to sell the home they once shared and move in with Christian, her grandson. When we visited with Clara, she was preparing to move into a local assisted living center, where she could receive specialized care for her numerous health problems.

It was her daughter who introduced Clara to The Beacon, a local [Kansas Food Bank](#) hunger-relief agency. When Clara lost her husband, she

also lost the ability to afford enough food to eat each month. Thanks to you, she can supplement her small Social Security checks each time she stops by the pantry.

“Without The Beacon, I would not have enough to eat,” Clara says, expressing her gratitude for your generosity.

“The help that I receive is the best.”

Clara adds that each time she comes out to The Beacon, she’s pleased to find so many senior-friendly items. Sometimes, she says she lucks out and finds her favorite health shakes — which she could never afford on

her limited income — among the many grocery items at the pantry.

As she reflected on the future, Clara expressed her optimism. Because she no longer has to worry about feeding herself, she can put more energy toward making new friends at her new home.

“The help that I receive is the best,” Clara says, before heading home with the food you helped provide her.



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



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