



**food** *for*  
**thought**

Wichita Falls Area Food Bank Summer 2020

*You're Fighting  
Hunger for  
Local Children!*

**2019** Annual Report | Inside

# Dear Friend



**Kara Nickens, CEO**

## Board of Directors

**Devah Scholl**  
*Chair*

**Tony Bates**  
*1st Vice Chair*

**Monica Wilkinson, PhD.**  
*2nd Vice Chair*

**Iliana Jaramillo**  
*Secretary*

**Pat Jones**  
*Treasurer*

### Directors:

Guy Bernard  
Trish Dillmon  
Sheryl Hopkins  
Mike Kuhrt  
Jeff Little  
Frances Sims  
Kelly Smith  
Melanie Townsend  
Merrill Wood

As I write this update, our world continues to change and adapt, just as we are at the [Food Bank](#). Many in our community have lost jobs and/or are having to find alternative care for their kids who are out of school due to COVID-19.

We've already seen a dramatic increase in the number of people in our community needing food. One gentleman arrived with his head bent down and his young son beside him. He shared that he's never had to ask for help before, but unexpectedly lost his job. Unfortunately, this is the new reality for many of our very own neighbors.

The lives and routines of our kids have also been disrupted. Some are no longer receiving meals at school, and their families are relying heavily on pantries just to have food on the table. We're working with WFISD to distribute supplemental sacks of food through our PowerPak4Kids Backpack Program, and we've seen an increase in need for these bags.

We have experienced a decrease in the amount of food being donated to the Food Bank; however, the needs our neighbors are experiencing are at an all-time high. The increased demand for our services and the need to purchase food at such a fast pace has put a real strain on our finances.

You, our loyal supporters, have always come through for those facing hunger in our community. I know that you and your family may also be struggling in the wake of COVID-19. But if you have the means today, please donate now. Your gift will help us ensure we have the food for children, families and seniors through this challenging time, and beyond.

I am more grateful than ever for the sacrifices you make on behalf of others. Thank you.

Gratefully,

A handwritten signature in black ink that reads "KARA".

Kara Nickens  
CEO



1230 Midwestern Parkway  
Wichita Falls, TX 76302  
[www.wfafb.org](http://www.wfafb.org)



Latosha smiles next to the groceries she's picking up from the North Texas Food Pantry in Wichita Falls.

## You Help Parents Feed Their *Families*

Latosha loves to cook for her family and knows how to make a delicious meal from scratch. She's thanking you for keeping her pantry stocked with the ingredients to cook up balanced meals.

Each month, Latosha can pick up groceries from the North Texas Food Pantry, a partner agency of the [Food Bank](#). She receives Social Security disability benefits, but not enough to last her family all month.

"The food [from the food pantry] really helps until my disability comes in," she says.

Latosha, a single mother, has two school-aged children, so the food especially helps when free and reduced-price meals aren't available through school, including during the unexpected school closures due to COVID-19.

Seven years ago, Latosha had to have an amputation as a result of vascular disease. She does work a few hours as a hairdresser to try to

***"I appreciate everything that you've done."***

supplement her limited disability benefits — but it's still not enough.

"Without this food, we would struggle,"

Latosha and her children especially enjoy the chicken they get from the food pantry, and Latosha knows plenty of recipes to cook up with it. She wants you to know what a difference these groceries make for her family.

"I appreciate everything that you've done," she says to donors like you.

Thank you on behalf of countless more children and families, just like Latosha's, who will have a nutritious meal on the table today thanks to your generosity. Your generosity — especially during the global COVID-19 crisis — extends hope to our community.

# YOU MADE A DIFFERENCE IN 2019

## PowerPak 4 Kids Backpack Program



**56,871**

PowerPak 4 Kids  
Bags Distributed

Many food-insecure children receive free breakfast and lunch at school during the week. The problem arises on weekends, when they may not have enough food at home. That's where our [PowerPak4Kids program](#) comes in. We partner with over 50 area schools to offer the PP4K program, placing a bag of nutritious supplemental food into the backpacks of participating students on Fridays. In 2019, we served over 1,841 food-insecure children each week through our PowerPak4Kids program, providing a total of 56,871 bags of nutritious, supplemental food. Thanks to PowerPak, these children were able to return to school on Monday with energy to participate, concentrate and thrive!

## Produce Express



**797,630**

pounds of produce connected  
with people in need

Our [Produce Express](#) program brings fresh produce to food deserts in the communities we serve. These include rural areas and urban neighborhoods in which there is little or no access to nutritious food and where residents often lack reliable transportation. Fighting hunger means providing fresh, high-quality food to areas that otherwise have few healthy options.

## Kids Cafe



**98,360**

Kids Cafe meals served  
to local children

[Kids Cafe](#) is one of the key ways we fight childhood hunger in our community. Studies show that children who face hunger often experience poorer health than their peers, difficulty learning, shame and social alienation. Our Kids Cafe program ensures these students have enough to eat. We partner with 11 agencies to ensure children in need have access to a warm, nutritious meal at the end of the day both after school and during the summer.

## Mobile Pantry



**77,250**

pounds of food in the last  
two quarters of 2019

Food deserts and lack of reliable transportation are two of the biggest issues when it comes to local hunger. The [Mobile Pantry](#) is exactly what it sounds like — a large truck with storage and refrigeration that will allow us to provide food where and when it's needed most. Sponsored by United Regional Health Care System, the Mobile Pantry allows us to bring nutritious food boxes to six sites throughout Wichita Falls. We distributed 77,250 lbs of food in the last two quarters of 2019! The Mobile Pantry will be an important part of our response to the COVID-19 crisis in our community.

## Nutrition Education



**26 Locations**

educated through  
nutrition education

As leaders in the fight against hunger, we know quality is just as important as quantity here at the Food Bank. That's why our [Nutrition Services](#) team promotes "foods to encourage" in all of our projects and programs and educates our community through Cooking Matters. Cooking Matters classes teach children, teens and families about nutrition and how to prepare healthy, affordable meals.

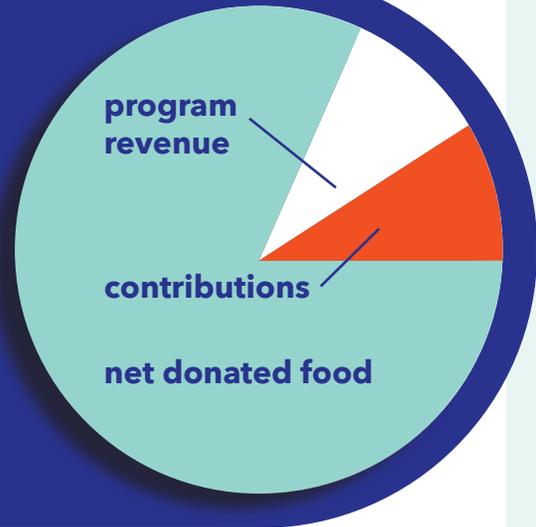


# 2019 FINANCIAL INFORMATION

## REVENUE

Net Donated Food	\$4,631,585 (68.41%)
Program Revenue	\$1,028,549 (15.19%)
Contributions <i>(temp. restricted including cash contributions and grants)</i>	\$1,110,200 (16.40%)

**Total Revenue**                    **\$6,770,334**



## EXPENSES

Program Services	\$6,150,982 (91.03%)
Administrative	\$447,009 (6.62%)
Fundraising	\$159,170 (2.35%)

**Total Expenses**                    **\$6,757,161**



## ASSETS

Unrestricted	\$2,355,039 (79.55%)
Restricted	\$605,357 (20.45%)

**Net Assets**                            **\$2,960,396**



# Classical Conversation Devotes Time to the *Food Bank*

Tara Scott was looking for something to do with her children that gave her a chance to serve the local community. The problem: finding something that was feasible for small helping hands to accomplish. Then she discovered the opportunities at the [Wichita Falls Area Food Bank!](#)

What started as a way to involve her immediate family soon expanded as she invited her fellow Classical Conversation (A nationwide homeschooling co-op) parents and teachers to help.

“We put out a Facebook event to offer opportunities for other campuses and individuals to participate,” she says. “We come the second and fourth Wednesday of the month at two different times to accommodate differing schedules.”

With three campuses in Wichita Falls, there are a lot of little hands available to help, and we certainly appreciate all of them! Young volunteers range in age from three to 13 — even some toddlers tag along for the ride!

“We usually help with the [PowerPak 4 Kids Backpack Program] but in the summer we help however we can. Anything from stacking boxes to bagging produce,” Tara shares.

## New Jerusalem Gets a Helping Hand

New Jerusalem Baptist Church is one of 160 partners and programs that we work with to distribute food throughout the community. Unfortunately, a fire broke out at the church annex that housed the food pantry and other services the church provides for our neighbors in need. This left them without a hope to hold the monthly food distribution. With a quick decision, the Wichita Falls Area Food Bank brought supplies to the church to aid in their distribution. We were so happy to help and have since decided to add New Jerusalem as our 6th site for our monthly Mobile Pantry distributions in partnership with United Regional Health Care System!

Tara Scott and members of the Classical Conversation



She says the volunteer work is a good way for children to realize the needs of those around them, and how they can be part of the solution.

“Children these days can get a myopic view of what childhood is like, what family is like,” Tara says, noting volunteer service can help them “realize what they have and how they can be a blessing.”

During the COVID-19 outbreak, the Food Bank has limited all volunteer service to keep all involved safe. It has been yet another reminder of how much our volunteers do for this community — and how much every act of service means.

We are so thankful to this group and hope that the experience of helping others will set children up for a lifetime of service!

## A BIG Thanks to You During This Difficult Time

Covid -19 has been the most disruptive disease within the last century. While many were prepared for a shelter in place order, there were some that simply didn't have the funds to do so. With these disruptions in employment we knew that the demand for our services would be greater than ever before. Whether it was taking over pantry operations for some of our at-risk partners, or finding new locations to distribute kids' cafe meals, we became the boots on the ground to help our friends and neighbors in need. We want to thank everyone that has contributed to our efforts to battle hunger in the midst of this terrible virus. You have been immensely supportive of our community's needs and we are so glad to have you as part of the food bank family! We hope that we can continue to count on you during these trying times!

# You're Helping Kids *Thrive*

Your gifts are making it possible for kids at the Boys and Girls Club in Burkburnett to enjoy a nutritious lunch and snack five days a week — meals that some might otherwise go without.

For the last eight years, the [Wichita Falls Area Food Bank](#) has partnered with the club to help provide prepackaged trays of food for the children there during the summer when school

is out. Each tray contains a meat, fruit, vegetable, whole grain and dairy item.

“Our kids look forward to [the food],” says Katie Ford, executive director at the Burkburnett Boys and Girls Club.

Approximately 40 percent of the kids who eat food at the club typically receive free or

reduced-price meals at school, Katie shares. That means your generous gifts make an even bigger difference when those meals aren't available.

***“Our kids look forward to [the food].”***

Katie says that children who are under the age of 18 don't have to be a member of the Club in order to get a meal there. During summer months, they typically serve between 75-80 meals each day.

Katie says having the trays prepackaged is especially helpful to staff because they don't have to take time away from the kids to prepare the food or go buy ingredients.

“The kids enjoy the food,” Katie says enthusiastically.

Unexpected school closures due to COVID-19 mean that even more meals will need to be provided for area school children. Thank you for sharing what you have so that children can eat nutritious food when school is out for any reason. Your gifts ensure a brighter future for children in need and our community as a whole!



Arya enjoys a meal at the Burkburnett Boys and Girls Club, while school was still in session.



1230 Midwestern Parkway  
Wichita Falls, TX 76302  
[www.wfafb.org](http://www.wfafb.org)