



Nourishing News

Winter, 2021

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

Dear Friends & Partners,

When you work in hunger relief, you often get asked:

“Why does hunger exist? What causes food insecurity?”

If there were any easy answer to these basic questions, then our humble Food Bank would not still be in existence nearly 50 years after first opening its doors. An illness, job loss, delay in benefits, natural disaster, addiction, divorce.....there is no one cause. Simply put, hunger is complicated.

Whether it is an unexpected expense that used up the last of the food money, or a pandemic that forced a business to close, our 2020 Impact Report shows that the need in our community has never been greater.

To meet the increased demand, the Food Bank has adapted its delivery model and expanded its outreach efforts to serve people most in need. Likewise, the Food Bank team is focusing on efforts that build long-term solutions to food insecurity and offer opportunities to empower folks to improve their own health and well-being.

Whether you have been donating to the Food Bank for years or just in the last month, we thank you for supporting us in our mission and entrusting us with the task. Together, we can continue the work of nourishing people in Saline County.

With great thanks,

Karen Q Couch

*Karen Q. Couch,
Executive Director*





This portable sheltered bench (pictured left) and 2 additional sport shelters provide protection for Food Bank clients.

CLIENT COMFORT & CARE

It was a typical phone call asking about food distribution, but the caller said: *"I can't stand in line too long.....my body can't do it."* Relieved to hear that the Food Bank had benches by the front window and additional seating by the warehouse for clients waiting for their food orders, the caller responded, *"Oh, thank heavens."* The same words described our reaction last August to learning that the Food Bank was awarded almost \$53,000 in Coronavirus Relief Funds given to Saline County as part of the federal CARES Act. Our grant application included \$3,600 for hygiene items for clients (approximately a 4 months supply), over \$13,000 in technology upgrades, and \$12,000 for a motorized pallet jack and heavy-duty lift gate for our box truck.

The remaining \$24,000+ was specifically earmarked to improving client accessibility and comfort when seeking our services. With CARES funding, we purchased additional benches, outdoor heaters, awnings and 3 portable shelters to give clients rest and relief from the elements while our lobby remains closed. We knew that our clients would bear the brunt of the Kansas weather without these items, especially those who walk to our facility or have underlying conditions. Unlike most of us, they lack the proper outerwear and shoes to handle rain and snow. Making our clients feel welcome, safe and comfortable goes a long way towards caring for them both inside and out. So **"THANK YOU"** Saline County for helping us continue to provide comfort and care to those in need!

CREATING SOLUTIONS BEYOND FOOD...

When faced with record-breaking numbers of clients and distributions, the goal of eliminating hunger in the midst of a pandemic can seem impossible. But within a mixture of nutrients and water lies an opportunity to advance the fight against hunger far beyond the shelves of a pantry...in another way that feeds not only the body, but the soul. Famous garden designer and prolific writer, Gertrude Jekyll once wrote “[a] garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust.” This year, the Food Bank will take bold steps to offer long-term solutions to food insecurity through both traditional and non-traditional gardens. As new raised beds dot the yard East of our building, our lobby will house a Hydroponic Grow Tower that offers fresh lettuce year-round. Both settings will provide opportunities to educate young and old in the joys of cultivating one’s own food.



Hydroponics is defined as the process of growing plants in a nutrient-rich solution instead of soil. Instead of planting seeds in the ground, plants are placed in a growing medium that allows water and oxygen direct access to the plant's roots. The Food Bank's Hydroponic Grow Tower is being designed and built by local high school students in the Upward Bound project with the help of K-State Polytech.



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

RETURN SERVICE REQUESTED

2021 Calendar of Events

Feb. 15: Closed for Presidents' Day

March 25: Match Madness

April 2: Closed for Good Friday

**50th Anniversary Celebration Year
(July 1, 2021—June 30, 2022)**

watch for more details

OUR MOST NEEDED ITEMS

- 1. Body Wash**
- 2. Canned Tuna**
- 3. Deodorant**
- 4. Toothbrushes**
- 5. Pasta**
- 6. Rice**
- 7. Laundry Soap**
- 8. Juice**
- 9. Canned Corn**
- 10. Toothpaste**