



TUESDAY, MARCH 9, 2010

Dear Kansas Food Bank,
I had a lot of fun packing food for the children. And I think to show my time I would like to come back with some of my ~~family~~ family and show them how to do it too!!! I ~~thought~~ thought it is fun to take your free time and do stuff to make lives better.
Love, Lauren Smith! ♥

This wonderful note went far beyond just making my day. Try making my year. In my mind, its message is unforgettable. Long after its exact words grow dim, it will continue to remind us that the innocent, loving spirit of children like Lauren Smith will always be around to take good care of the future.

Lauren, a Girl Scout member of Troop 275, has discovered very early on that being a kid who helps others kids feels very good, so good, in fact, that she can hardly wait for her own family to experience the same joy.

Fortunately for your Food Bank there are hundreds of young friends like Lauren who joyfully provide a significant share of the thousands of hours needed from volunteers to assemble the individual packets of food needed to fill 5,000 backpacks each week during this school year. Like Lauren, many come from Scout troops or their school class, or in family or neighborhood or church groups. All are engaged in kids helping kids, a very special kind of endeavor.

We are proud and pleased to have them on our KFB team.

—Brian Walker, President/CEO

AGENCY SPOTLIGHT - *One size does not always fit all.* That fits your Food Bank to a "T." Just as there is little chance that any two orders among the thousands received every year will be perfect matchups, there is an equally small chance of a precise twin-ship among the hundreds of different hunger-relief agencies we serve.

One case in point is the Developmental Services North West Kansas (DSNWK). From its headquarters in Hays, this fine organization provides supplementary food supplies to its network of group homes and supported-living residences in 18 northwest Kansas counties.

On average, we fill DSNWK orders of about 6,000 pounds every month and deliver it to their door through our Rural Delivery system. What we bring to them provides an opportunity to extend the variety and the healthy choices in meal planning for about 350 individuals with developmental disabilities.

One of the unique facets of DSNWK is that these individuals assist in the unloading, sorting and distribution of the product they receive from us each month. They also help the staff of DSNWK in the weekly pick-up and distribution of items from Dillons and Walmart. This hands-on approach empowers their clients with a sense of pride and accomplishment. In every good way, they are good partners serving a good cause.

BE A BIG LOSER; WIN BIG - Yes, it is a really big deal and yes, you can turn your weight loss into a big win for the Food Bank.

If you have weight to lose, sign up for Feeding America's pound-for-pound challenge at www.pfpchallenge.com and corporate sponsors such as Yoplait. Multigrain Cherrios, and others will donate one pound of food to the Kansas Food Bank. Think about it. Just a 5-pound loss can provide enough for a meal for two people. And think how good it will make them, and you, feel!

EMC INSURANCE COMPANIES CHILI COOK-OFF PAYS OFF!

The Second Annual Chili Cook-off to benefit the Kansas Food Bank donated a generous gift of \$2,135 to support our HungerCare programs. The money was raised from donations from the \$5 admission—plus chili sales, plus proceeds earned from a silent auction of items donated by employees and EMC friends. The good times included feasting from an amazing variety of chili fixin's including white, chicken, pork and traditional, all served from 19 crock-pots, with or without beans.

The event was chaired by Peggy Peterson who presided over a committee of 12. The guest list included about 100 EMC employees and 20 special guests. And again this year, a good time was had by all! Let's do it again, please!



1st row (seated) Peggy Peterson, Robyn Olmanns, Mary Jo Hansen. 2d row (standing) June Russell, Bib Westerberg, Susan Beck, Stephanie Jennings, Jeanne Griffith, Teresa Graves, Judi Winter, Sandy Lutton, Michelle Welch



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If you're new, we welcome you!

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The letter below was received as a "Thank you" for a story that appeared in the January issue of *Second Helpings*. The letter goes into greater detail on their visit to the Food Bank and to express their positive feelings about the experience. To this we can only say, thank you for coming and for being "kids helping kids."



Paws for a Cause



TIS Kindergarten Panthers have been busy harvesting pennies all November long for the Kansas Food Bank. They harvested 17,440 pennies and donated this sum of \$174.40 to help the Food Bank's Back Pack Program. The Back Pack Program helps about 5,000 less fortunate students in Kansas to stay nourished over the weekends so they can return to school on Mondays ready to learn. Each child's weekend backpack snacks cost about \$4. We are proud to have raised enough money to nourish one needy Kansas student during every weekend of the school year. Way to go, Panthers!

TIS grandparent Patric Rowley, a founder of the KFB Back Pack Program, received our check on behalf of the Kansas Food Bank. Our kindergarteners also received a personal tour of the Food Bank, some packed snacks for one Kansas student and enjoyed meeting their mascot, "Phil the Backpack". Our favorite part of the visit was walking through a giant freezer filled with tons of food to donate. We learned that the Kansas Food Bank services 260 schools throughout Kansas and donates about 7,700,000 pounds of food annually. It was such a healthy reminder for all present that the holiday season should always be about the importance of giving, not just receiving.

KIRSTEN
CHRISTOPHER

WARRYL
TANZIM

We love Kansas Food Bank

Olivia Peyton
 Andrew
 Matthew Angelina
 Jeffrey Lucas Claire Dylan
 Mrs. Edgar FAYOZ
 Grace Mrs. Gangadhar