

Winter 2025 Newsletter

# seeds of Hope



PARTNER  
FOOD BANK OF  
**FEEDING  
AMERICA**





**Brian Walker**  
PRESIDENT & CEO

# THANK YOU FOR SUPPORTING KANSAS SENIORS

Dear Friend,

As we look back on all we've accomplished together and embrace the work we have before us in the future, I am so grateful for you and everyone that has passed through the Food Banks doors to support this organization and those we serve.

Our 40<sup>th</sup> year of service has been dedicated to replacing hunger with hope. Together, we have celebrated our accomplishments and endured so much. There is still a lot of work to be done.

For every one of those years, support from partners like you has helped us build a healthier, happier place to call home for all of us — including seniors.

Limited, fixed incomes rarely have much room to stretch, but especially while the cost of living remains high. Winter can be an additional challenge for older adults with the cold weather forcing all of us to turn up the heat.

On the following pages, I hope you enjoy meeting a few of our amazing seniors whose lives have been greatly impacted by your partnership — just like Allen (page 8) who is passionate about continuing to care for fellow Kansans.

Because you care about our neighbors, the Kansas Food Bank can provide nutritious food, ensuring that community members of *all* ages have consistent access to balanced meals.

Thank you for investing in the lives of Kansans for the past 40 years. We are looking forward to partnering with you for as long as it takes to fight hunger and ensure *every* Kansan has access to nutritious food.

Gratefully,

**Brian Walker**  
PRESIDENT & CEO

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# YOU GIVE CAROL HOPE FOR THE FUTURE

**F**or Carol, 64, her family is her entire world. She loves to spend time with her two daughters and six grandkids. After a successful career in law enforcement and city government, Carol retired early in 2019 to help care for her mother.

Tragically, Carol's husband became sick with COVID and passed away not long after she retired. Her mother passed away shortly after and, heartbreakingly, Carol lost three aunts that same year.

“Once they were gone, I didn't know what to do with myself.” Carol says, noting “I've made headways.”

In the midst of her grief, Carol has had to navigate a budget that relies solely on her Social Security retirement benefits, which aren't always enough for her to afford nutritious groceries.

That's why Carol is especially grateful to participate in the senior food box program sponsored by the Kansas Food Bank at the Community Access Center in Independence. Supplementing her grocery bill for the past three years helps her pay for other expenses.

“That senior box is a really big help,” Carol says. “The impact is overwhelming.”

At the Community Access Center, Carol was also connected with a senior work experience program that helps participants gain valuable skills, build confidence and prepare for future opportunities. Carol looks forward to starting a new chapter and working again.

Thank you for helping to fuel Carol so she can keep investing in her future. Your generosity is a beacon of hope this winter for so many Kansas seniors — and neighbors of all ages.

“ *The impact is overwhelming.* ”



**Carol is grateful for the help she receives from the Community Access Center, a Kansas Food Bank Agency Partner, in Independence.**

# YOU MAKE A LASTING DIFFERENCE FOR KANSANS!

During the Kansas Food Bank's 40<sup>th</sup> year of service, your partnership has helped make a meaningful impact in the lives of fellow Kansans.

In July, the Kansas Food Bank celebrated the Grand Opening of a new warehouse in Garden City, providing even more fresh food to the 31 westernmost counties in our state.

In October, the Kansas Food Bank hosted a celebration to honor the past 40 years dedicated to replacing hunger with hope.

Because of your support, the Kansas Food Bank has endured through economic difficulties, grocery store closures, tornadoes, floods and a pandemic — yet the Food Bank did not close for even one day.

In the past year, your partnership helped put 149,552 *Food 4 Kids* packets of food in the hands of children facing hunger for weekends and holidays when school is out of session.

Additionally, your generosity filled over 15 million plates with nutritious meals and provided over 5.2 million pounds of fresh produce for neighbors experiencing food insecurity.

**Thank You for Your Support!** The Kansas Food Bank remains dedicated to providing comprehensive and compassionate care to fellow Kansans for as long as the need remains.

## ADDITIONAL STATS:



**18,454,659**  
Total Pounds Distributed



**29%**  
of which was fresh, healthy produce



**11,674**  
Senior Food Boxes Provided



**8,649**  
Summer Food Program kids' meals served

**TOTAL MOBILE PANTRIES:** 329 serving 27,971 households

**TOTAL VOLUNTEER HOURS:** 17,242

**TOTAL VOLUNTEERS:** 8,634

*96 cents of every dollar given to KFB goes directly to feeding our neighbors.*







## UPCOMING EVENTS:

**Casey's Here for Good:** February 26 – April 1  
Round up or donate at the register.

**Walmart and Sam's Club Fight Hunger Spark Change:** March 1 – 31

Round up or donate at the register, additional specially marked items will also be donated to the food bank when purchased.

**Jersey Mike's Month of Giving:** March 1 – 31

3 participating Wichita locations: K-96 & Greenwich, 29<sup>th</sup> & Maize and Derby

Round up at the register to donate.

Join us for the Day of Giving at these locations on March 26 when all proceeds will benefit the Kansas Food Bank!

**Dillons & Girl Scout's Food Drive:** April 5

Girl Scouts will be collecting food donations at all Dillons locations across our service area.

**Letter Carrier's Food Drive – Stamp Out Hunger**  
May 10

Set food donations by your mailbox and your letter carrier will handle the rest!







Frederick packs Food 4 Kids packets for the Kansas Food Bank.

*“Volunteering is the bomb.”*

## FREDERICK CARES FOR HIS COMMUNITY

After serving 20 years in the Army, Frederick Meeks retired and transitioned to working at Amazon. His new civilian job allowed more time for him to pursue a passion he’s had since college...volunteering in his community.

Through Amazon, Frederick connected with the Kansas Food Bank and began investing his time regularly.

“Volunteering at the Kansas Food Bank has been incredibly rewarding,” Frederick shares. “I

didn’t know what to expect at first but seeing how much our efforts help kids in Kansas has been eye-opening.”

Every Monday and Wednesday, Frederick shows up to help at the Food Bank. He says he finds the work rewarding and he especially enjoys engaging with fellow retirees and community members who also volunteer.

Frederick’s wife of nearly 40 years has been very supportive of his volunteer activities and shares his passion for giving

back. Now that the couple’s five children are grown, it affords them more time to give to causes they care about.

“Volunteering is the bomb,” Frederick says with a laugh. “I’d tell anyone interested in volunteering to go ahead, do it.”

The Kansas Food Bank can provide nutritious food to so many Kansans because of volunteers just like Frederick. If you would like to join him in giving your time, please visit [kansasfoodbank.org/volunteer](https://kansasfoodbank.org/volunteer).



# JEANA APPRECIATES YOUR GENEROSITY

Jeana has long enjoyed a career in customer service, but when her mom experienced the loss of her husband, Jeana didn't hesitate to leave her job and home behind to help care for her.

"Mama said 'come,' and I did," says Jeana, 64, who moved back to her childhood hometown of Anthony.

When her mother's health began to decline, Jeana let go of her new job

in Anthony and a career she loved to take care of her mom full-time.

That meant Jeana had to begin relying on Social Security retirement benefits. Now, it's often difficult to make ends meet without additional income.

Thankfully, she discovered Obadiah Food Pantry, a Kansas Food Bank partner agency, where she can pick up healthy groceries to prepare hearty meals.

Jeana's favorite food from the pantry is the chicken thighs, which she pairs with corn or potato au gratin. One of the volunteers always remembers Jeana's love for

artichokes and makes sure to place them in her bag.

Since her mother passed, Jeana is now looking for work again. In the meantime, she's grateful for friends like you who ensure she still has plenty of nutritious food on the table.

"I can't thank you enough," she says. "You have no idea what a difference this has been in my life — just knowing I will have something in the pantry to eat."

Your partnership is a lifeline for Kansas seniors and neighbors of all ages — thank you!

“ *I can't thank you enough.* ”

Jeana picks up healthy groceries from the Obadiah Food Pantry, a Kansas Food Bank partner agency.







# THANK YOU FOR HELPING ALLEN

Allen receives nutritious food from Dorothy's Lane, a Kansas Food Bank partner agency.

Allen is an Army Veteran who remains passionate about serving his community. At one time, he started and ran his own non-profit organization to help unhoused individuals and anyone fleeing from domestic violence.

"I don't have a lot," Allen shares, "but if I have something someone needs, I give it. It always comes back."

Lately, Allen has experienced difficulty of his own when it comes to making ends meet. Faced with the high cost of living and a limited income, he isn't always able to afford nutritious food.

"Benefits are not what they were," Allen shares. "I can't live on [them] a week, let alone a month."

Thanks to your support, Allen receives food from Dorothy's Lane, a Kansas Food Bank partner agency, in Wichita.

"They're about the best group of people I've met in Wichita," Allen says of the community at Dorothy's Lane.

Allen currently has difficulty leaving his home, and he recently lost his transportation, but the leaders at Dorothy Lane make sure he still receives groceries. He also stays connected with neighbors online and does his best to still be of service.

"I had a lady on Facebook ask where she can go for food," Allen says, listing the resources he shared with her. "Help is the

*"Help is the easiest thing to do for people — it's basic human kindness."*

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Thank you for helping our fellow Kansans!



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