

# SEEDS OF HOPE

Winter 2020

[kansasfoodbank.org](http://kansasfoodbank.org)



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





**Brian Walker**  
PRESIDENT & CEO

# YOU PROVIDE A FOOD SAFETY NET FOR SENIORS

Dear Friend,

Few things can compare to a warm bed on a cold winter night. This is a simple joy that many of us take for granted.

For some, the comfort of a heated home comes at a high cost. Imagine having to choose between a skyrocketing winter utility bill or a bag of groceries.

Unfortunately, these tough decisions are a reality for many Kansas seniors. With just a small fixed income to cover all their expenses, something has got to give. In the winter, that thing is often food.

Many struggle silently. Asking for help with groceries can be especially difficult for seniors who have worked hard their entire lives without any sort of assistance.

Our mission is to make sure anyone in need of food can access good, quality nutrition every day of the year — and you help make it possible. Please take the time to read through this winter edition of *Seeds of Hope* and meet just a few of your senior neighbors who are giving thanks for you this winter.

Your gifts bring renewed hope to the people in our community who need it most. On behalf of your neighbors facing hunger, thank you for choosing to support the Kansas Food Bank.

Gratefully,

**Brian Walker**  
PRESIDENT & CEO

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# YOU ARE A LIFELINE TO NEIGHBORS LIKE EDDIE AND TONYA

Eddie's life changed completely when he was involved in a traumatic car accident. He broke 34 bones and eventually lost his leg. Years later, Eddie is still not healthy enough to work and depends on a small monthly disability check.

His wife, Tonya, helps care for Eddie and her sister, who also has a disability. To further complicate the family's situation, Tonya was recently diagnosed with cancer.

With the serious health problems they are facing, good nutrition is absolutely vital for Eddie and Tonya as they age. Were it not for your generosity, they would not be able to receive the healthy food they need to heal.

“ I am grateful for what I can get. ”

Eddie learned about Bloom Food Pantry, their local Kansas Food Bank partner agency, from a family friend named Angel. Angel's mother, Debi Smith, runs the pantry, which helps share a variety of wholesome groceries to support the local community. Eddie was thrilled to pick up a turkey from the pantry this past holiday season.

He says it gives him peace of mind to know his family — and many others — can fill their tables with balanced meals from the pantry.

“I'm grateful for what I can get,” Eddie says. “[We're] blessed to have people like Debi.”

Thank you for bringing hope to your Kansas neighbors through your generous support of the Food Bank's mission. You change lives for the better every day.





# YOU BRING HOPE TO PEOPLE ACROSS KANSAS!

## Keeping Us On The Move



Donors and volunteers Ed and Jane Frederick know how to keep things moving and they help us do that every day. Recently they donated a second van for us to use after our old van took its last lap.

With 85 counties to cover, our staff spends a lot of time on the road.

As part of our work we complete visits with our partner agencies at least every year. It may be a Food Pantry, Congregate Meal setting,

*Food 4 Kids* program site, Kids Summer Feeding location or Mobile Pantry distribution. All in all, with over 700 partner agency sites in our 85 Kansas county service area, it requires a lot of windshield time to ensure our partners have the resources and help they need to feed hungry Kansans.

As you well know, hunger is an important issue across our state. We must do our part to inform, provide input, speak about and learn what

hunger looks like in communities across our state.

With this very generous donation, the food bank staff can to travel where they need to be in a cost effective and safe manner. We are so thankful that Ed and Jane understand our needs and are so generous with their efforts to ensure we have what we need to get the job done.



## California Tortilla Rolls Into Town



California Tortilla in east Wichita celebrated their grand opening by supporting the Kansas Food Bank. Burritos on opening day were \$5 with all proceeds benefiting the Food Bank. They sold more than 900 burritos and raised \$4,980 for us. In addition, they collected non-perishable items and matched the amount collected. We are very honored to be part of California Tortilla's celebration and look forward to working with them again in the future.





# VOLUNTEER PROFILE:

## SHELLEY COOPER

When you think of Shelley Cooper, a smile automatically comes to your heart. Devoted to her faith and belief that we all have a purpose in our lives, Shelley generously gives of herself to others in need.

After losing her husband and surviving cancer, Shelley understands what hardship is and she enjoys dedicating her time to helping others overcome difficult circumstances. “[Volunteering] really blesses me,” she says. “I like to help people.”

Shelley isn’t one to be idle. She volunteers as a lunch aid at her grandchildren’s grade school and other nonprofit organizations in need of an extra hand.

Two of the Kansas Food Bank programs that are important to Shelley are the *Food 4 Kids* backpack program and the monthly Mobile Hygiene Pantry. It is troubling to Shelley that children in our community are hungry and our neighbors do not

have personal items such as bath soap, toothbrushes etc. to care for themselves. It brings great comfort to Shelley to know she is able to help them during this time.

“Volunteering really  
blesses me.”

The Kansas Food Bank is the one blessed by Shelley Cooper for her continuous, loving compassion for those in need.

Thank you, Shelley for the difference you make in so many lives!



Shelley at the Kansas Food Bank Warehouse.

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

# THANK YOU FOR HELPING FIXED INCOMES STRETCH

“The stuff I get helps me through the month,” Mike says as he fills his bag with nutrient-rich spinach. “I’d be malnourished without this.”

We met Mike during a visit to Our Daily Bread, a Food Bank partner in Wichita. As he gathered nutritious items from the pantry’s full shelves, Mike spoke about how difficult it

had been for him to raise a family with his injuries.

You see, Mike — who is now in his 70s — took a hard fall at age 25. He has been paralyzed from his hips to his head ever since. Mike’s workers compensation expired after five years, so he has lived off a limited fixed income for most of his life.

His roommate helps him get around, but Mike often struggles financially each month. He says nearly all his Social Security check goes to bills — which means any extra costs are a real challenge.

“Thanks for everything that you guys do.”

Mike at Our Daily Bread in Wichita.

A couple years ago Mike’s home was damaged by a tornado, and the extra expense meant he could no longer afford bills or groceries. During the cold winter months, the added cost to heat his home puts Mike in a tough position and he has to choose whether to pay for utilities or buy food.

Your support brings relief. He is so grateful that you help keep the food pantry stocked.

“Thanks for everything that you guys do,” Mike says to friends like you.

We have so much gratitude for your partnership in the fight against hunger here in Kansas. Thank you for sharing hope across our great state!





# SHIRLEY CAN SIT DOWN TO A FULL, HEALTHY MEAL, THANKS TO YOU!

So many Kansans are giving thanks for your support this winter. With the skyrocketing cost of utilities, neighbors like Shirley are struggling to get by.

Shirley is dealing with severe osteoarthritis and diabetes, which make mobility difficult. Her health and well-being depend on the food she puts on the table.

But since her SNAP benefits were cut to just \$15 a month, buying food has been a struggle.

Now that she must pay more for heat at this time of year, Shirley has even less in the budget for

“Food is [a] big benefit.”

food. This is a real problem considering her medical problems.

Fortunately, Shirley is a patient at HealthCore Clinic, which partners with the Food Bank to share nutritious, fresh produce in Wichita via the Mobile Produce Pantry.

“Food is [a] big benefit because of cost of living,” Shirley says.

She loves to cook creative, healthy meals with the nutritious items she receives at the Mobile Produce Pantry. Thanks to your gifts, she is working to improve her health.

Shirley is truly grateful for your support — and hopes you will keep helping neighbors like her access good nutrition.

“Please continue to give time and treasures because it’s needed,” she says.

You make a difference in so many lives through your partnership. Thank you for choosing to give!



Shirley at the Mobile Produce Pantry at HealthCore Clinic in Wichita.

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