



Fall 2025 Newsletter

seeds of  
**Hope**

Baking



PARTNER  
FOOD BANK OF  
**FEEDING  
AMERICA**





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# YOUR GENEROSITY CHANGES LIVES

## CHANGE HEALTH, CHANGE THE FUTURE

Dear Friend,

By working together to provide a healthy, well-balanced diet today, we're impacting the future of children this back-to-school season — and ensuring neighbors of all ages have the fuel to thrive.

Access to nutritious food is imperative for our neighbors to be able to live healthy, happy lives. That's why your support is so important — especially with the ongoing high cost of food and other essentials.

As you may be aware, September is Hunger Action Month, which is a perfect time to get involved in many activities, including ICT Restaurant Week presented by Mokas Coffee and Eatery and JRI Hospitality — a seven-day celebration of local food in the Wichita Metro area that also supports the Kansas Food Bank.

Over the next few pages of our *Seeds of Hope* fall issue, you'll meet a few of the countless neighbors from across our 85 county service area who have been impacted by your generosity — like Maria (page 8) who truly appreciates your kindness and compassion.

Together, we are working hard every day to put fresh, nutritious food in the hands of our neighbors facing hunger. We couldn't do this vital work without partners like you. *Thank you.*

Gratefully,

  
**Brian Walker**  
PRESIDENT & CEO

# THANK YOU FOR NOURISHING OUR NEIGHBORS

After suffering a stroke a few years ago, 50-year-old Marlon continues to work toward recovery. Thanks to the generosity of partners like you, Marlon has support along his journey.

“[Recovery's] been tough, but I'm pushing on,” Marlon shares.

While the cost of groceries remains high, Marlon's Social Security Disability income stays the same. This makes it difficult to afford the fresh produce and nourishing proteins he needs to maintain his health.

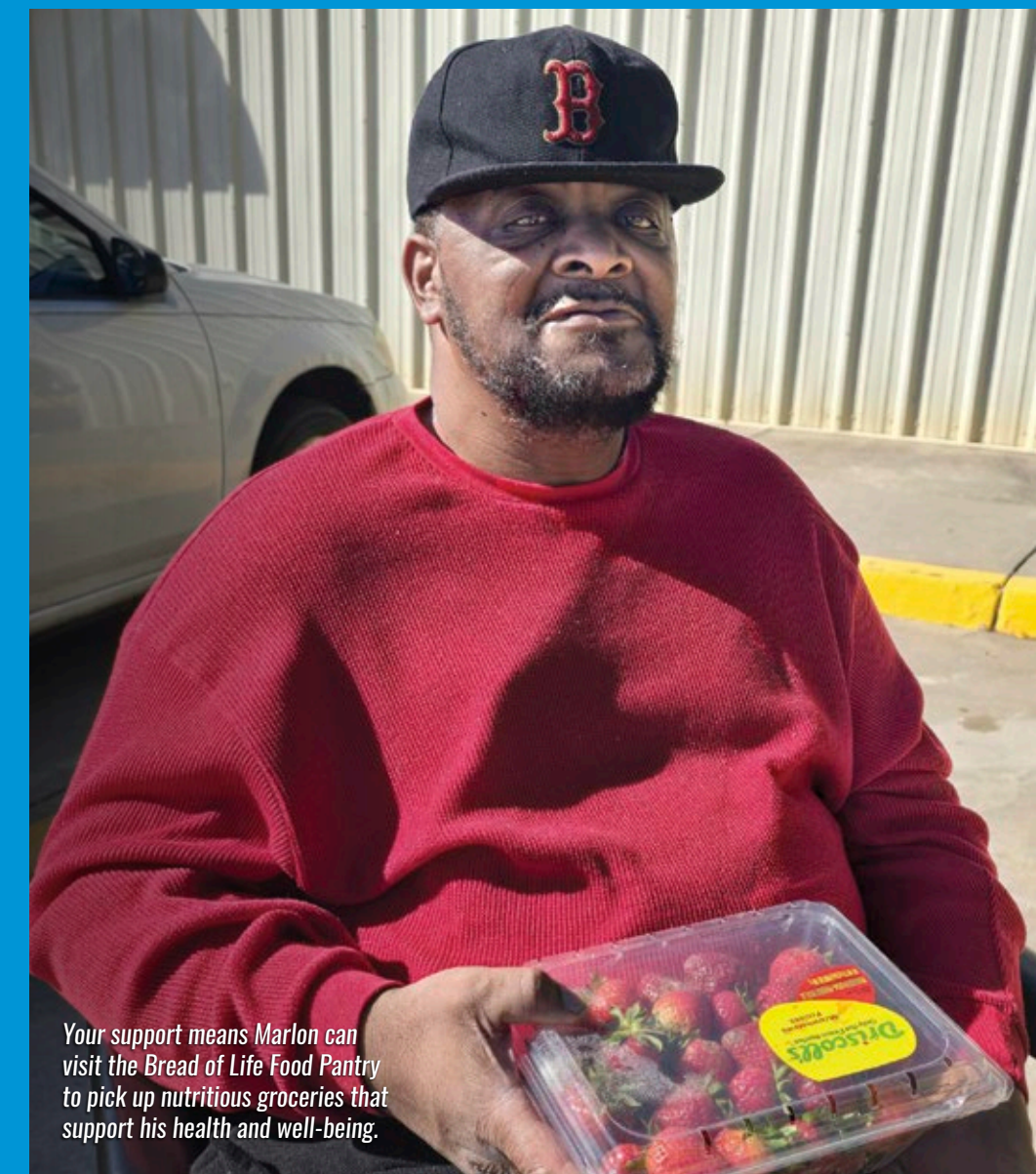
But because you give, Marlon and so many of our neighbors can access healthy groceries at a Kansas Food Bank agency partner, like Bread of Life where Marlon can find nutritious foods that aid in his best health.

Marlon wants everyone who supports the Food Bank to know: “Keep donating because [neighbors] really need it. It's

a good place to come and get a few groceries.”

Thank you for joining our efforts to connect more Kansans like

Marlon with nutritious food. Together, we are creating a stronger, healthier Kansas for us all!



Your support means Marlon can visit the Bread of Life Food Pantry to pick up nutritious groceries that support his health and well-being.

“Keep donating...  
[neighbors] really  
need it.”





# ICT RESTAURANT WEEK

SEPTEMBER 21 - 27, 2025



## ICT RESTAURANT WEEK SEPT. 21-27

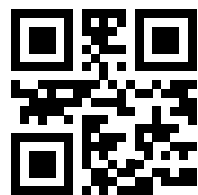
\*Presented by Mokas Coffee and Eatery and JRI Hospitality

ICT Restaurant Week presented by Mokas Coffee and Eatery and JRI Hospitality is a week-long celebration of dining around the Wichita Metro where we can come together over our shared passion of feeding people.

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.

Held the last full week of Hunger Action Month (September 21-27), the event features some of your favorite local spots, plus new favorites you have yet to try!

Restaurant-goers can sign up for the FREE ICT Restaurant Week presented by Mokas Coffee and Eatery and JRI Hospitality digital passport to earn points each time they visit a participating spot. At the end of the week, use your points to enter to win gift cards, experiences & more while you're fighting hunger with us!



THE GOAL OF RESTAURANT WEEK IS TO RAISE AWARENESS AND FUNDS FOR THE KANSAS FOOD BANK.

Visit [ICTRW.COM](http://ICTRW.COM) or scan the QR code to learn more about ICT Restaurant week, see who's participating this year, sign up for the passport, and more.

ICT RESTAURANT WEEK PRESENTED BY MOKAS COFFEE AND EATERY AND JRI HOSPITALITY MADE POSSIBLE THANKS TO THESE PARTNERS:



presented by:



MOKAS<sup>®</sup>  
COFFEE • EATERY



HOSPITALITY

## WHAT LOCAL FOODIES ARE SAYING ABOUT THE EVENT:



*"This is a step to contribute to our fight for food insecurity in our community — making sure fewer people have to worry about where their next meal is coming from."*

— Ann, Bottomless Pit ICT

*"I love any excuse to eat local, but Restaurant Week hits different. It's not just about good food, it's about doing some good too. Helping folks who need it."*

— Troy, Live Local



*"Food is not a privilege, it is a human right. As food deserts continue to be an issue in Wichita, I love ICT Restaurant Week as it creates the opportunity for people to check out local businesses while supporting the great cause of fighting against hunger."*

— Nina, Nina's Munchies

*"It's a great opportunity to introduce...restaurants [that the community] may have never been to and it's an event that directly gives back...[to] our community."* — Wichita by E.B., Eddy

— Eddy, Wichita by E.B.



*"When I was a kid, sometimes my amazing mother would have to go to a food pantry. And many other times, people in our lives, helped us out. I'm so thankful for that... So, when I was asked to be a part of ICT Restaurant Week I didn't say yes — I said an [enthusiastic] "Yes!" What a beautiful thing."*

— TKG, The Kansas Gastronomist

# ICTRW.COM



# LARRY GIVES BACK

Larry spent much of his career working to help improve the health of Kansans. So, it only makes sense that he would spend time volunteering with the Kansas Food Bank in his retirement.

Larry’s career took many turns from media management to working on a family farm and ultimately to healthcare philanthropy.

“ I feel I get a lot more out of it than I give. ”

While working at the Sunflower Foundation, Larry was introduced to the vital work of the Kansas Food Bank.

Before Larry retired, the Sunflower Foundation provided a grant in support of the Food Bank’s facility on Douglas which laid



Every Thursday, for about 13 years now, Larry volunteers at the Kansas Food Bank.

the foundation for the expanded services we provide today.

On a site visit to the Food Bank during that time, Larry says he realized, “This would be a wonderful place to volunteer.”

Since then, Larry volunteers at the Food Bank every Thursday.

To encourage everyone to volunteer, Larry says, “[It’s]

so easy to see the important need that we’re helping meet. If you’re looking for something... that makes you feel like you’re contributing in a meaningful way — this is the kind of thing to do.”

Thank you, Larry — and every volunteer who donates their time and energy. It is because of friends like you that we are able to continue ensuring that no Kansan goes hungry.

# YOU HELP BRIDGE THE GAP FOR CHERYL

Cheryl has made long walks a regular part of her routine to help maintain the best health possible. Four times a week, she also has the joy of walking with her 14-year-old grandson.

Since being diagnosed with an autoimmune disease, Cheryl not

only incorporates exercise, but also maintains a well-balanced diet. But lately, it’s been increasingly difficult to afford the nutritious food she needs to support her health.

Because of her illness, Cheryl became unable to work more

than 10 years ago and began receiving Social Security Disability assistance — but right now, her fixed income isn’t keeping pace with the high cost of food.

“ It makes a big difference just to know [the Food Bank’s] there when you need it. ”

Thanks to partners like you, Cheryl can pick up healthy food at the Food Bank of Reno County, a Kansas Food Bank agency partner.



“Up until lately, the food stamps have been enough, but now I guess with prices, I run out,” Cheryl shares.

Thanks to partners like you, Cheryl can visit the Food Bank of Reno County, a Kansas Food Bank agency partner.

Your generosity provides so many neighbors like Cheryl with the wholesome food needed to thrive. Thank you for helping bridge the gap for Kansans facing hunger.

## Hunger Action Month



Check the activities below to see how you can take action in the month of September!

- September 2 - Hunger Action Month Proclamation at Wichita City Council Meeting & Garden City City Council Meetings
- September 6-7 - Scouting for Food with Dillons & Scouting America
- September 9 - Hunger Action Day

- September 20 - Paddles for Plates pickleball tournament at Chicken n Pickle
- September 21-27 - ICT Restaurant Week presented by Mokas Coffee and Eatery and JRI Hospitality
- September 28 - Open Streets ICT Packing Event
- All Month Long: Fill a Bag, Feed a Family



Scan the QR code to find out more:

Or visit [www.kansasfoodbank.org/hungeractionmonth](http://www.kansasfoodbank.org/hungeractionmonth)



Maria is grateful for the healthy groceries she receives to nourish her family.



## YOU HELP FAMILIES REBUILD

This fall, your generosity is providing access to healthy food for Maria, and her husband, Hilario, as they focus on raising their two daughters and rebuilding after a challenging season.

Almost two years ago, Maria was pregnant with the couple's second daughter, Ana. Unfortunately, due to high-risk complications, she had to quit her job and be on bed rest until Ana was born.

"We went from [having] two incomes to [only having] one income. It was just horrible," she says. "We [had] a baby on the way... [and needed] to feed another mouth."

Today, Maria is working again, and her health is improving. Her

parents help watch baby Ana, who is almost a year old, and Ana's 8-year-old sister, Sophia.

And because of your support, Maria can visit Greeley County Food Pantry, a Kansas Food Bank food pantry, to pick up nutritious groceries — including kitchen staples like oil, flour, sugar and butter.

"We're still trying to get back on our feet," Maria shares. "Ever since we came, [the food has] helped us a lot."

That's why Maria is especially grateful for friends like you.

"I really appreciate [your] help, [your] volunteering [and your] giving," she says. "It really makes

a big difference, and it helps a lot of people in our community."

Because of the support of friends like you, so many Kansans are looking forward to a more hopeful future. Thank you for your generosity, which changes lives!

*"I really appreciate  
[your] help,  
[your] volunteering  
[and your] giving."*



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