



Nourishing News

Spring 2025

CURRENT NEEDS

1. Toothbrushes
2. Toothpaste
3. Canned Tuna
4. Pasta
5. Tomato Sauce
6. Muffin Mix
7. Coffee / Tea
8. Canned Fruit

RECYCLING

Donations of glass jars & plastic containers will be on hold from April 15 thru June 15th!

DISTRIBUTION TIMES

MON - FRI
@ 1:00 pm
MONDAY NIGHT
@ 5:00 pm

Health & Well-Being

Many factors contribute to health and the conditions that shape how long and how well people live. Safe housing, jobs that pay a living wage and well resourced schools are among the factors, often called the social determinants of health, that make up a healthy community.

On March 19th, the County Health Rankings & Roadmaps annual data was released for counties across the nation. The Kansas Health Institute served as our state team and has shared the 2025 data with our local Live Well Saline County group. This year, 104 of 105 counties in Kansas met the criteria to be included in the data.

For purposes of this report, health is defined as more than being free from disease and pain; health is the ability to thrive. Well-being covers both quality of life and ability of people and communities to contribute to the world. Population Health involves optimal physical, mental, spiritual and social well-being. Below are the results for our county:

Population Health and Well-being

	Saline County	Kansas
Length of life		
Premature Death	9,700	8,600
Additional Length of life (not included in summary)		
Quality of life	Saline County	Kansas
Poor Physical Health Days	4.0	3.7
Low Birth Weight	8%	7%
Poor Mental Health Days	5.2	5.2
Poor or Fair Health	1.6%	1.5%

Saline County is faring slightly worse than the average county in KS for Population Health and Well-being, and slightly better than the average county.



Tariffs: Troubled Waters Ahead

On March 4th and 7th, U.S. Customs and Border Protection implemented several Presidential Executive Orders implementing tariff updates from China, Hong Kong, Canada and Mexico. As such, the U.S. has imposed a 25% tariff on goods that do not satisfy USMCA rules of origin, and an additional 10% tariff on imports from China and Hong Kong. And so the question becomes, how will this impact consumers, and will it in turn impact charities like the Salina Food Bank.

Regardless of one's political affiliation, it is universally accepted that tariffs function as a tax on consumers, leading to increased prices for food and goods. Research from the Federal Reserve Bank of Atlanta (2025) suggests that the combined tariffs on imports from China, Mexico, and Canada could raise U.S. consumer prices on everyday goods by up to 2.6%. Economic analysts estimate that a 25% tariff on imports can cause an almost immediate 25% increase in related grocery prices if fully passed through. A study by American Progress Action (2025) found that tariffs imposed in 2018 and 2019 effectively increased annual food costs by about \$90 for the average household. However, this impact was felt most acutely by those struggling to afford food, contributing to a higher demand for food assistance programs and charitable food resources everywhere.

Overall, tariffs contribute to a chain reaction that may extend far beyond the original intent of trade policy. While tariffs are often justified to protect domestic industries, their unintended consequence of increasing food prices will likely worsen food insecurity, particularly among vulnerable populations. For organizations like the Salina Food Bank, tariffs will likely trigger rising demand for food assistance, higher costs for food procurement and a greater strain on charitable donations. Without interventions—such as targeted exemptions for essential food items or policy measures to support low-income consumers—tariffs may deepen America's sea of troubles.



2024's Efforts

<u>Pounds Rescued</u>	<u>%change</u>
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Food: 259,119	2% ↓
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Produce: 285,614	11% ↑
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STAMP OUT HUNGER FOOD DRIVE - MAY 10TH

Do you want to join 200 of your neighbors in volunteering to help with one of the greatest food donation drives in Salina? Can you spot a food item among bargains and bags of donations that is older than March 4, 1997? If you answered "YES" to either question, then you are more than qualified to help out the Food Bank with the annual Letter Carrier's STAMP OUT HUNGER Food Drive. Join all your Food Bank friends on Saturday, May 10th by signing up to help collect donations ("Drivers"), to pre-sort donations at the post office ("Sifters") and to process donations at the Food Bank ("Sorters"). Use the QR Code to select your desired task and time!



Look at what else is happening in 2025!

April 19th: Mushroom Class**

April 26th: Spring Spruce-Up @ Food Bank

May 15th: Flower Seed Bombs @ Food Bank

May 24th: Cooking Class @ Prairieland Market**

June 5th: Cooking Class @ Prairieland Market**

July 2/9/16/23 Cooking w/ K-State @ Food Bank**

July 3rd: Ice Cream Social & Garden Tour

July 12th: Cooking Class w/ Salina Family Healthcare**

August 19th: Chamber After Hours @ Food Bank

September 6th: Fall Gardening Class @ Food Bank

Early October: STOCKTOBERFEST @ Kirwin House

(tickets available starting in August)

October 23rd: Volunteer Appreciation Dinner

October 30th: Garden Wrap-Up Meeting

December 11th: Cooking Class @ Prairieland Market**

****REGISTRATION REQUIRED****



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

RETURN SERVICE REQUESTED

\$47,046.77

raised at Match Madness!!!

