

SEEDS OF HOPE

Winter 2018

kansasfoodbank.org



IN THIS ISSUE:

PG 3 *You're Bolstering the Health of the Communities We Serve!*

PG 6 *We're Grateful for Local Officers' Fight Against Childhood Hunger!*

PG 8 *Your Generosity Helps Stretch Limited Resources!*

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DEAR FRIEND,

I'm truly inspired by your generosity. With your help, 2018 is well underway with nutritious food to share across the 85 counties we serve.

Hunger is a critical problem here in Kansas, but largely invisible — especially among our community's senior citizens. Many of our older neighbors must choose between eating or paying for medications that are so vital to their health and well-being.

These older adults are often too proud to seek help, so the dire circumstances they face tend not to be recognized. Living on a fixed income can cause financial strain when challenges like an increased utility bill, medical co-pay or unexpected home repair arise.

It's vital that we provide a food safety net for Kansas seniors who've laid the groundwork for our community today. Nutritious food is crucial to ensuring our older neighbors stay healthy. When you support the [Food Bank](#), you bring hope to our neighbors of all ages who are at risk of missing meals.

I hope you'll take a few minutes to learn about the impact you are making in this winter issue of *Seeds of Hope*. Monica, who you'll meet on page 8, is able to stay healthy and active thanks to the partnership of friends like you. Please remember the many neighbors like her who are leading healthier, more fulfilling lives because you choose to give.

Your gifts are so greatly appreciated by those we serve together — *YOU* make a difference every day. Thank you for fighting hunger with us. I'm so excited to see what we'll be able to accomplish together this year!

Gratefully,

Brian Walker
PRESIDENT AND CEO

YOU'RE BOLSTERING THE HEALTH OF THE COMMUNITIES WE SERVE!

Sheryl's poor health has been taking its toll lately. After battling cancer, she's now dealing with an unrelated illness that's been requiring numerous and expensive tests. When we met her, Sheryl had bronchitis, too, and was struggling to make ends meet.

Because of her health problems, Sheryl has been living on disability assistance for a while now. It is frustrating and worrisome to rely on a fixed income — Sheryl misses the paychecks she used to receive from her job at a local call center, as her disability payments barely cover rent and bills each month.

With such little means to pay for her basic expenses, Sheryl is at risk of missing meals. Her budget is really constricted with the high cost to heat her home at this time of year.

Fortunately, friends like you help ensure our neighbors in need have full tables. We chatted with Sheryl outside Whitewater Food Pantry, a [Kansas Food Bank](#) partner not far from her home, and she told us she was stressed because her heater had recently broken. Sheryl said if she wasn't able to access groceries at the pantry, she'd have to sacrifice meals to pay other bills.



Sheryl at Whitewater Food Pantry.

“A thank you doesn't equal what you do for me.”

Your generosity is supporting Sheryl's health and well-being. She's so thankful you choose to give.

“A thank you doesn't equal what you do for me,” she says to friends like you. “I honestly don't know what I'd do without this help.”

As you can see, you make a big difference for your struggling neighbors. I'm so grateful you choose to give. Thank you for making the communities we serve an even better place to call home!

YOU BRING HOPE TO KANSANS OF ALL AGES!

Feeding America Member Grants



We are pleased to announce two member

grants that we received for our *Food 4 Kids* weekend backpack. These grants provide network food banks, like ours, the resource for funding opportunities provided by national donors through Feeding America. Schwan's Foundation provided \$20,000 to support the *Food 4 Kids* program in Salina. Red Nose Day provided \$10,000 to support the *Food 4 Kids* program across our 85 county service area. We are very thankful for the opportunity to receive these funds.

Kansas B.A.S.S. Nation Raises Funds for Local Non-Profits



Kansas B.A.S.S. Nation presented a \$10,000 check to the [Kansas Food Bank](#) from the

raffle of elite angler Brent Chapman's 2017 tournament Triton 22 TRX boat. Tickets were sold to support three non-profit charities: Folds of Honor, Fishing's Future and the Kansas Food Bank. Thanks to all who helped carry out this great project!

Empty Bowls



The annual Empty Bowls event presented by the WSU Ceramics Guild and Ulrich Museum of Art raised \$24,000 for the [Kansas Food Bank](#) this year. Several

sponsors made this years event a great success. Our sincere thanks go out to Spirit Aerosystems for being the presenting sponsor and to Dillons for their amazing support. We also owe a special thank you to Reuben Saunders Gallery for hosting the Empty Bowls Invitational and Final Friday event.

Save the Date for Empty Bowls, Saturday, October 27, 2018.

Serving More Seniors

For the past three years the [Kansas Food Bank](#) has been providing the Commodity Supplemental Food Program (CSFP) to low income seniors. Starting in Crawford County with caseload 170 seniors, we are now able to serve an approved caseload of 730. We administer the CSFP program in 12 counties. Those include Barber, Barton, Cherokee, Crawford, Decatur, Ellis, Graham, Hodgeman, Lyon, Pawnee, Phillips and Russell. We are currently researching the possibility of expanding the program in Osborne, Saline and Sherman counties all in an effort to reduce senior hunger.



VOLUNTEER PROFILE:

WE'RE GRATEFUL FOR LOCAL OFFICERS' FIGHT AGAINST CHILDHOOD HUNGER!



Officer Andrew Powers and Sgt. Bob Gulliver

“It enriches your life to do something for others.”

Wichita’s Broadway Corridor has a reputation for high crime. When a group of seven local police officers were assigned to the area, they agreed they wanted to invest in the community — and they decided the best place to start was in the schools.

The group patrols five neighborhood schools, and each week, they deliver the Kansas Food Bank *Food 4 Kids* backpacks filled with nutritious, kid-friendly food. We had the chance to chat with two of these committed officers — Officer Andrew Powers and Sergeant Bob Gulliver — and they told us how important volunteering is to them.

Like their fellow police colleagues, Officer Powers and Sergeant Gulliver were surprised by the high rate of hunger in the Broadway Corridor and they were inspired to make a difference along with the [Kansas Food Bank](#). They know how vital access to quality nourishment is for growing children and appreciate the opportunity they get to interact with kids when they deliver the *Food 4 Kids* bags.

At each drop-off, the visiting officers talk with students and educate them about the role the police department has in the community. Officer Powers and Sergeant Gulliver say the kids treat

them like celebrities and spending time connecting with them is a meaningful experience.

“It enriches your life to do something for others,” they say.

It’s so encouraging to see local law enforcement devote their time to improving the health and well-being of children in need. Thank you for your dedication to bettering the lives of our citizens!

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

YOUR GIFTS ARE A LIFELINE TO LOCAL SENIORS!

It’s gotten to the point where I have jelly and milk and that’s it,” John says, dismayed.

We talked with John on his very first visit to Hillside Christian Church Pantry, a [Kansas Food Bank](#) partner agency in Wichita. As he said, John reached out to

the pantry because he realized his kitchen was nearly empty — and he wasn’t able to afford to restock it himself.

At nearly 70, John should be enjoying his golden years. After serving in the Vietnam War, he raised a family and worked hard to

cover their needs. He’s back on the job market now and, unfortunately, he’s finding he’s being passed up for younger, more physically able candidates.

“Jobs are scarce for us seniors,” he says.

John depends on Social Security and a small retirement income. With such an inflexible budget, it’s been really difficult for him to afford groceries. He’s so grateful he found out about the pantry at Hillside Christian Church. If it weren’t for your partnership, John doubts he’d have anything to put on the table.

“There’s no way to express my gratitude,” he says to Kansas Food Bank friends like you. “I’m so thankful you’re willing to give your time and money to this great cause.”

Whether it’s a nourishing lunch at a senior center, fresh produce from a mobile distribution or staple groceries from one of our many partner food pantries, you help ensure our neighbors of all ages have access to the nourishment they need to thrive. Thank you so much!



“I’m so thankful you’re willing to give your time and money to this great cause.”

John at Hillside Christian Church Pantry in Wichita.

YOUR GENEROSITY HELPS STRETCH LIMITED RESOURCES

When it comes to making her budget stretch, Monica is a pro. As a disabled grandmother, her fixed income and small amount of SNAP (Supplemental Nutrition Assistance Program, formerly called food stamps) assistance just doesn't go very far.

Times have been particularly tough for Monica and her family lately. Her mother recently passed away, and as she grieves, Monica also has to endure physical pain.

She's awaiting a fourth surgery to repair even more of her worn out joints.

To help make ends meet, Monica has gone to live with her daughter's family so they can pool their resources. Her daughter is also in poor health and unable to work, although thankfully, her partner is able-bodied and working. With their two young children to care for, the couple was already stretched even before Monica moved in.

Money is so tight that they don't have enough to buy gasoline to get them everywhere they need to go. They ration how much they drive and don't spend anything extra.

The day we met Monica at Our Daily Bread Food Pantry in Wichita, she said her family was down to just \$20 to last the rest of the month. Without the food you helped provide through the pantry, they'd all be hungry, including 3-year-old Andrea and 1-year-old Harper.

"You just don't know how much you help," said Monica, with deep appreciation for your compassion and generosity. "The smallest gift is put to good use, regardless of the amount."

With limited fixed incomes, many elderly and disabled neighbors just need a little help to stretch their resources for that last week of the month when money has run out. You help bridge the gap for struggling Kansans who deserve the security and dignity of a decent meal.

Thank you for your kindness that puts food on the table for seniors, families and children in need every single day.



Monica leaves Our Daily Bread food pantry with a full cart and a grateful smile.

“You just don't know how much you help.”

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