

Fall 2024 Newsletter

*seeds of*

# Hope





**Brian Walker**  
PRESIDENT & CEO

# YOUR IMPACT THIS FALL



Dear Friend,

One of the most essential school supplies is *food*.

That's why, 20 years ago, the Kansas Food Bank began offering *Food 4 Kids*, a kid-friendly school-based program that was established for students who are food insecure.

Together with partners like you, the Kansas Food Bank provides food and supplies to *Food 4 Kids* schools in Kansas, with each bag containing different foods designed to provide nutrition.

Now, as the Kansas Food Bank marks its 40th year of service, programs like *Food 4 Kids* remain just as vital.

The Map the Meal Gap Report issued in May by Feeding America shows that food insecurity rates are increasing, with food insecurity present in 100% of the counties across the United States, and right here in Kansas it is no different.

In our 85-county service area, one in five Kansas children regularly experience hunger. The Kansas Food Bank is committed to doing all we can to meet this increased need. Your support remains essential.

In this fall issue of *Seeds of Hope*, you'll see the impact of your compassion and generosity in the lives of children like Kadince. Her smile and words of thanks demonstrate how vital programs like *Food 4 Kids* are today.

Thank you for your partnership throughout the past 40 years, and for continuing to partner with us into tomorrow.

Gratefully,  
  
**Brian Walker**  
PRESIDENT & CEO

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Kadince is all smiles after receiving her *Food 4 Kids* pack of nutritious food.

# YOU TAKE HUNGER OFF THE TABLE FOR KANSAS KIDS

Christina and her husband are the proud parents of Caleb, Kadince, and Mason — Christina’s grateful for friends like you who are helping all three kids thrive this fall in school and life.

Caleb is a sophomore in high school and is focused on sports and academics, particularly in the health science program.

His younger brother, Mason, loves video games. But Kadince,

an eighth grader, is passionate about art, and enjoys singing and listening to music.

Christina’s husband works full-time to support the family, but with three growing children there are times when it’s a challenge to make ends meet and put enough food on the table.

Thankfully, the family found out about the Kansas Food Bank’s *Food 4 Kids* program through a

*“ It’s very nice to know there are people out there who love to... help them through rough times. ”*

school counselor. Christina says the program has been a significant source of help, especially when schedules are hectic.

The snacks and juices are helpful during busy days that include long hours at football practices. And having access to milk through the program has been a crucial resource, ensuring the kids can have milk with their morning cereal even when finances are tight.

“We’ve had struggling times, and that milk has definitely made a difference,” Kadince shares.

Kadince has a word of thanks for friends like you who make it possible for her to have nutritious food through the program.

“It’s very nice to know there are people out there who love to work with other people and help them through rough times,” Kadince says.

# 40 YEARS OF THE K

## HUNGER ACTION MONTH, SEPTEMBER

### Hunger Action Month



Everyone needs nutritious food to thrive. Yet, tens of millions of people in the United States — including Kansans — face hunger.

This September, join the Kansas Food Bank in the movement to alleviate hunger. Your voice, actions, and commitment will help ensure every community has the food needed to thrive. Because when people have nutritious food to eat, futures are nourished.

**Every action — big or small — is one step closer to an America where no one is hungry.** Join the nationwide movement to alleviate hunger by donating, volunteering, or advocating. *Check the activities below to see how you can take action this month!*



QR code to find out more:  
<https://kansasfoodbank.org/hungeractionmonth/>

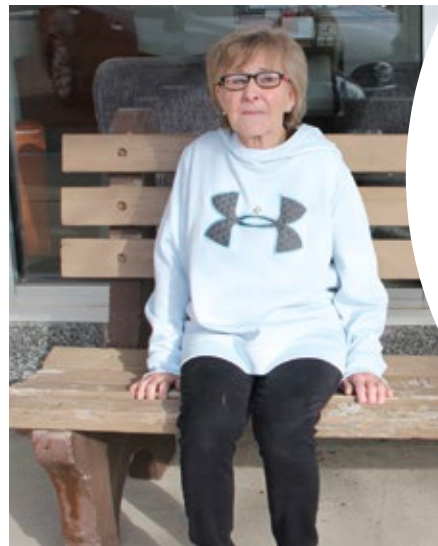
## PADDLES FOR PLATES



Join us for our first ever pickleball tournament as part of Hunger Action Month on Saturday, September 7th from 10 am to 1 pm. Thanks to our friends at Buckley Roofing and Chicken N Pickle, every team registration helps

provide up to 500 meals for food insecure Kansans this fall.

Whether you're a pickleball amateur, or a seasoned pro, every point scored counts in the fight against hunger. Ready, set, pickleball!



# KANSAS FOOD BANK



## FILL A BAG – FEED A FAMILY



This initiative, sponsored by Blue Cross Blue Shield of Kansas, is back for the second year, with our goal of filling 5,000 bags with food! Reach out to pick up bags for your school, office, club or for yourself, fill them with our most-needed items listed, and return them by the end of the month. This is a great Hunger Action Month activity to do with your kids!

## RESTAURANT WEEK, SEPT. 22-28



ICT Restaurant Week is a one-week-long celebration of dining around the Wichita Metro in support of the Kansas Food Bank. Participating restaurants will all have their own special way of giving back

whether that is a round up campaign at the register, a bounce back promotion, a percentage of sales or a specialty menu item. The goal is to raise awareness and funds for the Kansas Food Bank.

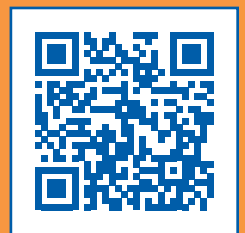
Find participating restaurants at <https://sites.google.com/kansasfoodbank.org/ictrw>

## 40TH BIRTHDAY – “TASTE AND SEE”

The Kansas Food Bank is turning 40 this year! This gives us the opportunity to recognize the commitment and work that has been done to safeguard the health and well-being of our food insecure neighbors for the past four decades and to look ahead, as we continue to provide fresh, healthy nutritious food to combat hunger.

To celebrate this milestone event on October 3rd, we invite you to join us for a “Taste and See” affair where local chefs will provide an array of tasty tapas spotlighting all our programs: Feeding Families, Feeding Seniors, Feeding Kids, Food is Medicine and more. You can take a walk down memory lane with photos and video from the archives. Or join one of the packing stations and help us prepare produce bags for distribution.

*RSVP through the QR code or by calling 316-265-3663.*



# ALMA SHARES HOPE THROUGH VOLUNTEERING

Alma's love for volunteering is deeply rooted in the belief that everyone has an important role to play in supporting their community.

Growing up in India instilled in her a culture of helping the community around her, she says.

"We would go to outlying villages once a week, distribute food and medicine and clothing, [things]

that I accepted needed to be done for others," Alma says.

After emigrating to Canada 50 years ago, Alma married, raised her family, enjoyed a professional career at the University of Toronto and a hydroelectric power station, and continued to volunteer in her local community.

Retirement and becoming a widow gave Alma even more

time to dedicate to volunteering. During a visit to Wichita, Kansas, where Alma's daughter lives, she discovered the Kansas Food Bank.

She volunteered for a short stint then and continues to volunteer whenever she visits her daughter. Alma is driven by a desire to help wherever needed.

Alma especially encourages fellow retirees to join her in volunteering because she says it can bring joy and a sense of purpose to life. She emphasizes that volunteering not only benefits neighbors receiving food but also enriches the lives of the volunteers through new experiences and connections.

"Every individual is different, and every individual can add to your wealth of feelings, to your wealth of information, diversity, and I think overall happiness," Alma says of her volunteering experience.

Thank you, Alma — and every volunteer who donates their time and energy to continue and expand important outreaches through the Kansas Food Bank!



Volunteering at the Kansas Food Bank is a way for Alma (left) to give back to her community.

“ *That's what volunteering is about.* ”

# YOU BRIDGE THE GAP FOR PAUL'S FAMILY

Paul, 61, is a native Kansan but spent most of his adult life in Dallas, Texas. It was a promise to two aging aunts that brought Paul and his wife, Keranda, back to the community where the couple met and married 41 years ago.

“I had to come back to take care of them,” Paul said of his love for his family. One of his aunts died soon after the couple returned, but the other lived to see her 99th birthday before she passed in 2019.

Now, Paul is a pastor in Wellington and Keranda is an associate pastor at the church they attended in their early years of marriage. The pair have three adult sons, two of whom have special needs and live at home with them.

Their oldest son, Darian, is in the U.S. Reserves and works as a truck driver. He visits often to help his family.

“I’m one of those men that believe in taking care of my family, working two and three jobs as necessary,” Paul says. “Got the oldest through college and supporting my sons at home now.”

But Paul’s income simply isn’t enough these days, so he started going to Bread of Life Food Pantry for extra help in putting food on the table for his family.

That’s why Bread of Life — and friends *like you* who give and make it possible for him to pick up food there — means so much to Paul.

“Because of the way inflation is right now, a lot of the healthy foods you need, you can’t afford them,” he says. “I found I can get the vegetables and other items I need [at Bread of Life]. A lot of

time they have the produce, milk, and things like that.”

The extra help is important to his family’s budget, “especially when you see what the store is charging.”

Thank you for your partnership with the Kansas Food Bank to bridge the gap for families who may otherwise experience hunger!



Paul shares his love for Bread of Life Food Pantry.

# THANK YOU FOR SHARING FOOD AND HOPE

Ken takes a lot of pride in his family, from a loving 20-year-marriage to his wife, Rachel to the many accomplishments of the couple's children. It's with each one in mind that he first came to Manna Ministries — and why he's so grateful today.

"I'm so proud of my children and grandchildren," he says. "They're the reason I keep pushing forward, despite the challenges."

A back injury from Ken's teenage years worsened dramatically after an accident a few years back, making it impossible for him to

continue working — and leaving the family with one less income.

"The accident changed everything. One moment, I was out hunting with my friends, and the next, I was facing a life-altering injury," he says.

The loss of income makes it an ongoing challenge for Ken and Rachel to keep enough food on the table for his two teenage children and a grown daughter with a little one of her own.

That's why Ken is grateful to visit Manna Ministries in Arkansas City, a Kansas Food Bank Agency Partner.

"The food pantry has been a lifeline for us during tough times," he says. "Knowing we have access to essentials like eggs, milk, and meat makes a world of difference."

"The support we receive from the food pantry goes beyond just providing food."

*“ They care about us, and that means everything. ”*



Ken and his family are thankful for the food and friendship they find at Manna Ministries.



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