



food for thought

Wichita Falls Area Food Bank

Fall 2019

*You're Preparing
Students for
Success!*



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Leaving a Legacy

Have you considered leaving a legacy gift to the Food Bank? When you leave a gift to the Wichita Falls Area Food Bank in your will or trust, you make a lasting difference in the lives of those in need and in our community. Legacy gifts of any size feed the future by providing food to hungry people. These types of charitable arrangements allow you to support our programs into the future, while also providing you with benefits today. Please let us know if you have decided to include the Wichita Falls Area Food Bank in your will. We would love to properly thank you and provide any organization or program details you may need. Any requests for anonymity will be honored. For more information visit our website at wfafb.org call the Food Bank at (940)766-2322.

Dear Friend

Back-to-school season is an exciting time for children — new books, teachers and a world of possibilities in a new classroom.

Thanks to friends like you, thousands of local children are better prepared to tackle this new school year and all of the exciting things it has in store.

That's because your gifts to the Wichita Falls Area Food Bank helped provide healthy meals all summer when free and reduced-price school meals weren't available.

And your generosity continues to fight hunger in the evenings and on weekends when children are once again away from school cafeterias. Together with you and our partner agencies, we're working to ensure even more children have access to nutritious food through critical programs like PowerPak 4 Kids and Kids Cafe.

I hope you'll enjoy reading about how you're making a difference for local children in this edition of Food for Thought. Programs like the one you help support at Lamar Elementary School (page 4) are vital to students' success!

And don't forget that September is Hunger Action Month — your opportunity to raise awareness about hunger here in our community. Please join us in bringing relief to local families through food drives, fundraising, volunteer efforts and more!

I'm so grateful for your support and belief in the work we do together. Thank you for your partnership!

Gratefully,

Kara Nickens
CEO



You Give Kids Strength for *Success*

This fall, numerous local kids can count on a nutritious meal after school five days a week, thanks to the food you help provide through the Food Bank's Kids Cafe program.

At one Kids Cafe site, the Central Unit of the Boys and Girls Club of Wichita Falls, between 60 and 95 meals are served to students each day after school.

This past summer, that number increased to around 150 meals served daily, including both lunch and a snack. Without free and reduced-price school meals, the food kids received through Kids Cafe during June, July and August was even more critical.

Dymeterion Wade serves as Kids Cafe coordinator for the Central Unit and says they began

offering the program there in 2017. Since then, he says many families have come to rely on the program to help provide meals for their kids.

"It's a blessing," he says of the Kids Cafe.

Each meal contains a protein, fruit, grain and milk. Dymeterion says the kids' especially love the burritos, chicken nuggets and breakfast food.

Parents have told Dymeterion their children wouldn't have anything to eat at all some days were it not for the meals you help provide through Kids Cafe. And without good nutrition, these kids would be at a disadvantage in school, and in life.

"Not everyone has the heart to give," Dymeterion says. "Thank you — it helps a lot of kids."

It takes an extra special person to look out for their neighbors — a person just like you. Thank you for sharing what you have on behalf of your neighbors in need!

***"Thank you —
it helps a lot
of kids."***



Devah Scholl Pays it *Forward*

Devah Scholl and her husband only needed assistance from a food pantry one time, many years ago. But that experience meant so much to the couple that it drives Devah to help her neighbors in need today.

"They loaded me up with two full bags of groceries, helping us get by," Devah recalls of a food pantry's help years ago in Biloxi, Mississippi where her husband was stationed in the military.

Devah says she realizes that, just like she and her husband were back then, many people are just one crisis away from needing assistance. She says that's one of the main reasons why the community needs the **Food Bank**.

"The children and seniors really have no choice in this matter and need our support," she says.

Not only does Devah now devote volunteer hours in service to her community through the Food Bank, but she also serves as the Food Bank's Board Chair, advocates for hunger relief policies when the state legislature is in session and supports the Food Bank financially.

Devah encourages more people in the community to get involved with Food Bank's work, donating "time, talents and treasures."

She also stresses how much of a difference your gifts have already made for children, families and seniors in need.

"I've seen the changes that your efforts have made on this community and it's very touching," she says.

Jayden is excited to take home a PowerPak for the weekend!



"The tummy is full; the brain is full."

You're Building a Brighter Future

"I get to share!"

Those are the joyful words of Jayden, a 5th-grade student at Lamar Elementary School, where

your gifts are helping kids like him have enough nutritious food over the weekends — and sometimes even enough to share with other kids in need.

Kaycie Taylor is At-Risk Coordinator at Lamar Elementary, where she says many students are without consistent and reliable access to healthy food at home. Lamar Elementary has an enrollment of around 400 children.

A majority of students there rely on free and reduced-price school meals but are at risk of going without healthy food on the weekends.

Kaycie says she gives out around 71 PowerPak 4 Kids backpacks each Friday during the school year. Each one is filled with kid-friendly, nutritious food like fruit, peanut butter and cereal to supplement weekend meals.

"The tummy is full, the brain is full," Kaycie says of the valuable resource.

Students echo their appreciation for the weekend meals you help provide. Jayden says he especially likes the milk and apple juice.

"It makes them feel more valued," Kaycie says of PowerPaks the kids take home each weekend.

When children know someone cares enough to give them food so they don't go hungry, it builds their self-esteem and improves both their physical and emotional health.

On behalf of Jayden and the many other boys and girls who have the healthy food they need to thrive because of you, thank you!



1230 Midwestern Parkway
Wichita Falls, TX 76302
www.wfafb.org

Texoma Gives

Texoma Gives is on September 12th this year! Remember the Wichita Falls Area Food Bank as our community raises money and awareness for local nonprofits. No need to wait. Early giving has already started. An investment in the fight against hunger is truly an investment in the future. Help us fight hunger on September 12th or visit texomagives.org to give to the Wichita Falls Area Food Bank today!

Hunger Action Month

September is Hunger Action Month! This is a month in which people all over America stand together to help fight hunger. One in 6 of our neighbors experience food insecurity. How different would our community

look if 5 out of 6 helped? September is the perfect time to donate, volunteer, or host a food drive for your local Food Bank. Find out more at wfafb.org.

Empty Bowls

October 15, 2019

11:00am-1:30pm,

Eureka Circle, Wichita Falls, TX 76308

The Food Bank's annual Empty Bowls event is right around the corner! Join us for delicious soups featured by local restaurants and select a handcrafted bowl to take home. Proceeds benefit the Wichita Falls Area Food Bank. Tickets are \$35 in advance or \$40 at the door. Visit emptybowlswwf.org for details.