

Summer 2023 Newsletter

seeds of **Hope**



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

MEMBER OF
**FEEDING
AMERICA**



Brian Walker
PRESIDENT & CEO

THANK YOU FOR SHARING FOOD AND HOPE ACROSS KANSAS

Dear Friend,

I'm pleased to share your summer issue of *Seeds of Hope* so you can see the impact your support has on our neighbors across Kansas...

You'll meet seniors like Karen and Carol in Garden City, and Maria and Ramone in Ulysses. And you'll hear heartfelt words of thanks from Mike who is rehabbing his leg after a terrible accident.

The common thread here is that your compassion and generosity are impacting lives of fellow Kansans this summer, including children and families who face real hardship when school is out and kids no longer have access to meals they usually eat at school.

For a parent struggling to put food on the table, the summer months mean that a budget has to stretch to come up with an extra 10 meals each week per child. Sometimes that "stretch" is simply not possible.

That's where you come in. Your support ensures Kansas Food Bank and our many partners can provide healthy food through programs that reach children, families, and seniors, and sends mobile food distributions into communities where needs are greatest.

I sincerely thank you for your ongoing partnership that helps our neighbors of all ages who may otherwise face hunger this summer.

Gratefully,

Brian Walker
PRESIDENT & CEO

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“YOU ARE TRULY LIFESAVERS...”

We really don't know what some people have to struggle with. Mike was planning dinner for his family and needed a spatula. While on his way to a friend's house to borrow one, he was involved in a collision with an impaired driver which caused a bad break in his leg that he is still recovering from.

Mike and his family look forward to pretty summer days. That's when his family gets outside to hike, fish, and visit Kansas' abundant parks.

With two children aged 13 and 11, the family is always looking for the next adventure. “Pretty much any activity that gets us outside,” he says.

Mike is hopeful that his leg will be strong enough to let him enjoy this summer as fully as he would like.

Multiple surgeries, constant pain and being on crutches has made it impossible for Mike to continue working as a self-employed handyman and construction contractor.

It's work he has enjoyed for the past seven years, but now, not being able to do what he used to has brought on many uncertainties. “I have no idea what the future holds. I'm just hoping my leg continues to heal so I can get back to work,” Mike says.



Mike is thankful to know healthy food is available for his family while his leg heals.

One worry Mike doesn't have is how he will put food on the table for his growing kids this summer. He visited a local pantry in Wichita that partners with the Kansas Food

Bank. Weekly, Our Daily Bread Food Pantry, places a food order from the Kansas Food Bank. This allows them to operate a pantry where healthy food is always available and guests like Mike get to select items that they need for their household.

“ I'm in need right now so I'm very grateful for the help. I honestly don't know where I'd be without it. ”

“I'm in need right now so I'm very grateful for the help. I honestly don't know where I'd be without it,” he says.

VOLUNTEER LOVES

SHARING HOPE WITH OTHERS

Retired from a long career as an International Admissions Officer at Wichita State University, Donna has a wealth of unforgettable experiences garnered in travels to more than 20 countries.

“If I had to choose my favorite places that I visited, it would have to be Paraguay and Sri Lanka. They have some of the friendliest people you could ever meet,” she says.

Whether she is helping fill mobile pantry bags, backpacks for kids or sorting food to send to partner agencies, Donna is a truly dedicated partner of the Kansas Food Bank.

“It’s a couple of hours, [a] couple of days a week and it is worth it,” Donna says of the time she gladly puts in.

At 68, Donna is one of the Food Bank’s many older adult volunteers who choose to invest their time helping others. Her 100-year-old father sets a fine example too, as he continues to volunteer with local charities serving families and seniors.

Donna was introduced to the Kansas Food Bank through a student volunteer group. Since then, she volunteers at the Food Bank Mondays and Wednesdays.

“Having something sufficient to eat is a basic right,” she says. “How can I not help? I should be doing more with helping others.”

We want to send our warmest thanks to Donna and all volunteers who give from the heart to ensure our neighbors receive the healthy food all Kansans need!

“ *How can I not help? I should be doing more with helping others.* ”



Donna was hooked on her very first day of volunteering at Kansas Food Bank.



Karen and Carol are thankful for the mobile food distribution at Community Church in Garden City.

KAREN AND CAROLE SHARE GRATITUDE FOR COMMUNITY

Karen and Carol are long-time residents of Garden City. Between their careers and volunteering, these two friends are part of the culture that makes their city a wonderful place to live.

“We really love the size of the community, and having grandchildren close,” Karen says.

Carol was working as Development Director at Lee

“It’s a wonderful service and the need is really [high] here in our community.”

Richardson Zoo when Karen was hired on and they’ve been friends ever since. Their love for animals continues to this day.

Two years ago, the food bank brought the mobile food pantry to Garden City at The Community Church. This area of the community was selected due to so many neighbors being disproportionately affected by food insecurity. Monthly the mobile pantry provides 250 households with boxes filled with non-perishable items along with fresh produce. Providing fresh produce for our guests dovetails well with our Food is Medicine philosophy. Over 43 percent of the households we serve have someone in the home with diabetes and 62

percent have someone in the home living with heart disease.

Karen and Carol, both retired and living on fixed incomes, attend the mobile pantry. This resource helps them eat well and stay active. Both enjoy going to the local senior center to participate in social activities.

“It has meant a lot to me to have this option,” Carol says. “I really can’t say that enough.”

“It’s a wonderful service and the need is really [high] here in our community,” Karen adds. The two friends are thankful to everyone who supports the Kansas Food Bank and greatly appreciate the help you provide.

MEET OUR PARTNER:

The Community Church is a partner of Kansas Food Bank and is important resource for the entire Garden City community.





HAVE YOU EVER WONDERED HOW FOOD GETS FROM OUR WAREHOUSE OUT TO OUR NEIGHBORS



1

It all starts when partner agencies place online orders letting us know what they need.



4

For agencies outside of Wichita, we run 24 delivery routes every month.





IN NEED?



2 Once orders are received, our warehouse team gets them pulled and ready for the agencies.



3 Then local agencies around Wichita schedule their pickup time.



5 Once food reaches our partner agencies, shelves are stocked and ready to serve our neighbors.

LAST YEAR WE PROCESSED

6,943

ORDERS

MOBILE FOOD DISTRIBUTION BRIDGES THE GAP

The rolling farm land that surrounds Ulysses, Kansas is home to Maria and her husband Ramone.

The couple has two adult sons, one who lives at home and another who lives in Hugoton. It's one of their greatest joys that the family — including grandchildren and great-grandchildren — has remained so close by.

Ramone enjoyed a passionate career as a landscaper. He was used to wintertime slowing demand for his work, but now the slow times extend year-round due to his physical health. Nearing retirement, Ramone works less and less because of the strain on his body.

For medical care, Maria and Ramone turned to Genesis Family Health Services. Maria was thrilled with the care her husband received, and happy to know that Genesis was so committed to the health of individuals, families and the entire community.

It was caring staff at Genesis who shared that they partner with the Kansas Food Bank to stock their

pantry to help bridge the gap for families like Maria's. The pantry is one of 152 that the Kansas Food Bank makes monthly deliveries to ensure our neighbors across 85 counties have access to healthy food.

Maria says the local food pantry has been a huge help while

Ramone is recovering and waiting to find out about SNAP assistance.

“We have loved everything we get,” Maria says of the food pantry. “I am very happy with the help from everybody and thankful for everybody that helps.”

Maria found help through Kansas Food Bank partner Genesis Family Health Services in Ulysses



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