

# FOOD for THOUGHT

Promoting a Hunger-Free Community Since 1982

APRIL/MAY 2017

## DAVE AND CHERYL'S STORY

Dave and Cheryl have been married for over 20 years. During their time together, they've experienced things most couples have: good times, bad times, and moments that have tested their confidence in their abilities to provide for themselves.

"We've used Kalamazoo Loaves & Fishes a few times over the years," said Cheryl when asked if they ever struggled to put food on the table. "It's certainly humbling to ask for help, but sometimes a dose of humble is what we all need to grow."



The couple agreed in unison that they're hard-working and do everything they can to provide for themselves. Perhaps that's why when the Kalamazoo Valley Growers Co-op and KLF teamed up to offer free fruit and vegetable seeds and seedlings to clients last spring, they loaded up their car and got to work building a garden.

"We always had a little of this and that in pots out back," shared Dave, "but we never tried to grow a lot of food at once."

When the couple looked at their under-utilized backyard, they decided to dig it up to make room for tomatoes, cucumbers, squash, and more. With regular weeding, watering and care, the duo managed to harvest pounds and pounds of fresh produce to enjoy from the vine, put away for eating later, and even donate back to KLF.

Cheryl was beaming as she hauled boxes of tomatoes, cucumbers and peppers through KLF's food donation door to donate to those experiencing hunger. "We just have too much," she said with a satisfied look on her face. "We felt it was only right to donate what we can't use back to those who are in a similar situation we've found ourselves in the past."

We're so pleased Dave and Cheryl were able to bolster their own food security through gardening, but their success was made that much more special by their contribution to those experiencing hunger who may have lack of access to fresh food. ■

*Client name changed for anonymity*

## KALAMAZOO LOAVES & FISHES PLANT A ROW



**Line a flower bed with herbs, plant an extra bucket of tomatoes, or pick an extra peck of strawberries - they all make a big difference for those who can't afford to purchase fresh food.**

Whether it's an extra acre or an extra row, KLF is extremely grateful for the fresh food donations it receives. **For more info on KLF's Plant A Row program, visit the Give Help tab at [kzoolf.org](http://kzoolf.org).**



**NATIONAL LETTER CARRIERS'  
FOOD DRIVE**

**SATURDAY, MAY 13, 2017**

LEAVE NON-PERISHABLE FOOD  
ITEMS FOR YOUR MAIL CARRIER

## - A NOTE FROM JEN - MEET JOE GALAVIZ

This year, I'd like you to see KLF through the eyes of our staff, volunteers, and community partners. For this newsletter, we sat down with Joe Galaviz, KLF Warehouse Assistant. Joe got his start at KLF as a volunteer and, in 2013, was hired as a full-time staff member. He works hard each day to make sure our warehouse is organized, food inventory is in constant rotation, and volunteers are safely working throughout the warehouse. - *Jennifer Johnson, Executive Director*

**Q:** Finish this sentence: KLF's volunteers are \_\_\_\_\_.

**A:** Amazing!

**Q:** Why did you choose that word?

**A:** I feel time is our most valuable resource, one that nobody has the ability to buy back. For someone to give that up out of the kindness of their heart and ask for nothing in return, that is amazing.

**Q:** How does your role at KLF allow you to uniquely interact with many of our volunteers?

**A:** I am blessed to develop relationships with volunteers, especially our regulars. Gleaning stories, experiences, and insight from our bank of volunteers not only makes me better at my job, but a better person, too.

**Q:** How do you see KLF's volunteer force evolving to serve future needs?

**A:** It's important that our organization makes a push to diversify our volunteer base. Our current volunteer force does a great job of meeting KLF's demands, but we can benefit from a wider scope. It would afford us the opportunity to hear more voices and lived experiences, and allow us to better connect with the community we serve.

**Q:** What have KLF volunteers taught you?



**A:** What haven't they taught me? Getting to know these great people has enriched my life. If I have to highlight one thing, it would be to be more selfless and to give back when I can. ■

## COMMUNITY SPOTLIGHT: TOWN & COUNTRY SUPERMARKET



On any given day you can walk into Town & Country Supermarket located at 1824 Portage Street in Kalamazoo and find owner Mike Rupp hard at work. You may not even realize Mike owns the store while he's blending in with the other employees restocking shelves or carefully packaging beef for the meat counter. Staying busy is a top priority, and it helps keep overhead low so he can pass savings on to his customers.

Mike has owned Town & Country since 2003 and has been a KLF donor since 2015, donating more than 24,800 pounds of food and supplies since that time. In addition to what he's donated, he also goes out of his way to help KLF access food at wholesale prices when he finds great deals from food suppliers.

Mike has seen a shift in hunger over the years and not for the better. Since the recession in 2008, he has seen an increase in the number of people who have lost food program benefits, rely on credit cards to cover the gap in their food budgets, or who have to return food they need at checkout due to lack of funds.

"Everyone has to eat so I feel like there will always be an element of hunger on some level, but I think ending poverty would boost morale and help greatly," Mike says when asked what a hunger-free Kalamazoo looks like to him. "At the end of the day, it's all about morale."

Kalamazoo Loaves & Fishes is so grateful to Mike for his support. His commitment to the residents of the Edison neighborhood and surrounding community is humbling, and we couldn't ask for a better partner in the fight to end hunger. ■

# SECOND SATURDAYS

For many people, busy schedules don't often afford the opportunity to donate volunteer time during the work week. It's for this reason that Kalamazoo Loaves & Fishes hosts Second Saturday each month.

Second Saturday, as you've probably gathered, takes place on the second Saturday of each month from 9 a.m. - noon. Volunteers from all walks of life fill KLF's warehouse at 901 Portage Street to help with everything from repackaging bulk foods to assembling Weekend Food Packs for local elementary school students. It's a way for KLF to catch up on the work our weekday volunteers weren't able to get to, but also provides a volunteer outlet for people who want to get involved when the traditional work week ends.

Volunteer tasks vary from month to month depending on what KLF needs to accomplish. If you're interested in being a part of an upcoming Second Saturday, please contact KLF Volunteer Coordinator Cherise Buchanan at 269.488.2617 ext. 209 or Cherise@kzoolf.org. Space fills quickly and is limited so call and register today! ■



MONTHLY GIVING COUPONS

GIVING COUPON:  
**APRIL**  
COUPON #162

Your generosity makes the difference for so many experiencing hunger.

Donation Amount  
\$ \_\_\_\_\_

Please send your contribution by April 21st.

Food Wish List: Canned Tuna

GIVING COUPON:  
**MAY**  
COUPON #163

Celebrate Mother's Day with a donation in mom's name to help fight hunger!

Donation Amount  
\$ \_\_\_\_\_

Please send your contribution by May 19th.

Food Wish List: Canned Veggies

**ENDING HUNGER**  
**ONE STEP AT A TIME**  
**CROP HUNGER WALK**

**SUNDAY**  
**APRIL 30**  
**BRONSON PARK**  
1 PM REGISTRATION  
WALK BEGINS AT 2 PM

There is no cost to participate, but donations to CROP Walk are welcome.

**WALK WITH KLF STAFF AND VOLUNTEERS AT KALAMAZOO'S 42<sup>ND</sup> ANNUAL CROP WALK TO END HUNGER**

Anyone interested in helping as walk volunteers can contact CROP Walk organizers at: [kazoocrop@wpcportage.org](mailto:kazoocrop@wpcportage.org). For more information about this year's Walk, please visit: [kalamazoocropwalk.org](http://kalamazoocropwalk.org)

# SURPRISING HEALTH BENEFITS OF VOLUNTEERING

Volunteering has its benefits beyond the immediate impact of helping someone in need. Studies have shown that donating one's time wards off depression, loneliness and helps people feel more socially connected. However, it may come as a surprise to learn that volunteering may also have a positive influence on physical health as well.

A study conducted in 2015 by Carnegie Mellon University followed a group of adults over age 50 who volunteered on a regular basis. They found that those who volunteered were less likely to develop high blood pressure, a precursor to strokes and heart disease, than their non-volunteer peers. Research has also shown that volunteering on a regular basis increases physical activity, reduces stress, keeps memory sharp, and provides a sense of purpose. Another study found that college students who gave above-average amounts of volunteer time were 26% less likely to binge drink.

Kalamazoo County has countless opportunities to volunteer your time and reap the health benefits pitching in provides. Learn how you can get involved at Kalamazoo Loaves & Fishes by visiting the Give Help tab at [kzoolf.org](http://kzoolf.org) or contact KLF Volunteer Coordinator Cherise Burchanan at 269.488.2617 or [Cherise@kzoolf.org](mailto:Cherise@kzoolf.org). ■





## MONTHLY GIVING

**Monthly giving** is convenient and a very effective way to support the community. It's also a great way to budget your charitable giving over a period of time. Monthly gifts provide KLF with a stable source of monetary funding and allow us to better plan for times of the year when demand for our services is high, but donations are low.



**JOIN THE SUSTAINERS CIRCLE TODAY!**

## SETTING UP A GIFT IS EASY

You can give via credit card, direct debit, or check from your financial institution.

**For more information, contact Greta Faworski at 269.488.2617 ext. 208 or [greta@kzoolf.org](mailto:greta@kzoolf.org).**

## KLF'S NEW HIGH CAPACITY PANTRY

Kalamazoo Loaves & Fishes will soon wrap up completion of a new high-capacity food pantry at the Douglass Community Association located at 1000 W Paterson St. in Kalamazoo. Renovation on this new pantry began in December of 2016 and, once additional funds and volunteers are secured, the pantry will serve 200 households per month when fully operational.

"We are honored to partner with the Douglass Community Association to renovate this space to serve the Northside Neighborhood," said KLF Executive Director Jennifer Johnson. "This site will provide much-needed food access for neighbors who currently have to travel extensive distances to visit a KLF Pantry site."

Experienced KLF Pantry Coordinator Jackie Smith, who has been instrumental in the successful operation of KLF's high-capacity Melzer pantry, will oversee the new Douglass space. "I'm excited to be overseeing a pantry that will serve an underserved area of our community," said Smith. "My role at KLF the past two years has prepared me for this opportunity. I feel we're prepared to make this a success for KLF as well as for those we serve."

We're extremely grateful for the community support we've received during the planning and development phases of this project, and we look forward to strengthening our fight against hunger through the operation of this new pantry. ■



## NEW WHEELS

KLF will soon have a new truck on the road that'll allow us to better serve our community! The easy-to-load-and-unload refrigerated truck will allow us to make just-in-time deliveries to ensure smaller pantries have ample fresh, perishable food for clients. It will also allow us to ensure the safety of refrigerated donations from retailers by allowing us to maintain product at the proper temperature during transportation.



**2015-2016 ANNUAL REPORT**

**ONLINE NOW AT [KZOLFF.ORG](http://KZOLFF.ORG)**

# TRIBUTES 1/7/17 - 3/10/17 Special thanks to those who honor friends and family through contributions to KLF!

## IN HONOR OF

### Lee Accorso

Sam & Barb Accorso

### Dick & Jane Adamski

Jane & Jeff Puvogel

### Borgess 3NE Nurses & PCAs

John "Dale" & Cheryl Westbrook

### Art Cole

Jon Riccio

### Sierd Hoekstra Jr.

Gertrude Hoekstra

### Albert Hoekstra Sr.

Gertrude Hoekstra

### Robert Lihosit & Pamela DePierre

Marlene DePierre

### Eric and Nancy Lum

Shirley Horn

### David Moffett-Moole

John & Pamela Cameron

### Patients & Families of Drake Road Orthodontics

Drake Road Orthodontics

### Mr. & Mrs. Lou Pietrantoni

Garry & Nancy Hopkins

### St. Luke's Church

Joan Hartman

### Marcel Stork's Birthday

Alex & Mirela Muresan

Oreste & Christine Romeo

Robin & Damon Shackelford

Yvonne & Jon Stork

### Rev. Kyle Tade

John & Pamela Cameron

## IN MEMORY OF

### Bette Anderton

Carl & Gale DeKleine

### Linda Black

Keith & Marsha Behn

Diane Cloutier & John Elandt

Ron Dankert

Christina Duckworth

Mark & Lora Eminhizer

Beverly Finnerty

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Theodore Blair

### Karen B. Cernik

Joseph J. Cernik

### Patricia Coleman

Liz Roelofs

### George Commissaris

Erma Commissaris

### Tom Crooks

Martha Vandelinde

### James, Lucille & Joseph Dillon

Colleen M. Berger

### Jane & Ken Freestone

Dick Nivala

### John Haas

Mary & Norman Carlson

### Harry Robert Haase

Richard & Marcia Groenheide

### Jo Hastings

Karen Macklom

### John Houts

James & Patricia Dolan

### Ruthann Humphrey

Stephen Humphrey

### Stephen Keech

Ronald & Ellen Chapman

### Marguerite Kolb

Grant Kolb

### Gladys & William Kozar

William & Ellen Kozar

### Lance Lambert

Martha Vandelinde

### Jim Lawrence

Erma Commissaris

### David & Betty Levene

Amy Krueger

### Betty Lingg

Thomas & Charissa Oliphant

### Maxine Louden

Lori Klutts

### Glenn Loughridge

Acadia

Peter & Felecia Graham

### Linda Mary Renault Lutz

Robert & Norberta Renault

### Fred Meacher

Shawn & Nancy Hagen

### Kathy Mizeur

Vincent Mizeur

### David Oakland

Marlin Nyman & Gary Smalt

### Tom Oorbeck

Jean A. Oorbeck

### Jaimie Oorbeck

Martha Vandelinde

### Frank Ossiff, Jr.

Diane Ossiff & Gerald Hansen

### Rick Ostericher

Kay Baetsen

### Vincent, Mary & Beverly Reddy

David Reddy

### Jim Reish

Frances Reish

### Oswald & Alvina Renault

Robert & Norberta Renault

### Jessica Ann Renault

Robert & Norberta Renault

### Joan Rentschler

Carrie McDougal DDS

### Marilyn Root

Jamey Renwick

Russell Whitfield

### Antonia H. Rostami

Mr. Jeffrey Rostami

### Darrell M. Rostami

Mr. Jeffrey Rostami

### Martin and Emma Schmitt

Robert & Norberta Renault

### Foster Sherwood, Jr.

Marjorie Sherwood

### Beverly Simonds

Donald & Harriet Chalker

Charles & Linda Hageman

Carolyn Kozlowicz

Annice Paun

Robert & Linda Powell

### Joani Siwik

Edward Siwik

### Judith Smith

Bowling Friends Lunch Bunch

### Francis Smith

Jeff & Judy Smith

### Tom Sunday

Charlotte Hubbard

### Doug & Marie Renault Stone

Robert & Norberta Renault

### William Thompson

Gary & Barbara McKee

### Catherine Van Buren

Sylvia Jean & John Van Buren

### Shirley Walter

Kent & Anne Southworth

For corrections or mailing database updates, please contact Greta Faworski at 269.488.2617 ext. 208 or [Greta@kzoolf.org](mailto:Greta@kzoolf.org).



KALAMAZOO  
& LOAVES  
& FISHES

Promoting a Hunger-Free Community Since 1982

NONPROFIT ORG.  
US POSTAGE  
PAID  
KALAMAZOO MI  
PERMIT NO. 1693

901 PORTAGE STREET  
KALAMAZOO, MICHIGAN 49001-3005

FOOD REQUEST LINE: 269/343-3663  
P 269/488-2617 · F 269/343-3669  
WWW.KZOOLF.ORG

## Our Mission

Kalamazoo Loaves & Fishes will feed hungry people and engage our community in the fight to end hunger.

## Our Values

- Respect
- Diversity & Inclusion
- Stewardship & Accountability
- Integrity
- Collaboration
- Urgency
- Service

# 2017 KLF AWARD WINNERS

## CONGRATULATIONS TO THIS YEAR'S WINNERS

### ANNE WEND LIPSEY FOOD JUSTICE AWARD

Laurie Atwater

### FOOD INDUSTRY SUPPLY HERO AWARD

Cummins Label

### GOLDEN LOAF (GROUP AWARD)

Ministry with Community Pantry Volunteers

### GOLDEN LOAF (INDIVIDUAL AWARD)

Kay Hiller & Nancy Ray

### COMMUNITY PILLAR AWARD

Pfizer

### MARCIA JACKSON HUNGER

### ADVOCACY AWARD

KVCC Food Innovation Center

### WILLIE WEBSTER OUTSTANDING

### VOLUNTEER AWARD

Dave Overton



**THANK YOU TO FIRST NATIONAL BANK FOR SPONSORING  
OUR MARCH 28TH COMMUNITY CELEBRATION**

APRIL/MAY 2017

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### Staff / Business Office

269.488.2617  
 Joan Atwell, Call Center Coordinator  
 Cherise Buchanan, Volunteer Coordinator  
 Paul Bushek, Warehouse Assistant  
 Art Cole, Services Director  
 Carol Cormack, Office Coordinator  
 Bob Dekker, Warehouse Assistant  
 Greta Faworski, Resource Development Director  
 Mary Foley-Wilson, Accounting Coordinator  
 Linda Fox, Call Center Coordinator

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