

# SEEDS OF HOPE

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**YOUR GIFTS ARE  
SPREADING HOPE  
FOR THE HOLIDAYS!**

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

MEMBER OF  
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# DEAR FRIEND,

The holidays are such a special time of year. Right now, many of us are looking forward to spending time with friends and family, sitting down to a meal together and sharing gratitude for all our blessings.

During this special season, it's important that we remember our neighbors who are not able to afford these kinds of celebrations. For Kansans who struggle, unexpected expenses like a home repair or an illness can create all kinds of challenges — including hunger.

But because you generously support our work, [Kansas Food Bank](#) and our partners can distribute quality, healthy food to folks across Kansas who might otherwise go without. By partnering with donors such as farmers and grocery stores, we're able to provide our partner agencies with the means to change lives every day of the year.

I'm so inspired by your support of our mission. You are sharing hope in the form of food with our hungry neighbors. And at this time of year, that effort really means a lot.

Please take a few minutes to read about some of the neighbors who are benefiting from your generosity. In this special holiday edition of *Seeds of Hope*, you'll meet people like Cheyanne and her family on the back cover. I hope that when you read her story, you'll understand the difference you make for families on the brink of losing hope.

As we look forward to the next year, with your support, we will be able to impact the lives of so many hungry friends and neighbors. Thank you for your partnership. You bring hope to so many people!



Happy Holidays,

A handwritten signature in black ink that reads "B Walker". The signature is fluid and cursive.

**Brian Walker**  
PRESIDENT AND CEO

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# YOUR GIFTS ARE A LIFELINE TO FAMILIES FACING HUNGER



“We’re barely getting by right now,” Candi says, dismayed.

She and her husband, Javier, are both working low-wage hourly jobs and having a hard time making their income stretch. They also help care for their grandchildren when they can.

Lupe and Veronica, the couple’s twin daughters, live nearby and both work in management for a local fast food restaurant. Having help with childcare from their parents allows them to work more hours than they otherwise could.

When we met Candi with her daughters at the Giving Center, a [Kansas Food Bank](#) partner in

Wichita, she told us the pantry’s full shelves are a huge relief for her family. They all help each other out, but there are times when there just aren’t enough resources to go around. With the high cost to heat their home right now, things are really tight.

Candi told us her grandkids are healthy eaters and love the fruit that comes from the pantry. Fresh produce tends to be really expensive at the store, so having food available at the Giving Center really helps Candi and her family stretch their budget.

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**“This food really means a lot to us.”**

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She and Javier only have a few more mortgage payments before their house is paid off — and they’re really looking forward to having one less major expense. But until then, it’s so helpful for them to have access to food assistance.

Because you choose to give, Candi’s family will be able to sit down to a hearty holiday meal together. For that, she’s especially grateful.

“Thank you to all the neighbors who give back,” she says to friends like you. “This food really means a lot to us.”

You’re bringing hope in the form of nutritious food to so many people this holiday season — and they have so much appreciation for your support!



# FAMILIES ACROSS THE STATE ARE THANKFUL FOR YOU!



## Notes of Thanks

With the Holidays just around the corner, we wanted to share some of the good sentiments we have received throughout the year. These notes of thanks come from our agency partners, the people we help together, the kids you're feeding, the volunteers that help us and you, our donors. We hope you enjoy reading them as much as we do.

### From a volunteer . . .

I really enjoyed volunteering at the [Food Bank](#). Nothing compares to the feeling of helping others in need. I learned a lot on my tour, I did not realize how much of an impact the Food Bank has. I definitely plan on volunteering in the future.



**From a Food 4 Kids coordinator . . .**  
Food 4 Kids is an essential, well-organized program that assures my students are fed over the weekend. Without it, we would honestly have dozens of kids at my school go hungry. This program is an instrumental tool in my 'tool box', and I don't know what I'd do without it.

### From a Food 4 Kids participant . . .

Friday is my favorite day at school because I get to take home a food bag in my backpack. I really like that I have my own food I can eat when I get hungry. And I get to take one home for my brother too. We each get our own bag!



### From a mobile pantry recipient . . .

We are very grateful. . .THANK YOU. You have no idea how much we are in need and appreciate this. There is just my wife and myself. We are both on disability and this will help us a great deal. We had no idea this even existed, it is wonderful.

### From an agency partner . . .

Being a member agency is so much more than just saying that. You supply us with all types of food that we would never be able to provide.



### From a summer food site . . .

From providing us with training, promotional materials, signage, activity boxes and suggestions to little lending libraries, the [Food Bank](#) truly made [the USDA Summer Food Program] an awesome experience for all involved. The shelf stable meals were an easy way for us to feed kids in our rural community without a lot of work and preparation. We look forward to next summer.

### From a summer feeding site participant . . .

My friends and I like to come here for lunch. It is a restaurant just for kids!



### From a Bob Box recipient . . .

I have always tried to pay my way. I never thought I would need help. I worked hard and I did not want to take from someone else who needed it more. I was resistant to take a food box. The health nurse insisted I try a Bob Box to help me out since I had to pay so much for my medicine. That box was a blessing. Thank you for taking care of old people like me.

### From a senior food box recipient . . .

I really appreciate my food box. I live on a fixed income of \$735 a month. Before I got enrolled on this program, I would have to skip meals. Now I know I can depend on this box every month. Thank you from the bottom of my heart. This really helps a lot.



### From a mobile hygiene pantry recipient . . .

Being able to get laundry soap, toilet paper and toothpaste every month may not seem like a big deal. But to me and my family, it really is. We get food stamps, but we can't use those for this type of thing. Thank you for letting me come each month to get the "necessities".

### From a donor . . .

I am amazed at the work [[the Kansas Food Bank](#)] does. I am confident that my dollars are well spent and that [the Food Bank] makes a difference with the donations I am able to make. Keep up the good work.



# VOLUNTEER PROFILE: WE'RE GIVING THANKS FOR RAY'S DEDICATION!

Since his retirement, Ray decided he wanted to spend his time giving back to his community. After working many years as an air traffic controller with the U.S. Air Force, in 2011, he began spending Tuesdays and Thursdays giving his time with the [Kansas Food Bank](#).

Ray has been a financial supporter of our hunger-relief efforts for several years but wanted to expand his partnership during retirement. On his first visit, he learned about our *Food 4 Kids* program — and it was a perfect fit.

Twice a week, Ray and three others — who've now become his close friends — pack *Food 4 Kids* backpacks with nutritious, kid-friendly snacks for distribution to schools across Kansas. This important program connects chronically hungry children with the food they need to thrive on weekends and breaks when they can't access school meals.

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**“The gratitude it gives you from being a volunteer is rewarding,”**

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After he began working with the program, Ray learned his daughter actually helps with *Food 4 Kids* at a school here in Wichita! He was



excited to share with her that he packs *Food 4 Kids* packets at Kansas Food Bank.

When he's not graciously giving his time at the Food Bank, Ray loves to travel with his wife and go fishing in his hometown of Beloit. But he makes his volunteer shifts a priority. Ray says the group he packs bags with has become like a second family. He always gets a good feeling from giving back.

“The gratitude it gives you from being a volunteer is rewarding,” he says.

We are so very thankful for Ray and his commitment to fighting hunger here in Kansas. When so many children are on break from school this winter, they'll be able to access consistent nutrition because of people like Ray. Thank you for your partnership!

If you'd like to volunteer at the [Kansas Food Bank](#), contact us at [volunteer@kansasfoodbank.org](mailto:volunteer@kansasfoodbank.org).

# YOU'RE FEEDING OUR COMMUNITY'S FUTURE!

After nearly three decades working as an accountant, Dawn's now on a fixed income — and struggling to make it stretch to cover all her grandkids' needs.

She took in Lena, 10, and her twin brothers, Kaydon and Dawson, 9, about four years ago because their parents were no longer able to care for them. Dawn loves the kids more than anything and does her best to provide for their needs, but that's often tough for her to do.

We visited Dawn and grandchildren at their home in Wichita, which she stated has some repair needs. But between bills, saving money to fix her car and the costs to care for Lena, Kaydon and Dawson, fixing up her home isn't a priority right now.

**“Every little bit the kids can bring home on the weekend helps.”**

“The kids are growing like weeds, constantly needing clothes,” Dawn says.

Fortunately, Lena, Kaydon and Dawson are participating in the *Food 4 Kids* program at their school. Every Friday, the kids pick up a backpack filled with nutritious food they can easily eat and use.

Dawn says the food the kids bring home is a huge help and eases the strain on her monthly grocery budget. With winter break just around the corner, families like theirs will be able to afford more food at the supermarket to cover the school meals they'll be missing during the holidays.

Dawn was excited to share her thanks for the backpack program.

“We are very grateful for the *Food 4 Kids* program,” she says. “Every little bit the kids can bring home on the weekends helps.”

You see the smiles on Lena, Kaydon and Dawson's faces? Friends like you are the reason for their joy. Thank you for all you do!



Lena and her twin brothers, Kaydon and Dawson, outside their home in Wichita.

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# THANK YOU FOR ENSURING YOUR NEIGHBORS ARE FED

**W**hen we met Cheyanne, 19, she was bundled up in a heavy coat, waiting her turn to visit the Lord's Pantry at St. Patrick Catholic Church, a [Kansas Food Bank](#) partner in Wichita. She told us she was picking up groceries for her parents and younger sister, Arianna, 13.

Cheyanne's mother, Margie, works in management for a local restaurant but recently had to take time off for a family emergency. Cheyanne's a student but helps her family out as much as she can.

She says she found out about the pantry from a neighbor, who offered her a ride since she has no other form of transportation. Cheyanne's family has never needed help with food before. However, because of this family emergency, they've been struggling with her mother's missed paychecks.

**"I really appreciate those giving their time and money."**

There are many families like Cheyanne's who just need a little extra help to weather an illness, job loss or other temporary financial setback. It might seem simple, but a few bags of groceries can make a real difference for our neighbors facing hunger — especially at this time of year.



*Cheyanne at St. Patrick Catholic Church in Wichita.*

We asked Cheyanne if she had a message she might like to share with the people who help keep the pantry's shelves stocked, and her face lit up with a bright smile.

"I really appreciate those giving their time and money!" she says.

"This is really cool what you're doing for those struggling here in our community."

You make a real difference in the lives of our neighbors who are facing hunger. Thank you for joining in this special season of sharing!



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