



Nourishing News

Summer 2022

“It’s because of you....I’m blessed”

Why do you come to the Food Bank?

Because I can’t afford food. I’m on a very limited income and can’t work due to my health. I’m now on my own and don’t have anyone else to provide for me.

How did you learn about the Food Bank? After a family member saw my empty fridge and cupboards, she recommended I check out the Salina Food Bank. She said that I could get food there. I had lost 25 lbs since I moved to Salina. There isn’t much I can buy with my Social Security after I pay the rent and utilities. I’m lucky to have \$30 in my bank account.

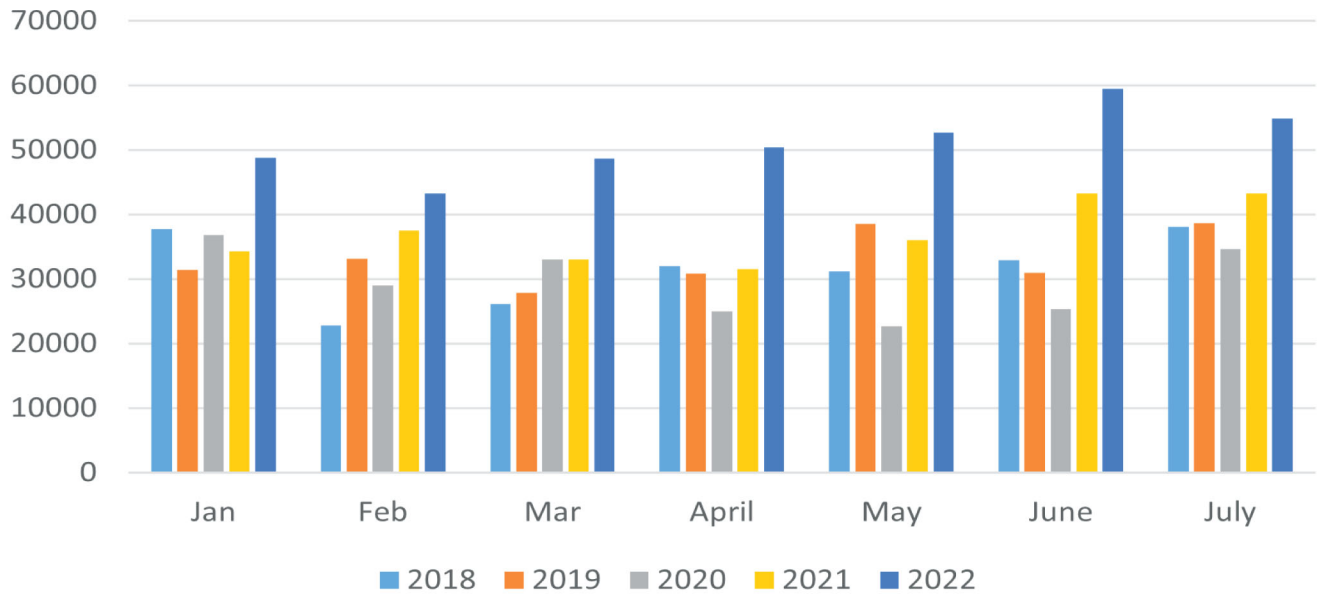
How has the Food Bank helped you?

Since coming to the Food Bank, I’ve gained back 18 lbs which has helped stabilize my health. I sometimes can go almost 2 weeks with what you give me. Its because of you I’m blessed.

What do you want others to learn from your story? When traumatic things happen to you ...and you survive it....there is a reason for that. Just don’t give up. Take it day-by-day!



Quantity of Items Distributed



Through July of 2022, the Food Bank has distributed exactly 99,322 more items from its pantry than were given out between January 1st and July 31st of 2021.



BEL Tree Farm
401 S. Holmes Rd., Salina, KS



Food | Beer | Music



**REQUEST
 YOUR TICKETS
 TODAY!!
 785-827-7111**



Ice Cream Social & Garden Party

To wrap up our 50th Anniversary year, the Food Bank celebrated with an Ice Cream Social & Garden Party on July 7th, complete with live music from Ann Zimmerman and an art exhibition in the garden featuring Bill Brassea.



CURRENT NEEDS

1. Canned Fruit
2. Dish Soap
3. Canned Beans
4. Jelly
5. Tomato Sauce
6. Muffin Mix
7. Jello / Pudding
8. Spaghetti
9. Tea / Coffee
10. Paper Towels

HOLIDAY HELPERS NEEDED!

***Call to schedule your
group or team activity!**

OFFICE HOURS

MON - THURS

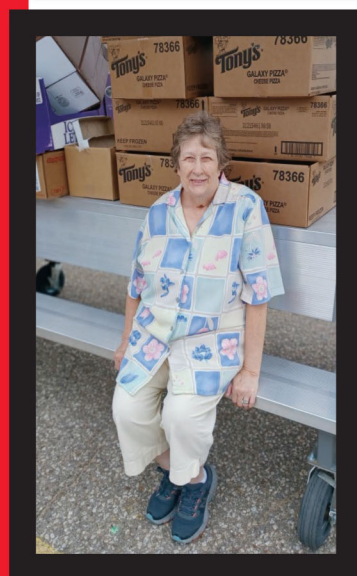
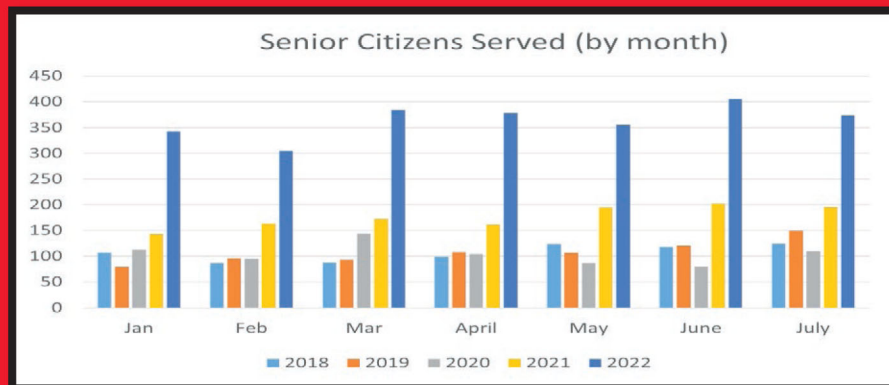
9:00 am - 12:00 noon

1:00 pm - 5:00 pm

FRIDAY

9:00 am - 12:00 noon

1:00 pm - 3:00 pm



In 2022, the Food Bank is experiencing a dramatic increase in the number of seniors using the weekly grocery program. Rising food costs are hurting those on a fixed income the most. Nearly 63% of seniors visiting food banks across our nation report that they have to choose between food and medical care.



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

RETURN SERVICE REQUESTED

FREE GARDEN WORKSHOPS

Sept. 21st
3:30 - 4:30pm

Farm to Grocery Best Practices

Erica Blair,
Program Manager - Rural
Grocery Initiative

October (tbd)

Nutrition & Harvest Sampler

Jamie Fuqua
Instructor of Health and Sport
Science - McPherson College

Fall Fix-Up Day is Oct. 8th (8am—12noon)



Garden Wrap-Up Meeting—Oct. 28th 5:30 to 7pm