

SEEDS OF

HOPE

Summer 2018

kansasfoodbank.org



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HELPING THE HUNGRY • SINCE 1984

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Brian Walker
PRESIDENT AND CEO

DEAR FRIEND,

Summer is a welcomed vacation for most students. It is a special time to step back from the responsibilities of school, play with friends in the sunshine and enjoy just being a kid.

But the summer months are a season of concern for some children. Without dependable school meals on the table each weekday, long summer days could turn into longer hungry nights for many Kansas children.

Having enough to eat is especially vital for growing bodies and minds. Nutritious food is the cornerstone of good health — without it, kids are at higher risk of illness, developmental delays, behavior problems and other issues.

We cannot fight summer hunger without friends like you. There is no better investment than the well-being of our community’s children — your generosity is contributing to a new generation of healthy and productive Kansans.

Throughout this summer issue of *Seeds of Hope*, you will meet children and families who are able to access healthy groceries because you choose to give. I hope you will take a few minutes to read their stories and learn about the impact your gifts are making across our state. You truly change lives for the better.

We have been working hard to prepare for the hungry summer months, and we simply could not attempt to tackle this urgent problem without your partnership. You are helping provide groceries and balanced meals to the people across Kansas who need them most.

Thank you sincerely for connecting growing kids with the food they need to thrive. You are making a real difference — today and tomorrow!

Gratefully,

Brian Walker
PRESIDENT AND CEO

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YOUR GENEROSITY PROVIDES RELIEF TO KANSAS FAMILIES

Becky's family is in an uncertain financial position. Her husband, John, works as a contractor and his pay is inconsistent. Even though he doesn't always make enough to cover all his family's expenses, they fall just outside the income limit when it comes to qualifying for SNAP.

"John's income is hit and miss based on the workload," Becky says of their situation.

She is glad to know their children can eat free meals at school — but those breakfasts and lunches ended with the academic year this past week.

We met Becky and her oldest child, Daulton, 16, at a [Kansas Food Bank](#) mobile pantry in Council Grove, where they were excited to take home healthy produce and other fresh groceries.

At the distribution, Becky told us there was only one grocery store in their small town of Dalton, and it recently closed. Now they have to drive between 20 and 30 miles to reach a supermarket. That is a lot of gas for a family with limited means.

Daulton loves cars and science class. If he works hard in school,



Becky and her son, Daulton, at Kansas Food Bank's mobile pantry in Council Grove

"We appreciate your help."

he has the potential to break the cycle of poverty his family is experiencing.

Your help will give Daulton and his younger siblings the chance to thrive because of access to healthy food during the summer months. Your gifts make it possible to fill the mobile pantry truck that stops in Council Grove — and Becky has so much gratitude for your support.

"We appreciate your help!" she says to friends like you. "This helps a lot."

You make a real difference in the lives of parents who are struggling to provide their families with balanced meals. Thank you for sharing what you have!

YOU BRING HOPE TO KANSANS OF ALL AGES!

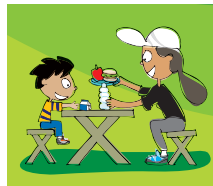
Thank you for filling your bags!



Many thanks to everyone who participated and donated food for the annual Letter Carriers Food Drive – the largest

food drive benefiting the [Kansas Food Bank](#) and our partner agencies. Your generous food donations are now filling the shelves of pantries which will provide missing meals to our hungry neighbors. We especially want to thank the Letter Carriers and Volunteers who gave their time to make this day a success across our service area.

Summer Meals and More



For the fourth year, the Kansas Food Bank is once again stepping up to the plate to sponsor USDA summer

meals. Through the program, community partners across the state open their doors for enrichment activities and meals for children. New sites this year are located in Lakin, McCune and Norton. Sites returning under our sponsorship include: Ashland, Bucklin, Dighton, Ford, Fort Scott, Girard, Gridley, Haviland, Holyrood, LaCrosse and LeRoy, just to name a few. In north central Kansas, the [Kansas Food Bank](#) works with NEK-CAP to provide sack lunches in Beloit, Belleville, Mankato, Osborne and Smith Center. We also help provide summer meals in Andover, Augusta, Eldorado, Larned, Mulvane and Tribune. Our goal is to ensure children have access to summer meals throughout all the counties we serve.

Hygiene Matters



We started our Mobile Hygiene Pantry over four years ago in the Plainview area of Wichita and it now serves an average of 300 households monthly. One of the things that struck us was the number of high school kids who have a need for hygiene items but cannot get them on their own. In response, we started a program at East High School in Wichita with “Take Care” kits. The kits contain shampoo, deodorant, body soap, detergent and dental care items, plus feminine products, razors, diapers and baby wipes.

Produce and HealthCore

The [Kansas Food Bank](#) is happy to announce a new pilot program formed with HealthCore to provide fresh, healthy produce to clients served by the clinic in Wichita. We utilize our mobile pantry model, setting up like a farmer’s market where guests select from fresh fruits and vegetables. Results of our last hunger study indicated that an estimated 27 percent of households we serve have at least one member with diabetes, and 48 percent have at least one member with high blood pressure. Increasing fresh produce distribution is part of our strategic plan to ensure we are providing foods that are part of Feeding America’s “Foods to Encourage” and USDA’s “My Plate” recommendations.



VOLUNTEER PROFILE:

OUR SINCERE THANKS TO HATCHETT HYUNDAI WEST!

Heather Cusick and Joe Reece
proudly display their dealership's
Child Hunger Hero Award!



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

They work with the program at Tabernacle Church, located right where the kids they serve live and play. Joe and Heather are able to deliver meals to the church in a vehicle provided by the dealership. They love volunteering — especially working alongside kids who want to help serve the food.

“It is a good start to help others,” Joe says. “If you want to feel good about yourself, then go donate your time!”

The meals Joe, Heather and other Hatchett staff provide make a real difference for children who might otherwise go hungry. They understand the need for healthy food through talking with customers and just being a part of the community.

“I feel very blessed,” Heather says. “It’s important to give back.”

We just love to hear from neighbors like Heather and Joe, who choose to invest their time in the health and well-being of local kids and their families. Thank you so much for your commitment to helping Kansans facing hunger!

Heather Cusick and Joe Reece have both worked in sales at Hatchett Hyundai West in Wichita for several years. The dealership is a second home to them — both of their spouses actually work there, too!

Hatchett Hyundai also introduced Heather and Joe to a major passion in their lives: alleviating hunger. The friends and co-workers met through one of Hatchett’s regular volunteer days, which they spent at [Kansas Food Bank](#).

Over the years, Joe, Heather and their fellow associates have

expanded their relationship with the Food Bank. Heather got to chatting with a customer who was a principal at a high need school and started thinking about what she could do to help.

Eventually, she and her co-workers got involved with Filling the Gap. This program helps provide nutritious food for children on school breaks.

Hatchett Hyundai won our Child Hunger Hero Award in the past and have delivered 7,776 meals through Filling the Gap!

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

NEIGHBORS LIKE SANDY ARE

GIVING THANKS FOR YOU!

“Mark and I have gone without on many occasions just so we could feed the kids,” Sandy says. “Without this help, we would be in a world of hurt.”

When we met Sandy at Bread of Life food pantry, a [Kansas Food](#)

[Bank](#) partner in Wichita, she told us she and her husband, Mark, were scrambling to provide for their sons — Jared, 15, and Justin, 17. Sandy was recently laid off from her contract job as a certified nursing assistant, and that was their only source of income.

Mark has not worked since his medical transport company closed down — due to chronic back problems, he is no longer healthy enough to hold a job.

The couple has been dreading this summer. Jared and Justin are growing boys with hearty appetites, and without school meals to depend on, the expense to feed them is more than their limited budget can handle.

When Sandy cared for her elderly mother, she used to bring her to Bread of Life for help filling her kitchen with healthy food. Now that she is in need, Sandy is so glad to know she has somewhere to turn.

At the pantry, she and Mark can pick up nutritious fresh produce and other groceries to tide them over until Sandy finds another job. As she looks for work, Sandy is also taking classes to become a pharmacy technician so she can earn more money.

Your gifts are helping Sandy’s family get back on solid financial footing, and they are so thankful you choose to give.

“The support that we receive from generous donors and volunteers is both comforting and humbling,” Sandy says. “Thank you so much!”



Sandy at Bread of Life in Wichita

“ Thank you so much! ”

YOUR GIFTS ARE GROWING STRONG FAMILIES

As a personal care attendant, Pam has devoted her life to providing loving care for others. She holds the same role at work as at home — Pam is raising her precious children on her own.

Covering expenses for her growing kids on one income is no easy task. Fortunately, Pam's school age children — Tatiana, 13, Daysha, 9, and Aleah, 6 — are able to eat reduced-price meals at school. But

during the summer and over other breaks from school, replacing those meals can be tough.

Pam is a savvy shopper. She takes advantage of discounts and makes large meals that stretch with leftovers. She comes by her thriftiness honestly — growing up, Pam remembers coming home to an empty pantry, and she does not want her own kids to experience that feeling.

But the healthy food she wants to feed them is pricey at the store. Good nutrition is especially important for her youngest, Jamison, 1. He has juvenile arthritis and requires seven different medications each day.

Affording all of those prescriptions — some of which her insurance will not cover — is a major obstacle. More money spent at the pharmacy means less in her grocery budget.

A caring, proactive mom, Pam began searching for help. She found out about the [Kansas Food Bank's](#) mobile pantry that distributes in a parking lot near her home in Concordia.

"I appreciate it," Pam says of the healthy groceries she is able to bring home to her kids. "I hope to give back."

Your generosity makes the difference between Pam and her kids having supper on the table or going to bed hungry. Thank you for your commitment to hunger relief here in Kansas!

One of Pam's older children, Aleah, at the Kansas Food Bank's mobile pantry distribution in Concordia

“ I appreciate it. ”



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