



Nourishing News

Winter 2022

“I’m stretching my disability income — learning new tricks for low budget grocery shopping is really the benefit.”

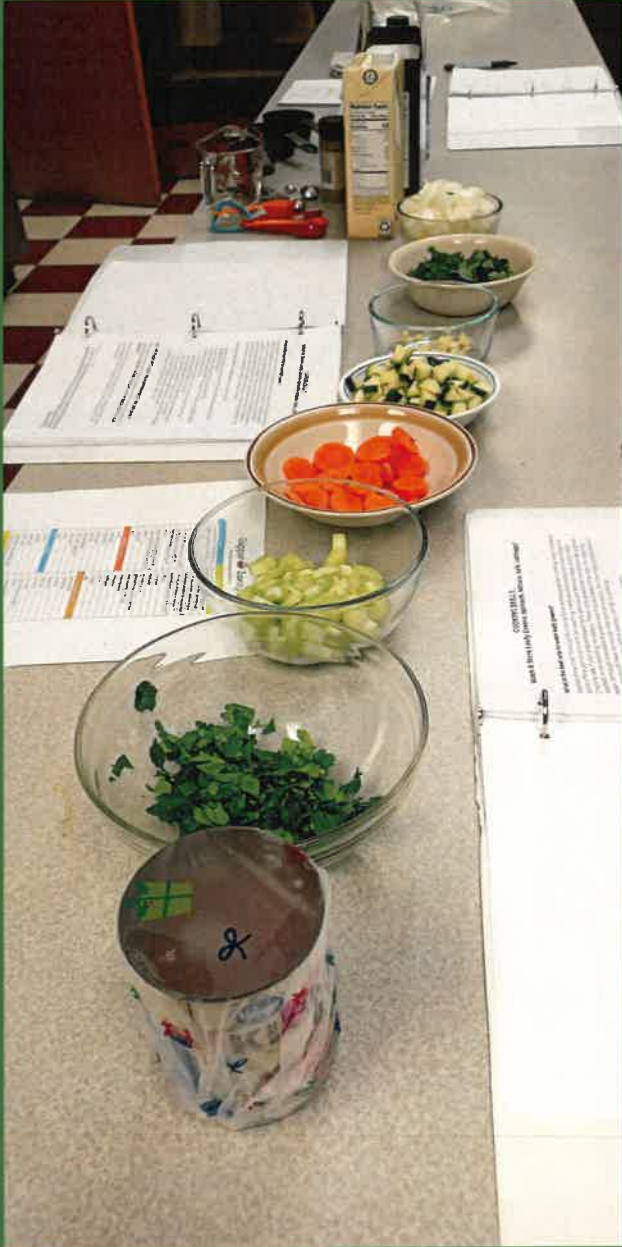
The kitchen at the Food Bank comes to life twice a month on Thursday nights for a cooking class. Although he doesn’t drive, Brandon makes the trek to the Food Bank for each class either on foot or by bus. Brandon is no stranger to navigating hardships — from childhood trauma to homelessness. During his time in the Navy, Brandon served his country as an operations specialist on the USS Reagan, keeping the ship and fleet safe. Now that he is a fulltime civilian, Brandon’s priority is his health and financial stability—which is not easy with both PTSD and a personality disorder.



In class #2, Brandon learned how to repurpose vegetables and chicken for a pot pie.

However, cooking has given Brandon an outlet and a safe forum for improving his social and culinary skills. Like most folks on a fixed income, Brandon doesn't have room in his budget to try new foods or purchase a time-saving kitchen gadget. That's why the Life Skills Cooking Class offers participants

up to \$100 of kitchen equipment to help make homecooking easier and more convenient. Beyond the graters, stock pot, meat thermometer and mixing bowls that Brandon received from his wishlist, he's learning essential food safety practices like washing leafy greens and proper storage of raw meat. He's tried new foods like dates, dragon fruit and mangoes. He's learned tips on how to stretch his grocery budget based upon what is in season and how items are labeled. These classes are possible because of a generous grant from the Greater Salina Community Foundation and the hard-work of Janie Morris, our Life Skills Coordinator. For Janie, it's the opportunity to connect with a client and share an experience that keeps her motivated to chop, prep and teach this class after an already long day. For Brandon, it's another step on the road to emotional and financial stability. And for the Food Bank, it's simply a blessing to use our facility to enrich the lives of those we serve.



“Getting kitchen equipment off my wishlist is really nice, but just being around people who let me be me is even better.”



Food Notes

CURRENT NEEDS

1. Canned Soup
2. Canned Beans
3. Pancake Syrup
4. Pancake Mix
5. Tomato Sauce
6. Egg Noodles
7. Jello
8. Juice
9. Tea
10. Flour

OFFICE HOURS

MON - THURS

9:00 am - 12:00 noon

1:00 pm - 5:00 pm

FRIDAY

9:00 am - 12:00 noon

1:00 pm - 3:00 pm

DISTRIBUTION TIMES

MON - FRI

1:00 pm - 2:45 pm

MONDAY

5:00 pm - 6:45 pm

Strategic Survey Update.....

After surveying clients last summer, the Food Bank used the Fall to survey community members at laundry mats around town and at the Salvation Army's produce giveaways. Based upon the conversations and information learned during those outings, the Food Bank has begun exploring a new outreach opportunity specifically for North Salina. Stay tuned for more information!

CANSTRUCTION COMPETITION 2022

Hopefully you are watching the Food Bank's Facebook page or website to see how the six teams competing in CANSTRUCTION are fighting hunger. In March, the Food Bank will need your help in selecting the Sweepstakes Winner out of the 6 unique displays!

Food Bank Gardens

To say that the first growing season in the renovated Food Bank Gardens was a "success" would be an understatement. After harvesting over 2,173 lbs of produce from the garden, we stopped counting. This coming Spring, the Food Bank is expanding the number of community garden beds and adding a dedicated in-ground worm bed. In addition, the Food Bank has funding from the Local Food Works Foundation to bring in experts to the garden for educational presentations and demonstrations that will be open to the public during the garden season. Further, we are working to have an art piece installed along with a new garden sign by the Fall of 2022. And don't forget to *save the date* for our annual **Ice Cream Social and Garden Tour**, scheduled for July 7th, 5-7pm (weather permitting).



Salina Emergency Aid Food Bank
255 S. Chicago
Salina, KS 67401
www.salinafood.org

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RETURN SERVICE REQUESTED

Save the Date!

GIVE ON MARCH 24!

Be a champion for charity at www.MatchMadnessGSCF.org

greater salina community foundation

**MATCH
MADNE\$\$**



TASTE OF SALINA COOKBOOKS

If you haven't purchased our community cookbook yet, don't fret. We still have several copies available. They make wonderful gifts for birthdays, anniversaries or Mother's Day!
Call us at 785-827-7111 to order your copy.