



Nourishing News

Fall, 2020

One Box at a Time

FIND US AT

255 S. Chicago
Salina, KS
785-827-7111

www.salinafood.org

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

A semi-load of produce pulls up to the Food Bank, and the forklift moves into action. An army of volunteers including the Mounted Patrol join forces to load the boxes into trucks to distribute across town. Like a well choreographed dance, the boxes are counted, moved and ushered to their final destination. Upon learning about a USDA program that would bring fresh produce to our community, the idea of distributing 880 boxes seemed daunting.

However, as a mom notorious for reminding her own that no task is too big, I pondered my own advice: *"How do you eat an elephant? One bite at a time."*

We had to find a way to distribute this farm-fresh produce **one box at a time**. We first called the Senior Center, asking if Meals on Wheels participants might enjoy getting this produce...

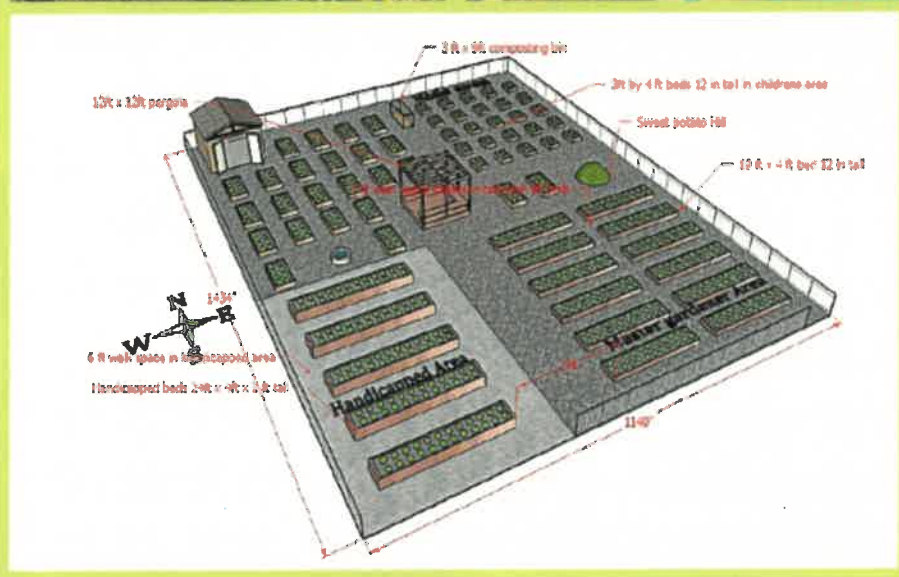
And they said YES! Then a conversation with Barb Young from the North Salina Community Group sparked the idea for a free produce giveaway at multiple locations around town.



Every day at the Food Bank, there is a joint effort to fight hunger. It takes hard-working staff, compassionate donors and volunteers like YOU to make this possible. It takes elementary students digging up potatoes in the Children's Garden. It takes the National Guard members using their Saturday to put together kits for our homeless clients. So THANK YOU for making a difference **one box at a time!**

Blessings,
Karen Q Couch

IN THE GARDEN



Brothers Aaron and William (ages 11 and 13) are typical boys who love sports and video games, but they also love the garden. They love playing with dirt and watching things grow. Under the direction of Mary Mertz, the Garden Club sponsor, boys and girls from Cottonwood Elementary have the chance to spend time in the Children's Garden at the Food Bank learning first hand the value of growing one's own food. *"Stuff changes so quickly. I'm here Monday and it's green. I come back and it's red,"* says William as he proudly shows off the tomatoes. While Aaron digs up a handful of good sized potatoes, he mentions that he is looking forward to the sweet potato harvest the most. He wants to make fries.

This summer the brothers joined fellow club members in making homemade potato salad to give to Ashby House. With over 75% of the students at Cottonwood on the Free / Reduced Lunch program, the opportunity to cook with garden fresh produce is life-changing. They understand and appreciate food and nutrition in a whole new way. With support from donors, corporations and grant funders like Salina Regional Health Foundation, the Children's Garden will be getting a facelift in the months to come. Adjacent to it, handicap accessible raised beds will be available for gardeners with limited mobility and a new community garden with a section for vegetable trials will enable both novice and master gardeners to "dig in." As 18th-century poet Alfred Austin said, *"To nurture a garden is to feed not just the body, but the soul."*



HUNGRY, BUT NOT HOPELESS



THE COST OF THESE ORANGE SACKS WITH OUR LOGO WAS UNDERWRITTEN BY A FORMER FOOD BANK VOLUNTEER AND CONTAINS OVER \$20 WORTH OF ITEMS.

As our military's "first responders" in times of disaster, the National Guard is always on hand to help and serve those in need. Seven of these heroes spent 4 hours one Saturday cleaning the Food Bank's pantry shelves and putting together kits for our homeless and transient population. In these kits are travel toiletry and hygiene items, in addition to ready-to-eat snacks and meals. These kits offer a convenient bundle of necessities, but more importantly they offer HOPE to the underserved and neglected. New initiatives like this extend the reach of the Food Bank beyond the pantry and the produce. Each bag can be returned and re-filled until clients find more stable situations and are able to receive our regular week's worth of food. For more information about this project or the Food Bank, please give us a call at (785) 827-7111 or email us at foodbanksalina@gmail.com.

2020 Calendar of Events

We regret to inform you that
STOCKTOBERFEST
has been **POSTPONED**

Sept. 1– 30: 24/7 Food Bank Fill Up

Oct. 17: Volunteer Brunch

Nov. 5-25: Holiday Bags

Dec. 1: Giving Tuesday

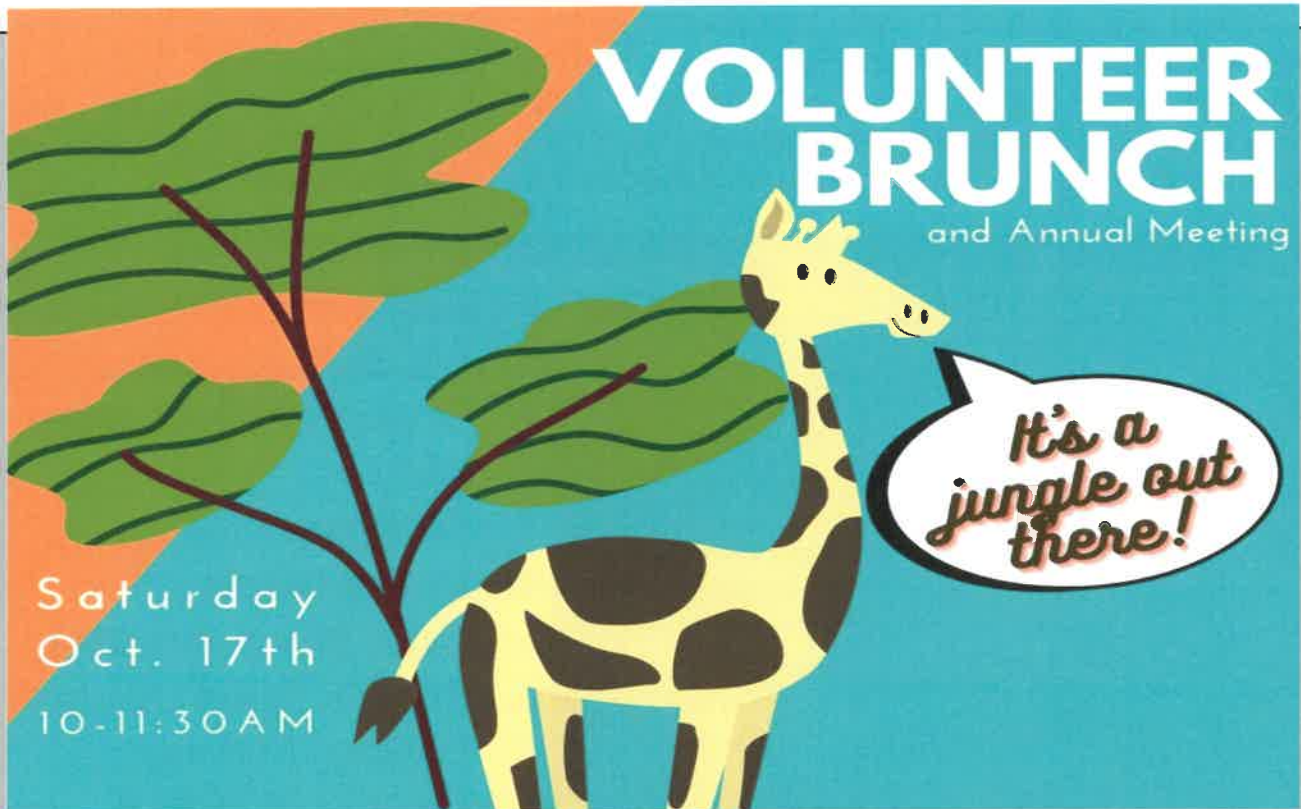
ITEMS FOR OUR HOLIDAY BAGS:

1. Cream of Mushroom
2. Jello
3. Stuffing
4. Green Beans
5. Cake Mix & Frosting
6. French Fried Onions
7. Pickles / Olives
8. Cranberry Sauce



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

RETURN SERVICE REQUESTED



We hope to see you at St. John Missionary Baptist Church.
Please RSVP by October 9th! volunteercomm@salinafood.org