



# Nourishing News

Summer, 2023

## FIND US AT

255 S. Chicago

Salina, KS

785-827-7111

[www.salinafood.org](http://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

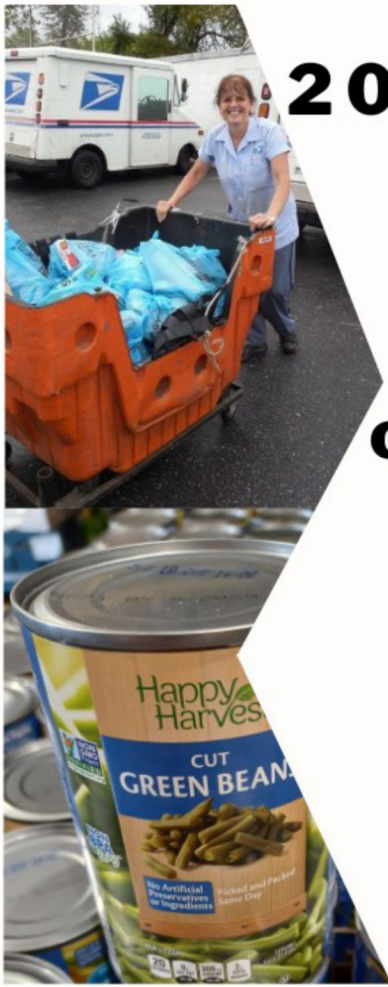
**PLEASE DROP OFF  
DONATIONS  
AT THE WEST SIDE  
ENTRANCE DURING  
OFFICE HOURS!**



## HUNGER:

### *An Invisible Problem in the Workplace*

“Hangry” is defined as being irritable or angry because of hunger. But hunger impacts more than just one’s mood. Ask any teacher and they will readily admit that students who are hungry seem unmotivated in the classroom and are more likely to misbehave. But what about the educators themselves when they skip lunch to work with a struggling student, to attend an unexpected meeting, or to cover an assignment for someone else? Food insecurity poses an invisible challenge for employers because it impacts the mental and physical health of their employees as well as workplace productivity. Studies have shown that hunger activates extra nerve cells that control perception, so when we are hungry at work, the extra stress on our minds can cause us to make errors. Time that is lost when employees are absent or not fully productive comes at a cost. To help quantify food insecurity and its cost, employers can use the **Cost of Food Insecurity (CFI) calculator** developed by The HSM Group, Ltd. [www.CostofFoodInsecurity.com](http://www.CostofFoodInsecurity.com). Here in Salina, leadership at Kansas Wesleyan University is tackling this invisible problem by offering all full-time staff the benefit of a free meal in the school cafeteria all throughout the school year. Not only has it given employees easy access to healthy food options when time is limited, but it has fostered camaraderie on campus between faculty members and students alike!



**20,663lbs  
of**



**collected  
for the  
Food  
Bank!**

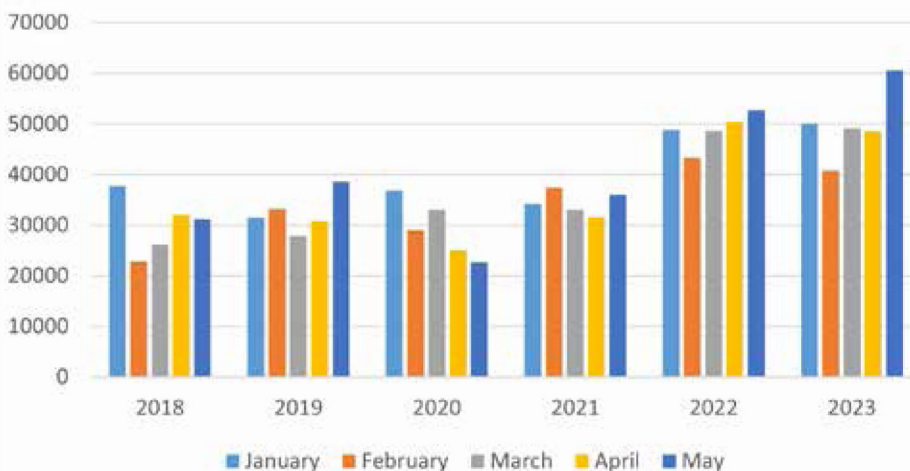


**How quickly did the Food Bank go through**

**20,000  
lbs?**

**Due to the high  
# of clients using  
our pantry, it  
only took 2.5  
weeks to give out  
all of the pantry  
staples donated  
in the Stamp Out  
Hunger  
food drive.**

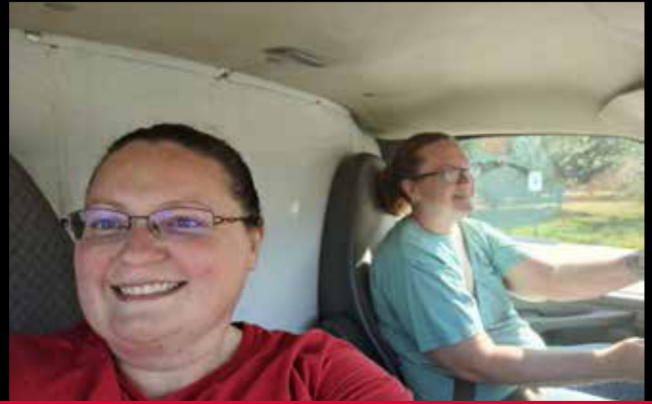
Food Distribution by Month





# **F.O.O.D.: Food Options, Orders and Donations!**

*Every day Food Bank staff makes rounds to various retailers and vendors picking up product for our pantry. We never know what will be donated, rescued or dropped off. Even when we purchase product, we don't have much control over when it arrives. Nonetheless, giving choices to our clients is a key priority. That's why every time a client visits, they can customize their order based upon what we have in stock, including meat, produce and hygiene items.*



*A Thursday "Meat Run"*

## **Upcoming Events**

Tuesdays from 4-6pm  
July 25th - August 29th

***Diabetic Cooking Classes  
w/ Salina Family Healthcare***

August 24th  
@ 5:30pm

***Garden Education Program:  
Wild about Agriculture w/  
Rolling Hills Zoo's horticulturist***

September 15th  
@ 5:30pm

***Garden Education Program:  
Harvest Sampler & Nutrition Talk***

October 5th  
5:00 - 7:00pm

***STOCKTOBERFEST  
@ the Kirwin House***

October 24th  
@ 7:00pm

***Volunteer Appreciation Night  
at the Food Bank!***



Salina Emergency Aid Food Bank  
255 S. Chicago  
Salina, KS 67401  
[www.salinafood.org](http://www.salinafood.org)

PLEASE  
PLACE  
STAMP  
HERE

RETURN SERVICE REQUESTED

