



Nourishing News

Summer, 2020

Your Generosity Prevails

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

The most impressive thing at the Salina Emergency Aid Food Bank is **YOU!** During my first month here, I have been *amazed* at the countless volunteers so dedicated to giving of themselves each week during these most uncertain times. Even when the COVID-19 epidemic was at its worst, many of you were willing to help ensure those in need still had access to food.

Your courage has not gone unnoticed, and we would like the opportunity to say thank you with an ice cream social (detailed on the back page). I would like to show my gratitude to each of you in person, either at this event or sometime during this next year. *Thanks to your dedicated efforts* people in our community need not go to bed hungry.



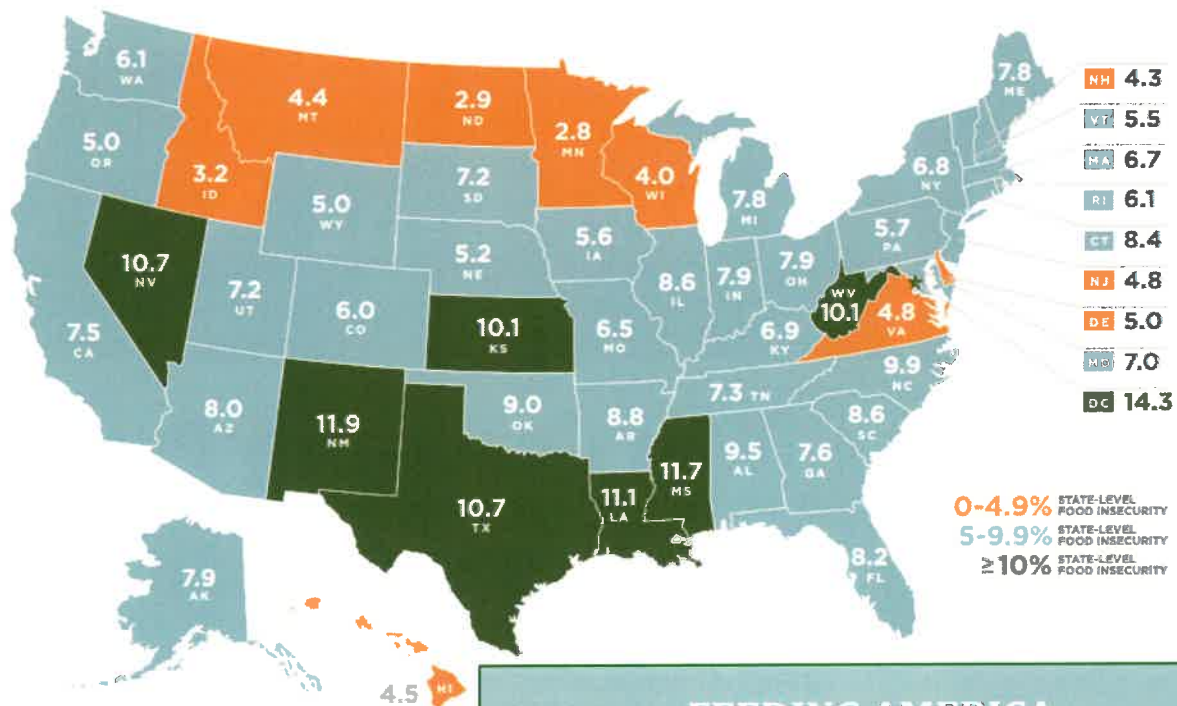
Erica (age 6) & Everet (age 7) raised over \$230 from their lemonade stand.

In this newsletter, you will find a story about a special individual you are helping. Hopefully, you will also learn more about *Food Insecurity* and the depth of this problem facing our senior citizens today. During this global crisis, the elderly and vulnerable of Saline County continue to need your support and generosity. Thank you for keeping them cared for and well-fed.

Blessings,

Karen Q Couch

SENIOR FOOD INSECURITY RATES IN 2018



FEEDING AMERICA
<https://www.feedingamerica.org/research/senior-hunger-research/senior>

SPOTLIGHT ON SENIORS

Once a month, a string of vehicles passes through the Food Bank parking lot on a Thursday morning. Drivers weave around the building to the warehouse where they find smiling volunteers, handing out boxes of pantry staples and produce for individuals age 60 and older. It is not uncommon to see waving and to hear banter between passengers and volunteers. Despite the frivolity that often accompanies this monthly drive-thru distribution, the prevalence of food insecurity among the senior population in the U.S. is sobering. In 2018, nearly 5.3 million seniors were food insecure. Now with COVID-19 lurking all around, accessing food is even more challenging.



In Salina, Robert (*pictured above*) is regularly able to get to the Food Bank on foot to receive the food he needs. But there are those like 69 year-old Faith who aren't always able to go shopping, or find transportation around town. "I think the food boxes are great...it gives me options for when I can't get to the store," says Faith, who has used a proxy to pick up the food box and deliver it to her doorstep.

EVERY



COUNTS...

Seniors today are confronted with tough choices on how to spend their limited income. Many must choose between buying medications or food. Spending tradeoffs can lead to, and even worsen, this population's food insecurity. Food insecure seniors are more likely to have chronic health conditions, including depression, asthma and high blood pressure. With the support of donors and volunteers like YOU, the Salina Emergency Aid Food Bank provides seniors in Saline County these supplemental boxes at no cost.

"I have a very limited budget. I have to watch every dollar," explains 66 year-old Barb from Salina. A senior citizen living on a fixed income, this native Kansan has been using the Food Bank's supplemental boxes for several years. Barb is grateful for the monthly box that *"saves her a lot of money"* and allows her to make it through the month. As prices on products like cheese and other nutritional foods have risen at grocery stores, seniors like Barb are finding it harder and harder to afford items that compliment a healthy diet. So receiving a monthly allotment of cheese, cereal, juice and other commodities is helping to preserve the health of senior citizens like Barb. She is so grateful for the friend who referred her to the program, that now she tells her acquaintances and neighbors to check out the program for themselves.

2020 Calendar of Events

July 16: Ice Cream Social

Aug. 6: Senior Box Distribution

Sept. 7: Closed for Labor Day

Sept. 10: Senior Box Distribution

**Oct. 1: Stocktoberfest
(tickets on sale in August)**

OUR MOST NEEDED ITEMS

- 1. Hamburger Helper**
- 2. Sugar**
- 3. Cooking Oil**
- 4. Hot Dogs**
- 5. Dish Soap**
- 6. Toothpaste**
- 7. Laundry Soap**
- 8. Toilet Paper**
- 9. Shampoo**
- 10. Spaghetti**



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

RETURN SERVICE REQUESTED



Come Meet Karen

ICE CREAM SOCIAL

Join us at 255 S. Chicago from 4pm - 6pm
~ **JULY 16th** ~