

SEEDS OF HOPE

Winter 2019

kansasfoodbank.org



IN THIS ISSUE:

PG 3 *Your Support Means Better Health*

PG 7 *You Help Lottie Stretch Her Budget*

PG 8 *Charlene is Giving Thanks For You*

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

MEMBER OF
**FEEDING
AMERICA**



Brian Walker
PRESIDENT AND CEO

YOU MAKE ALL THE DIFFERENCE

Dear Friend,

I am so thankful for you! Your generosity this past holiday season made a real difference in the fight against hunger. I am amazed by the commitment of [Kansas Food Bank](#) supporters — we truly could not fulfill our hunger-relief mission without you.

There is still a critical need for nutritious food here in Kansas — especially in our rural communities. We hear stories every day about neighbors in outlying areas who struggle to access healthy food. The need is especially urgent during the colder months, when people have trouble affording groceries in addition to skyrocketing utility bills.

Everyone feels the crunch of higher heating bills. But cold weather is even more of a concern for Kansas seniors. Many of our older neighbors live on limited fixed incomes, and a spike in utility costs means less money to spend on important things such as prescriptions, housing and food.

The Kansas Food Bank plans to expand our programs to reach even more people this year, but we cannot deliver on our ambitious goals without your continued support.

Nothing reminds me why we work so hard to share needed meals and groceries like the stories of hope from our network of partners. In this issue of *Seeds of Hope*, you will meet just a few of the many families and individuals who are living better lives because of you. Flip to page 7 and meet Lottie, a sweet, caring Kansan who is giving thanks for your partnership.

There are literally tens of thousands of people across our great state who would miss meals if it were not for your support. I cannot thank you enough for your kindness and compassion.

Gratefully,

Brian Walker
PRESIDENT AND CEO

BOARD OF DIRECTORS

Chairman

Doug Jenkins, *Professional Software, Inc.*

Vice Chair

Don Meiergerd, *Retired Excel Food Distribution*

Treasurer

Sam Seward, *M&L CPAs Chartered*

Secretary

Jim Shelden, *Retired Raytheon/CEI*

President & CEO

Brian Walker

Directors

Jim Cocco, *Spirit AeroSystems*

Dan Dejmaj, *Westar Energy*

Dan Eilert, *Intrust Bank*

Josh Hampel, *Hampel Oil*

Michael Johnston

Roger Kepley

Dana Knott, *Dillon Stores*

Rebecca Rather

Renee Reed, *Cargill*

Sergio Roman, *Fugate Enterprises*

Will Shores

Tim Zynda, *Concrete Materials Company*

EMERITUS BOARD

Kenny Doonan, *Doonan Truck & Equipment*

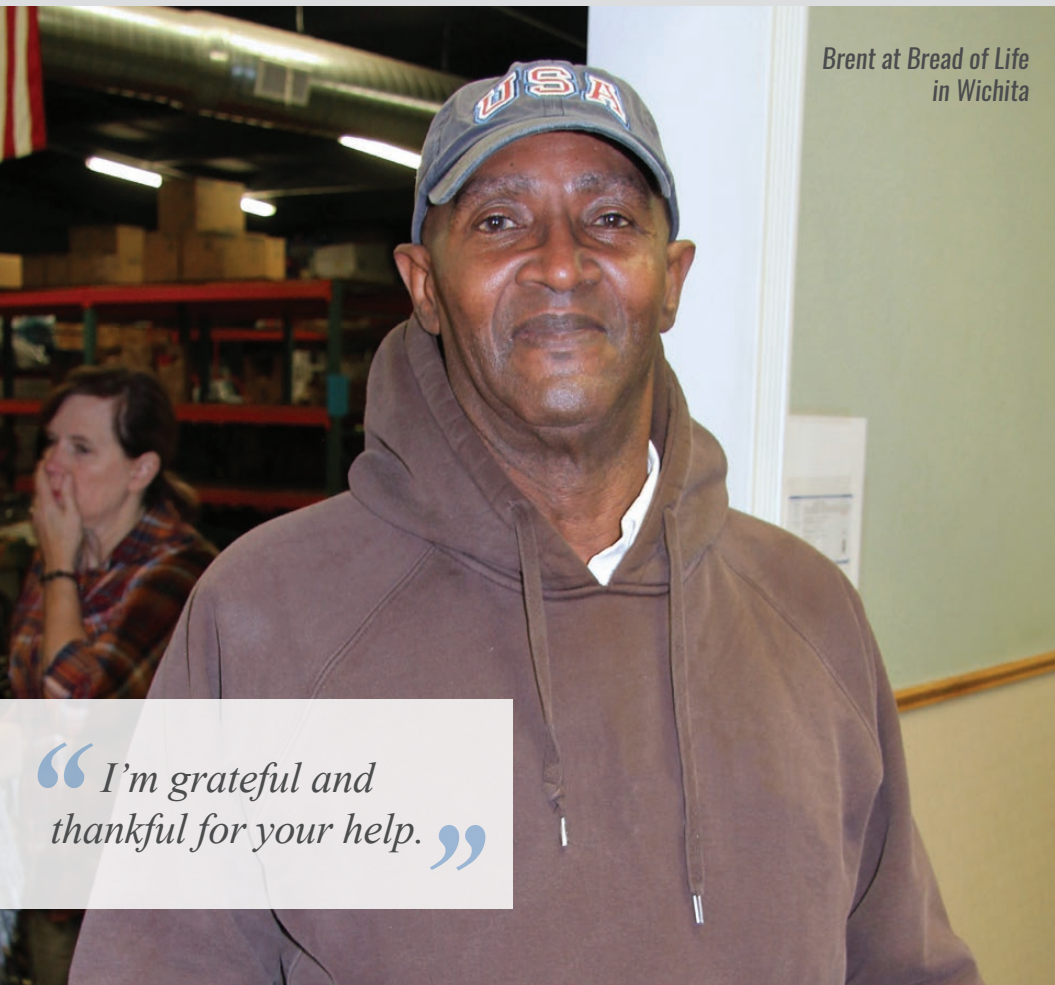
Tom Kitch, *Fleeson, Gooing, Coulson & Kitch*

J.V. Lentell, *Intrust Bank, N.A.*

John E. Moore, *Lt. Governor — Retired*

Dr. Charles Wood, *Estate Planning Consultant*

YOUR SUPPORT MEANS BETTER HEALTH



Brent at Bread of Life
in Wichita

“I’m grateful and thankful for your help.”

After many years working in the *Wichita Eagle*’s mail room, Brent recently retired. He now spends his days caring for his elderly mother, Mable, who lives nearby.

As countless older adults can testify, adjusting to life on a fixed income can be tough. Both Brent and Mable often struggle to afford

their basic expenses. Finances are especially tight when the weather gets cold because they have to stretch their budgets to include a hefty heating bill.

That is why this mother and son are giving thanks for your support. Without you, they might not have enough to eat after paying the bills. Thankfully,

they can get the food they need through Bread of Life, a member of the Kansas Food Bank’s hunger-relief network in Wichita.

“This is such a big deal for us,” Brent says of being able to visit the pantry. “We are both very thankful for the Food Bank.”

Before he retired, Brent actually used to give his time volunteering with us. Although it is difficult to be on the other side of support, he says it is such a relief to have access to healthy groceries.

The fresh produce and other healthy items he picks up from Bread of Life support Mable’s health. Her health is beginning to decline in her old age, and it is important for her to fill her plate with nutritious food.

When we talked with Brent, he shared his sincere gratitude for the generous people who keep the pantry’s shelves stocked.

“I’m grateful and thankful for your help,” he says.

When you give to the [Kansas Food Bank](#), you share hope in the form of healthy food with the people in our community who need it most. Thank you for your generous partnership!

YOU ARE A LIFELINE TO KANSANS OF ALL AGES

Gold Coin



We were very honored to be a recipient of a gold coin from The Gold Coin Society of the Wichita Community Foundation. Gold coins are given out anonymously to nonprofit organizations during the holiday season. This is our first year to receive one. We are now challenged to leverage the coin to its fullest potential.

Neighbor to Neighbor Food Drive



The month of March is recognized as Kansas Ag Month. The Kansas Ag community is celebrating by helping neighbors in need through the Neighbor to Neighbor statewide food drive. The food drive is jointly hosted by the Kansas Department of Agriculture, Dillons Food Stores, Harvesters–The Community Food Bank, the Kansas Food Bank, the Second Harvest Community Food Bank and the Kansas agricultural community. Collected food items stay in the areas from which they are donated. Shop at any Dillons to contribute to the Kansas Food Bank to help provide a missing meal to your neighbor in need.

Stamp Out Hunger on May 11th



The annual Letter Carriers Food Drive will be held May 11th, 2019. This is the largest one day food drive to benefit the Kansas Food Bank and our partner pantries. Letter Carriers across our 85 county service area will be collecting food left at mailboxes and bringing it to the food bank or an agency that we support.

Neighborhood of Good with State Farm



Turning caring into doing. That's exactly what country music star Lauren Alaina did when she visited us in November. Lauren met several of her fans here at the food bank and built Food 4 Kids packets. Her trip to the Kansas Food Bank will be documented on www.neighborhoodofgood.statefarm.com.

METALLICA – #HardwiredToHelp

Metallica will be performing at Intrust Bank Arena on March 4th. Prior to the concert members of the food bank staff will meet with the band where we will be presented with a \$10,000 check. Metallica is supporting food banks across the US with their North American Tour.

Construction Update



We announced on September 12th, 2018 the construction of the Sunderland Foundation Volunteer Center. Construction is going great! The floors are poured and the walls are going up. We're excited for the next phase as we continue to feed our hungry neighbors.

Dates to Remember
Neighbor to Neighbor Food Drive, March 2019
#HardwiredToHelp, March 4th, 2019
Stamp Out Hunger, May 11th, 2019



VOLUNTEER PROFILE:

VONG HO

Vong Ho has been instrumental in running our Mobile Hygiene Pantry since it first started rolling back in October 2013. The Hygiene Pantry shares household necessities including products for personal care, baby care and home maintenance. Vong passes items out to visitors and helps translate with the many Vietnamese clients who benefit from the Mobile Hygiene Pantry.

In addition to these efforts, Vong fills *Food 4 Kids* packs at the [Food Bank](#) every month and even collects hats and gloves for children in need from his co-workers at Spirit AeroSystems.

“I’m happy to help,” Vong says of his volunteer work. “My son taught me to help.”

Giving back to the community is very dear to Vong’s heart. His son passed away due to cancer, and Vong remembers him encouraging his dad to help others on their drives to his radiation appointments. He and his wife have continued his legacy of generosity by volunteering with many local organizations.

Vong says giving his time has enriched his life. He has met many generous and grateful people, learns a great deal about the need for food and other support in his



Vong Ho and his wife Mary Le

“If you come to work once, you will stick to it!”

community and enjoys knowing he’s doing something to make a difference. Vong encourages others to get involved in the effort.

“If you come work once, you will stick to it!” he says. “I think it is a good thing.”

We are so thankful for caring neighbors like Vong who are committed to improving life for others. Thank you, Vong and Mary Le, for giving your time!

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

YOU HELP LOTTIE STRETCH HER BUDGET

“If it wasn’t for the pantry, I would have to do without,” Lottie says, waiting in line outside her local [Food Bank](#) partner in Junction City. “Before the pantry I would skip meals.”

Lottie reached out to Geary County Food Pantry not long after she retired. She was having a rough

time for a few years. In fact, her financial situation became so dire that Lottie had to live in her truck for more than a year.

Older adults like Lottie deserve so much better than the stress of hunger and homelessness. She worked for the Department of Defense for 40 years, and her

husband, Alfred, served in the military before he passed away.

Your gifts support the well-being of Kansas seniors every day.

Lottie can use the variety of nutritious foods she picks up at the pantry to prepare balanced meals. Good nutrition is vital for her health — she has problems with both shoulders and now needs a knee replacement.

Being able to visit the pantry has been especially important for Lottie during the colder months, with her gas bill claiming so much of her fixed income. She says it is a comfort to know she can pick up groceries once a month.

“I appreciate that the pantry is here,” Lottie says. “Without it, seniors and families would go to sleep with empty tummies.”

On behalf of the countless neighbors who are living better lives because you choose to give, thank you for your support!

“I appreciate that the pantry is here.”

Lottie at Geary County Food Pantry in Junction City



CHARLENE IS GIVING THANKS FOR YOU!

Growing up on a farm, Charlene learned the value of self-sufficiency at an early age. She remembers how her family struggled during the Great Depression and knows how to use her resources responsibly.

Until a couple years ago, Charlene did not even know food pantries existed. But now, after several years working in the aerospace industry, she has a hard time making her Social Security income stretch — and she had to reach out for help.

“The food has helped me out tremendously,” Charlene says of the assistance she receives from Open Door, a [Kansas Food Bank](#) partner agency near her home in Wichita.

Charlene had a terrible fall recently and fractured her back. She is so grateful she can visit Open Door to pick up healthy groceries that help her heal and regain her strength.

So many older neighbors like Charlene rely on generous friends like you to fill their tables with nutritious food. She is no stranger to financial uncertainty and says if it were not for your support, she would mostly live off eggs and bread. Your generosity means she can fill her table with healthy, balanced, meals. For that, she is so very grateful.



Charlene at Open Door in Wichita

“A big thank you for all of you who donate your time and money!” Charlene says with a warm smile. “I really do appreciate everything.”

You make a real difference for your neighbors who might otherwise go hungry. So many Kansans are struggling to afford increased heating bills right now — and your gifts are bringing them hope. Thank you!

KANSAS
food
bank
HELPING THE HUNGRY • SINCE 1984

MEMBER OF
FEEDING
AMERICA

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