

Holiday 2023 Newsletter

# seeds of **Hope**



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

MEMBER OF  
**FEEDING  
AMERICA**



**Brian Walker**  
PRESIDENT & CEO

# THANKS FOR A HEALTHY, HAPPY HOLIDAY SEASON

Dear Friend,

Hope, help and compassion. This holiday season, I see examples of these gifts you've shared throughout our Kansas communities. You have helped our community weather difficult circumstances time and again and given so many of our neighbors hope for a brighter future.

This year, the continued high cost of living has made it overwhelmingly difficult for our community members to afford nutritious food. But thanks to your support, we've continued to make great strides in our fight against hunger.

Your partnership has remained unparalleled and binds our community together, carrying us through any adversity that has or may come our way. And as I look at all we have accomplished this year I am reminded that together – we can make an incredible difference for Kansans we proudly serve.

In this holiday edition of *Seeds of Hope*, I hope you'll enjoy reading stories of just a few of the amazing neighbors you helped, just like Juliana (page 3) who is thanking you for sharing hope with her and her children this holiday season.

With friends like you in our corner, I find comfort knowing that whatever may come our way in the coming year, we'll be up to the challenge because we are all working together.

Thank you for your unwavering partnership.

Gratefully,

**Brian Walker**  
PRESIDENT & CEO

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# JULIANA IS GRATEFUL

## FOR YOU

Juliana is a shining example of hard work and determination. After moving to the United States to provide a brighter future for her children, she's grateful for friends like you who help put food on her family's table while she works to get firmly on her feet.

Juliana is a proud mother to a daughter and a son who

continue to be her inspiration and motivation to keep striving for a better life. She's working while also taking classes so she can be qualified for a better position in medical services.

Thanks to Habitat for Humanity and their partnership with the Kansas Food Bank, Juliana and her children recently moved into

*“I'm grateful to you for my life.”*

a new home with a fully stocked pantry and fridge with fresh, nutritious food.

“I walked in the house and into the kitchen and just said ‘Thank you so, so much and I appreciate everything you did for me’”, Juliana recalls.

Thankful for the food you helped provide, Juliana was able to make homemade baked goods using ingredients from your gifts of nutritious food.

“I'm grateful to you for my life,” Juliana says to Food Bank supporters like you. “May God bless you with more blessings to help others.”

We have been able to provide wholesome groceries for 16 home dedications so far this year! This wouldn't be possible without the help of caring friends like you — and we couldn't be more grateful. Thank you for your invaluable support and helping ensure more of our neighbors have access to nutritious food this holiday season and beyond.

Juliana shares thanks for her family's new home and nutritious food from the Kansas Food Bank.





Katie and Deva volunteer at the Kansas Food Bank warehouse.

# A TEAM MEETING OUR COMMUNITY'S NEEDS

Each year, the resident and faculty physicians of the KUSM-W Family Medicine Residency Program at Wesley Medical Center schedule a “Team Meeting” for presentations, team building — and a few hours of volunteering at the Kansas Food Bank.

“We needed something where we could all work together, and preferably, serve our Wichita and Kansas community,” says Katie Kellerman, who oversees the annual event and gathers a team of physicians to give time at the Food Bank.

Deva Zamzow is one of those physicians. She and her husband moved to the area last year after

getting matched for their family medicine residency. Wichita quickly became ‘home’ to Deva, and through volunteering with the Food Bank, she is deepening her roots in the community.

“You’re just helping a tremendous amount of people,” Deva says.

She says she finds the volunteer experience to be incredibly rewarding, knowing that their

*“You’re just helping a tremendous amount of people.”*

collective volunteer efforts have a statewide impact.

“Our team has a really good time volunteering at the Food Bank — enough that we don’t even question whether we want to volunteer again for our next get-together,” Katie says.

Katie shares that patients are also more likely to be referred to the Food Bank and its partner agencies. When their family physician volunteers, they can see firsthand what a critical asset the Food Bank is to their patients’ health.

Thank you, Katie, Deva and all our caring volunteers who join together to help make sure every neighbor has access to nutritious food!

# THANK YOU FOR STRENGTHENING LIVES

Raymond and his wife, Viola are both retired after working hard and raising three children. Thanks to you, they have a helping hand keeping fresh, nutritious food on the table to keep them happy and healthy.

“People don’t have to help, but they do,” says Raymond, 69.

We met Raymond on a visit to the McPherson Food Bank, a Kansas Food Bank partner agency. Every month the McPherson Food Bank receives a delivery of food from us through our rural delivery program. In addition, with our partnership, the McPherson Food Bank participates in the retail food rescue program – receiving over 53,000 pounds of grocery rescue pick up in the last year.

With increasing prices in food and basic living expenses, Raymond and Viola’s Social Security income doesn’t stretch as far as it once did.

Thankfully, Raymond can turn to the food bank for help with food for himself and Viola, allowing the couple to stay healthy and active — which also means Raymond has energy for his bi-monthly fishing outing with his buddy, Gene.



Raymond is grateful for your generous gifts of good, healthy food.

“People don’t have to help, but they do.”

Your support not only provides vital help but also gives neighbors hope that together we can spark great change. Thank you for making a

real, lasting impact in the lives of the children, families and seniors we proudly serve!

# HUNGER HEROES IN ACTION



## MAKING A LASTING IMPACT

There are many ways to make a planned gift and support the fight against hunger. One of those is through an IRA qualified charitable distribution.

If you are 70 ½ years old or older, every year you can use your IRA Administrator to transfer up to \$100,000 to go directly to a nonprofit organization of your choice, like the Kansas Food Bank. Because your gift goes directly to a qualified charity, the IRA distribution is excluded from your adjusted gross income and will provide tax benefits for you.

## FILL A BAG WITH FOOD AND HOPE

The Fill a Bag, Feed a Family campaign announced in September for Hunger Action Month prompted our community to pick up a bag and fill with our most-needed items, and the response was incredible! With over 11,000 pounds of food collected through the activity, we've decided to extend the challenge through the holiday season. We again invite individuals, schools, businesses, and all groups alike to participate in this activity to help fill the pantries of our food insecure neighbors this winter.

By filling a bag, many community members shared hope and nourishment with their neighbors and expressed gratitude to be able to get involved and give back through the activity. We look forward to continuing this sharing through the season of giving! This holiday season, grab a bag from the Kansas Food Bank, fill it and then return it to us – for your neighbor who may be struggling to put meals on their table, for the child who doesn't have enough to eat at home, for the elderly couple down the street living on a fixed income. The need is great, but so is our community, and we hope you will join us this holiday season through Fill a Bag, Feed a Family.



# ON THIS HOLIDAY SEASON

## A RACE AGAINST HUNGER

The Honeysuckle White Wichita Turkey Trot is an annual tradition for thousands of Kansans and is held the Saturday before Thanksgiving in downtown Wichita each year. Race organizers at the Greater Wichita Area Sports Commission also use the event to raise food and funds for the Kansas Food Bank by encouraging participants to donate funds at registration, and peanut butter and Honeysuckle White turkey coupons on race day.



Over the last decade, Turkey Trotters have donated enough jars of peanut butter to equate to over 4 miles when laid end to end! We are truly thankful for this amazing collaboration and look forward to many more years to come.

“The Turkey Trot is such a great celebration of our community and coming together around Thanksgiving, and we are so thankful for the race organizers and all of the participants and their generosity who have helped feed hungry Kansans over the last ten years,” Brian Walker, Kansas Food Bank President & CEO. Brian Walker, Kansas Food Bank President & CEO.



## MAKING A DIFFERENCE HAND-IN-HAND

The Kansas Food Bank has received a grant from the Local Food Purchase Assistance Cooperative Agreement Program (LFPA) to purchase foods produced within the state to help support local, regional and underserved producers. The goal of the LFPA program is to maintain and improve food and agricultural supply chain resiliency. It allows us to procure and distribute local and Kansas foods, such as fresh produce and meats, that are healthy, nutritious and unique to our geographical area. R Family Farms owner Kaden Roush says, “With a larger volume market [like this] it solidifies every part of the animal being sold without seasonal issues and allows us to increase our volume.” To date we have worked with ten local vendors who have provided us with over a half a million pounds of product. In addition to increasing local food consumption, the funds help build and expand economic opportunities for local and underserved producers.

# YOU HELP MAKE A LASTING IMPACT

## “Choose HOPE.”

These words, inscribed on the cane he uses daily, are a message DeWayne — and his wife, Barbara — live by. The two are working hard to stay healthy and thanking you for helping put food on their table.

DeWayne, a U.S. Army Veteran, and Barbara have been married for 36 years and have spent a lot of time over those years giving back to their community.

Before retirement, Barbara worked to combat hunger by providing food assistance to neighbors through her job with Meals On Wheels. Dwayne had also been volunteering for Red Cross and several organizations until a back injury prevented him from continuing his service.

Thankfully, the couple can access the wholesome food they need to heal and support their health through one of the Kansas Food Bank partner agencies.

Barbara and Dwayne receive food boxes from the First Baptist Church food pantry, which has been a tremendous lifeline for the couple. The box is filled with fresh produce and nutritious staples.

“It helps us get things that we otherwise couldn’t afford,” Barbara says.

In addition to partnering with the First Baptist Church and First Christian Church pantries in Chanute, we deploy our mobile food pantry in Chanute three times

per year serving an average of 260 households each distribution. 1 in every 8 in Neosho County are considered food insecure.

Thank you for helping put healthy food on every Kansan’s table. Your generosity is shining a bright light of hope across our community this holiday season!

“It helps us get things that we otherwise couldn’t afford.”

Barbara and DeWayne “choose hope” and give thanks for you.



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