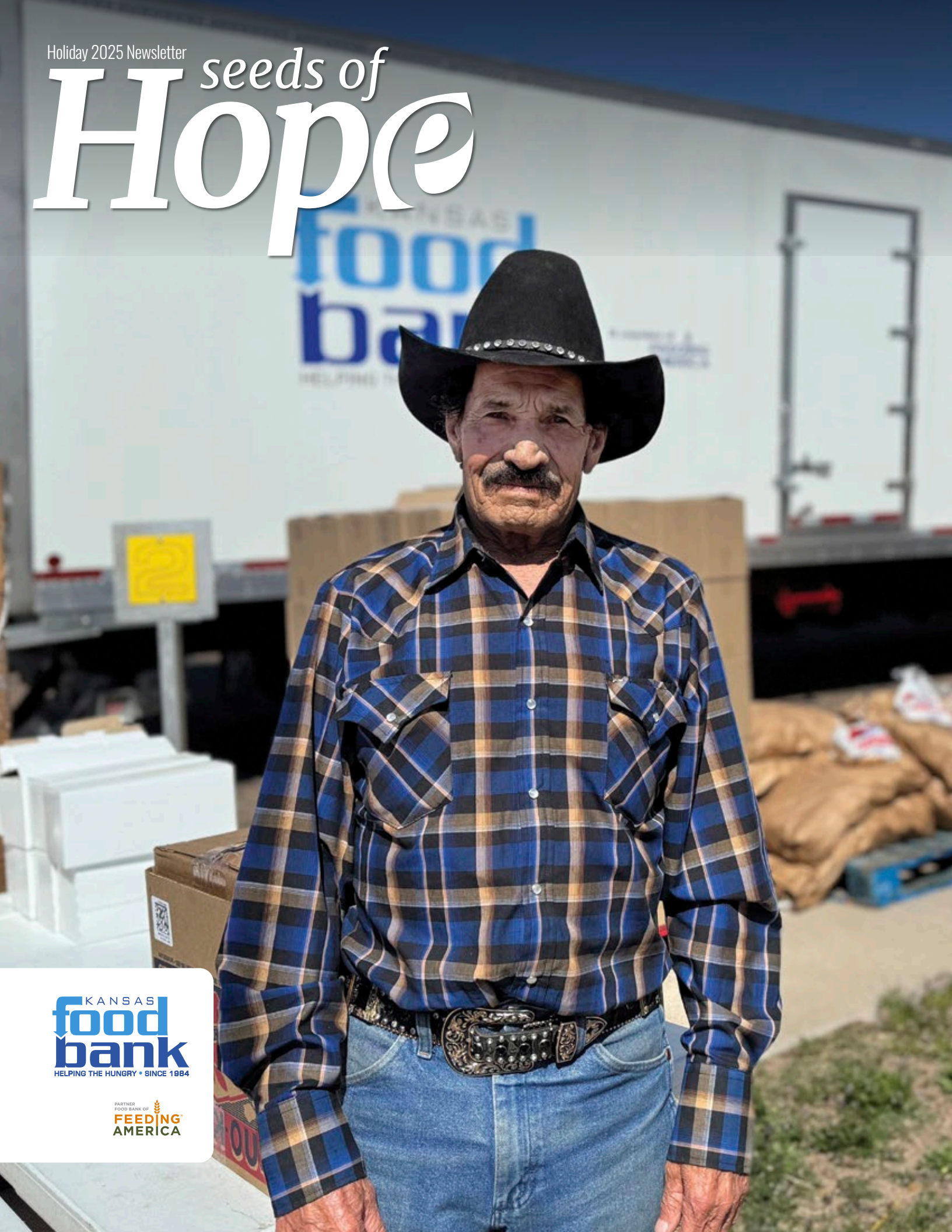


Holiday 2025 Newsletter

seeds of

Hope



KANSAS
food bank
HELPING THE HUNGRY • SINCE 1984

PARTNER
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FOOD ON EVERY TABLE THIS HOLIDAY SEASON...

Dear Friend,

This holiday season, I'm reflecting on my gratitude for you. We couldn't accomplish the critical work of hunger-relief without friends like you by our side.

Together, we are driven by the belief that all Kansans should have access to enough healthy food. And every day, we are working hard to make that hope a reality by putting fresh, nutritious food into the hands of our fellow Kansans.

Access to healthy food improves health and in turn improves lives. With the help of our agency partners and supporters like you, we are one step closer to ensuring every Kansan can access the healthy food needed to thrive.

I hope you enjoy this holiday issue of *Seeds of Hope*. Over the next few pages, you can read how your generosity helps improve the lives of our neighbors like Lacey (page 8) who can now ensure the seven kids in her home are going to bed with full bellies.

Thank you for providing a lifeline for so many Kansans facing hunger. Your support is offering hope for our neighbors this holiday season and every season! I look forward to our partnership in the new year.

Happy Holidays,

Brian Walker
PRESIDENT & CEO

CONNIE PUTS HEALTHY FOOD ON THE TABLE

Connie is resourceful. For many years, she has found creative ways to ensure her family has healthy food on the table to fuel their activities. Lately, those activities include taking her youngest daughter, 14, to seasonal events like fall festivals.

To support the health and well-being of her family, Connie visits Bread of Life Food Pantry, a Kansas Food Bank Partner Agency, to pick up nutritious groceries. She appreciates the variety of food she receives from healthy snacks to nourishing ingredients for balanced meals.

The food pantry has been a big help to Connie for several years. When she first started visiting, she was still raising her oldest two children who are now grown.

"I was really on disability at the time, and I was trying to raise [my] kids," Connie explains.

Now, the ongoing high cost of living makes it even more



Connie picks up healthy food from the Bread of Life Food Pantry, a Kansas Food Bank Partner Agency, in Wichita.

difficult for Connie to stretch her fixed income enough to afford the healthy groceries her family needs.

"I get [food assistance] too, but it's not enough," Connie says. "[It's] like eggs and milk and cheese... and this [pantry] is for everything else."

Your generosity helps provide a lifeline for so many Kansans

just like Connie. Thank you for standing with us to take hunger off the table this holiday season and every season!

"This [pantry] is for everything else."

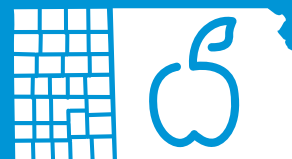


2025 YEAR IN REVIEW



PRODUCE NUMBERS

Together, we served over **5 million pounds** of fresh, healthy produce to Kansans facing hunger this year.



GARDEN CITY UPDATE

Since the opening of our new hub in Garden City, we have been able to expand our mobile produce distributions in southwest Kansas to twice a month. In addition, we have added a special monthly distribution at a low-income housing complex in Garden City, focusing on all fresh produce.



SENIORS

No one should have to choose between groceries and other basic needs — especially our seniors. Through our senior-focused programs, we provide a consistent source of nutritious food and a sense of dignity for older Kansans living on limited incomes. This past year, we proudly distributed more than **241,000 meals to seniors** — ensuring that our parents, grandparents and neighbors have the nourishment everyone deserves.



Food 4 Kids Recap

Our *Food 4 Kids* program served **6,560 kids** in **340 schools** across Kansas and counting— helping ensure children have healthy food when they no longer have access to meals typically provided at school.



Mobile Pantries

This past year, our mobile pantries hit the road to bring food directly into communities and neighborhoods where regular brick-and-mortar pantries don't exist. By meeting people right where they are, we reduce barriers like distance and transportation —ensuring families have access to healthy food. In total, 369 mobile pantry distributions were deployed, reaching 31,432 households and putting thousands of missing meals on tables across Kansas.

JOAQUIN LENDS A HELPING HAND

“A lot of people helped me on my way to where I am today, so now I just help somebody else,” Joaquin explains.

This seems to be Joaquin’s life mission — to help others.

Joaquin started volunteering at our Garden City warehouse earlier this year. The opening of this facility has expanded volunteer opportunities, and volunteers help assemble *Food 4 Kids* packets, bag produce, build food boxes and help place nutritious food into the hands of our neighbors.

“I was looking for a place or an organization that I could be part of,” Joaquin says.

Growing up, Joaquin was told by a guidance counselor that he wasn’t college-bound, but he went on to earn a bachelor’s degree and a master’s degree. He helped students dream of new possibilities for themselves. He

shares that one of his proudest achievements was starting a local high school soccer program.

“That [program] kept a lot of kids from dropping out,” Joaquin says. “Once [the kids] found out there were scholarships, and that they could do the academic work, many... became teachers, nurses, even doctors.”

For people looking to volunteer, Joaquin says, “Come over with me. Try it once... see what the Food Bank is doing — how they help others — and then decide.”

We are so grateful for Joaquin and all our volunteers who help us build a stronger, healthier Kansas!

If you want to lend a helping hand at the Food Bank, please call us.
Wichita: 316-265-3663 | Garden City: 620-568-8415



Joaquin devotes his time to caring for his community at our Garden City warehouse.

“A lot of people helped me on my way to where I am today, so now I just help somebody else.”



Ignacio visits a Kansas Food Bank mobile pantry in Garden City to pick up nourishing food for his family.

IGNACIO IS STILL DANCING AT 80

Ignacio, 80, is a proud and loving husband and father. He enjoys spending time with his family.

“[My grandkids and great grandkids] always want me to push them in their little car,” Ignacio says, “and they want me to dance with them.”

Ignacio and his wife of 60 years have lived in Garden City for 42 years. The couple has created a legacy to be proud of.

“We raised our daughters with a lot of love, and there’s always been a lot of love in the family,” says Ignacio.

The family’s close-knit bond has helped them weather many

challenges including the declining health of Ignacio’s wife.

“One of my daughters takes care of my wife during the day, and the other at night,” Ignacio shares.

Since Ignacio retired, it has been a challenge for him to afford enough healthy food for his wife and daughters who live with him.

“We live off our [Social Security] check, but right now it’s not enough because everything is so expensive,” Ignacio says.

Ignacio wanted to grow corn, but his daughter got rid of the tractor. Ignacio shares that while he misses the tractor, he can visit

“We raised our daughters with a lot of love, and there’s always been a lot of love in the family.”

the Kansas Food Bank mobile pantry in Garden City to pick up nourishing food.

“I’m really happy that [the Food Bank] help[s] the community,” Ignacio says. “I’m so grateful to all of you.”

*An interpreter was present for our conversation with Ignacio.

YOU HELP LACEY PROVIDE FOR HER FAMILY

Lacey, 26, has a really big heart. Not only does she care for her son, 6, and her twin daughters, 3, but she also helps take care of her brother's 4 kids who range in age from 4 months to 13 years old.

Lacey's priority is for all seven kids in their combined household to have healthy food. And to make that happen, she visits the Decatur County Food Pantry in Oberlin, a Kansas Food Bank agency partner.

Now, her entire family, including four adults and seven kids, has access to healthy food.

"My kids go to bed with full bellies and that's all I could ask for," Lacey says. "We [aren't] going to go hungry. I never have to worry if this is going to stretch far enough."

Lacey often cares for the kids and runs the house on her own and she shares that she takes it "one step at a time." Her sister-in-law has a severe mental health condition, and Lacey's husband leaves for work for a week at a time.

Lacey visits the Decatur County Food Pantry in Oberlin, a Kansas Food Bank agency partner, to ensure her family has healthy food.

Thankfully, Lacey's parents live close and help her sometimes, especially on Saturday's so she can go to work herself.

For partners like you, Lacey says, "Everything matters. Every can. Every package of dried potatoes. It matters. And inevitably, it's going to change somebody's life."

Thank you. We are so grateful for your partnership that is making a profound difference for so many families across Kansas — just like Lacey's.

“ My kids go to bed with full bellies and that's all I could ask for. ”

**KANSAS
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