

## KARI'S STORY

Like most mothers, when Kari arrives at Kalamazoo Loaves & Fishes' Melzer Pantry, she's already thinking about the other "to-dos" she'll have to tackle before bed that evening. This stop wasn't one she had planned this week, but when the contents of her fridge could barely sustain one person let alone a household of five, she knew she needed some help.



Kari is a married mom of three who works part-time as a respiratory therapist. She recently graduated with her degree from Kalamazoo Valley Community College, but laments that even with a degree and new job, working full-time isn't feasible with the cost of childcare for three children (the average cost of childcare for one child is \$10,000 per year). To make ends meet, she uses her budgeting savvy and relies

on a flexible schedule so she can provide income while caring for her kids.

"I've utilized KLF's services here and there when money is tight," Kari says. "I don't like to ask family and friends for help because, oftentimes, they're in the same spot I am, or worse."

When asked about her three kids, Kari's face lights up. She admits she'll often sacrifice her own needs to fund enrichment activities like band and sports. "It's important to me and my husband to give the kids opportunities we didn't have," she shares. "We really try our best to ensure they have bright futures."

Kari is grateful KLF serves the local population, that the food is diverse, and that pantry locations are spread out around the county. "I believe in working hard, and I never visit a pantry unless we really need it," she states matter-of-factly, "but it's a relief to have help when we're stretched too thin."

With a quick check of the time, Kari politely excuses herself. She's got groceries to put away, kids to grab from school, dinner to cook, and tomorrow to get ready to tackle. ■

*Client name changed for anonymity*

## YEAR-END NUMBERS

Kalamazoo Loaves & Fishes wrapped up its 2016-2017 fiscal year on June 30th. With your help, we were able to feed more people than we have in years past!

**162,789**

The number of Grocery Pantry Program food orders we filled.

**3,489,414**

The total number of pounds of food we distributed through our five food programs.

**25,109**

The number of Weekend Food Packs we distributed to local kids.

**74**

The total number of KLF food distribution sites.

## DIGITAL NEWSLETTERS

Want to receive the KLF newsletter via email rather than USPS mail?

Contact Greta Faworski at

Greta@kzoolf.org or

269.488.2617 ext. 208



## - A NOTE FROM JEN - MEET CHRIS BURNS

Kalamazoo Loaves & Fishes is lucky to have a Board of Directors that cares deeply for those struggling with hunger in Kalamazoo County. For this newsletter, we sat down with Chris Burns, who joined our team as a pantry volunteer before taking a seat on the Board in 2016, to see why he devotes his time to fighting hunger in our community. - Jennifer Johnson, Executive Director

### **Q: What compelled you to become a KLF Board member?**

**A:** I am a CPA and a finance professional. When I volunteer or donate money, I look for organizations that make a big impact and use donations efficiently. KLF is doing a great job on this front, and I wanted to play a bigger part of such a great organization.

### **Q: Did you have misconceptions about hunger before joining the Board?**

**A:** I had a lot. I thought government programs mostly solved hunger. I thought school lunch programs adequately addressed childhood hunger. I also vastly misunderstood the need in our community (i.e. 40,000 people struggle with hunger each day). I was also surprised to learn that my own mother, a hardworking well-educated woman with a great support system, utilized KLF's services in the past when she had fallen on tough times. My takeaway lesson was, if you give to KLF, the people you're helping may be closer to you than you think.

### **Q: What excites you about KLF's future?**



Chris with fellow KLF Board members during Douglass Pantry construction.

**A:** I'm excited about our new pantry at the Douglass Community Association. KLF has been working hard to open a high-capacity pantry

to better serve northern Kalamazoo.

### **Q: Any advice to someone on the fence about getting involved with KLF?**

**A:** KLF makes volunteering easy, and you'll meet great people. Give it a try and see if you like it. If you prefer to donate money, set up on a monthly giving schedule. My family gives monthly, and it takes the guesswork out of giving. It also feels great to help friends and neighbors who may be struggling to make ends meet. ■

## COMMUNITY SPOTLIGHT: SOIL FRIENDS FARM & MARKET



When you pull up at Soil Friends Farm and Market located at 1701 33rd Street in Galesburg, you'd never know the farm has only been incorporated since 2014. Ben Martin and his wife Sarah are the dynamic duo behind this chemical-free produce powerhouse and, on any given day, their farm is bustling with livestock, crops, bees, kids and a friendly yellow lab named Toby.

Soil Friends began donating surplus produce to Kalamazoo Loaves & Fishes in June of 2016. Since that time, they've donated over 12,000 pounds of food to KLF to provide those struggling with hunger greater access to fresh, local produce. In addition to their generous donations, Soil Friends connected KLF with a local farmer who is using any less-than-edible fresh food we receive to feed the farmer's livestock. This partnership allows KLF to reduce food waste in local landfills.

"Donating food to KLF is satisfying and a way for Soil Friends to give back to our community," said Ben Martin, Soil Friends owner. "We know how nutritious our food is, and that is what makes us excited to create access to nutrient dense foods for all in our community."

Soil Friends goes out of their way to think of unique ways to include KLF in their day-to-day operations. From donating leftover Community Supported Agriculture (CSA) produce boxes to our organization to hosting events that encourage people to donate fresh food, they're always thinking of ways to give back. We're so appreciative for their help in providing nutrient-dense food to people in Kalamazoo, and we look forward to growing our partnership in the years to come. ■



## HAVE TIME TO SPARE? VOLUNTEER AT KLF

### UPCOMING ORIENTATION DATES

**AUGUST 12 | 10 AM**

**SEPTEMBER 9 | 10 AM**

**AUGUST 23 | NOON**

**SEPTEMBER 20 | NOON**

To RSVP for one of the above dates, please contact KLF at 269.488.2617 ext. 208 or Greta@kzoolf.org

MONTHLY GIVING COUPONS

GIVING COUPON:

**AUGUST**

COUPON #166

Give a gift to help local families fight hunger this school year.

Donation Amount

\$ \_\_\_\_\_

Please send your contribution by August 18th.

Food Wish List: Whole Grain Pasta

GIVING COUPON:

**SEPTEMBER**

COUPON #167

Happy Autumn!  
Celebrate harvest season with a donation to KLF.

Donation Amount

\$ \_\_\_\_\_

Please send your contribution by September 15th.

Food Wish List: Canned Meat

## CURRENT VOLUNTEER OPENINGS

Kalamazoo Loaves & Fishes' work would not be possible without the hundreds of volunteers who lend a hand. At any given time, KLF has approximately 1000 active volunteers in our system and, of those selfless individuals, we depend on at least 400 each week to help run our programs. We have volunteer roles for every interest and ability. From warehouse greeters to front desk receptionists, we're always on the lookout for individuals looking to plug in and make a difference in the fight to end hunger.

### **KALAMAZOO LOAVES & FISHES IS CURRENTLY MOST-IN-NEED OF:**

#### **Truck Drivers (no CDL license needed)**

##### *Monday & Tuesday Mornings*

Assist warehouse in food pickups and deliveries; must have valid driver's license and a good driving record. Bending, stooping, and lifting required.

#### **Warehouse Greeters**

##### *Monday Mornings & Wednesday Afternoons*

Warehouse greeters are stationed at the warehouse door and are responsible for greeting visitors and donors, and weighing and recording food donations among various other tasks. The warehouse greeter position requires one set four-hour shift each week.

#### **Melzer Pantry Workers**

##### *Tuesday Mornings, Wednesday & Thursday Afternoons*

These weekly volunteers and volunteer groups are at our on-site pantry to assist our Grocery Pantry Program shoppers. Outgoing and friendly personalities are a plus.

#### **Receptionist at Main Office**

##### *Tuesday Mornings & Friday Afternoons*

Receptionists welcome our guests when they arrive at our Portage Street facility and answer phone calls. An initial, weekly commitment of two months is preferred.

**For more information on any of the above volunteer positions, please call Greta Faworski at 269.488.2617 ext. 208 or email her at Greta@kzoolf.org.**



## VOLUNTEER SPOTLIGHT

Kalamazoo Loaves & Fishes depends on hundreds of volunteers each year to make our programs possible.

We'd like to give a special thanks to our most recent Volunteer Spotlight Award Winners:

**Kay Haas | Kate Zygadlo | Jamie Jeremy | Mark Oudersluys | John Frasier | Kay Alexander**



# WHAT'S KEEPING THE COALITION BUSY?

The Kalamazoo County Hunger-Free Community Coalition is on a mission to improve food insecurity and nutrition among county residents, and the last six months have been particularly busy. The Coalition, which develops partnerships focused on specific anti-hunger projects, utilizes the help of two dozen individuals who attend quarterly meetings to lend their drive, expertise, and creative thinking to fight hunger here at home.

Over the last six months, the Coalition has overseen work groups tackling projects from identifying and strengthening healthy food resources for community after-school programs and senior citizens to advocating for programs like Double Up Food Bucks in local grocery stores. One particular focus is to increase awareness of, and participation in, the Summer Food Service Program (SFSP). Over the last three years, participation in the program has increased 21% at non-school-based sites. Some schools also participate in the program, but participation is often linked to existing summer school programs.

In the months ahead, the Coalition will turn some attention to an under-utilized federal food assistance program in Kalamazoo County that provides after-school meals to children 0-18 years of age. Because the program isn't well known, and because it requires following USDA requirements about nutritional standards and paperwork, many organizations and churches that provide children with critical after-school programs don't know that reimbursement is available. The Coalition will work to increase program knowledge, develop vendor partners, and make program paperwork easier to access and manage. The outcome could make a huge difference in our community for after-school programs that have limited dollars for feeding kids.



For more information about the Coalition, please contact Phyllis Hepp at 269.488.2617 ext. 210 or [Phyllis@kzoolf.org](mailto:Phyllis@kzoolf.org). ■



## BRING A FRIEND

Stop by for a tour and see how KLF fights hunger with your help!

We know there are many individuals who donate time and money to KLF who have never seen our operation up close, and we want to change that! We'd love to show you and your friends/family how the food and funds you donate gets to the plates of those in need in our community. **Pop by for a tour on 8/22 or 9/19 at 4 pm, or schedule a date/time that works for you.** We encourage you to contact Greta Faworski at 269.488.2617 ext. 209 or email her at [Greta@kzoolf.org](mailto:Greta@kzoolf.org).



## THANK YOU

This year's Dollar Drive-Thru generated enough funds to provide thousands of extra meals to those in need. We thank **YOU** for your support!

**SPECIAL THANKS TO EVENT SPONSORS:  
THE ONSTAFF GROUP  
107.7 WRKR**



## SIGN UP NOW! AUGUST 26<sup>TH</sup> CHARITY GOLF SCRAMBLE

AT THE MOORS GOLF CLUB  
GOLF, CART, FOOD AND EVENTS INCLUDED  
BUFFET DINNER/RECEPTION AT 7:00 PM

Hosted by St. Martin of Tours Episcopal Church  
To register, visit: [smartinepiscopal.org](http://smartinepiscopal.org)



# TRIBUTES 5/12/17 - 7/13/17 Special thanks to those who honor friends and family through contributions to KLF!

## IN HONOR OF

### Lee Accorso

Sam & Barb Accorso

### All the Hungry Children

Joan & John Anglin

### Ameya Baktula

Hima Vanimisetti

### Susan Beechler & Robin Hoing's Wedding

Joe & Nancy Calme

Lowell Zimmerman & Eric Phillips

Ms. Sandra J. Kristen

Nancy & Ron Crowell

### Jean Bright

Shirley & Allan Heavey

### Bronson Hospital Laboratory Employees

Dawn Rhem

### Shirley Bumgardner's Birthday

Sharon Dickey

### Richard C. Byce

Chuck & Tucky Elliott

### Wanda G. Clawson's Birthday

James & Mary Jasiak

### Art Cole

Evan & Sharon Kokales

Robert Cole

### Marty & Barbara Culver's Anniversary

Thomas & Gloria Kaczmarek

### Bruce Cummin's Birthday

J. Dale & Cheryl Westbrook

### David & Annette Duchamp

Joyce McNally

### Harold Fitzgerald

William & Bess Fitzgerald

### Joe & Laura Galaviz's 1st Anniversary

Jane & Jeff Puvogel

### Msgr M. Hazard

Shirley Horn

### Joan Herrington

Chuck & Tucky Elliott

### Kari Hoikka's Retirement

Kathleen W. Neal

### Richard Hutson

David & Beth Cook

### Edward L. Jenkins

Nancy Jones

### Kalamazoo Central Class of 1954

The Ladies of the 80s

### Kalamazoo Civil War Round Table

James & Roxanne Frey

### Claudia Klein

Louis & Theresa Klein

### Anna Mae Miller's Birthday

Bill & Helen Neff

### Mothers

James & Megan Roth

### Rev. Calandra Nenzel

John & Pamela Cameron

### Our Children

Bob & Loree Bagley

### Carrie Phillips' Birthday

Shirley & Allan Heavey

### Support Staff at Portage United Church of Christ

John & Pamela Cameron

### Ramadan

Samar Salman

### Eloise Robinson

Mary Jane & Gordon Rantz

### Diane Rogers

Julie Rogers & Edward Orloff

### Marjorie Sherwood

Kathleen Sherwood & Karen Cathcart

### St. Luke's Episcopal Church

Joan Hartman

### The Stoppelberg Family

Kathleen Fleece

### June Swanson's Birthday

Tom & Jan Tiderington

### Afifa Thaj

Scott & Janet Nykaza

### Betty Thayer

Sharon R. Curtis

### Tom & Jan Tiderington

Susan Rote-Kay

### Gwen R. Tulk's Birthday

Millie Lambert

### Volunteers at 901 Portage St.

Thomas Ellison

### Stuart E. Werner's Birthday

Richard Hutson

### Ineke F. Way's Retirement

Beverly Schmitt

Judith H. Halseth

Patrick Pond & Constance Black-Pond

Paul Basing & Claudia Wink-Basing

Steven T. Pifer & Janice L. Bedrosian

WMU - School of Social Work

### Linda & Paul Wienir's Anniversary

Evelyn Garner

Raye Ziring

Stuart & Tamara Ostrowsky

William J. Stein

Nan Goldenthal

Marian & Ken Fisher

Mabel & Jochanan Stenesh

## IN MEMORY OF

### Robert P. Amrhein

Jerome & Kathleen Amrhein

### Alvin Amundsen

Peninnah & Mark Miller

### Edmund Bahr

James & Jayne Mayer

### Dr. Winonw Barrows

Anna J. Gibbons

### Cindy Beachler

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### Ethel M. Bronson

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Larry Hiler

Robin Pompey

### Patricia Breen

Kay Baetsen

### Mary Bullock

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### Richard & Marilyn Burlington

Carol Grant

### Dorothy Burt

Judith & John Dircks

### Maxine Bushouse

Mary Ann Stratman

### Rena Carlsen

Theodore Blair

### Barb Carter

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William & Kathy Smyser

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Joseph & Julie Cernik

### Bonnie Clark

Martha Vandelinde

### Roscoe "Rock" Colingsworth

Carola Teugh

### Stephen Comensoli

Pete & Wanita Comensoli

### Jack Comstock

Sue M. Hatfield

### Patricia Coleman

Ms. Elizabeth G. Roelofs

### Gloria Copeland

Brian & Carol Copeland

St. Joseph Catholic Church

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Martha Vandelinde

### Carolyn & Willard Curtis

Joan & David Smith

### Dorothy Curtiss

Dan & Susan Curtiss

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Anonymous

Bonnie DeHaan

Daniel & Tammy Ramlow

Dawn M. Taylor

Glenda & Paul VanStratton

Katherine O'Bryan

Madeline G. Cimini

Robert & Tillie Kloosterman

### Marvin J. Dieterman Cont.

Sandra Fortier

### James, Lucille, & Joseph Dillon

Ms. Colleen M. Berger

### Dic & Nadia Leonardelli

Lucia Leonardelli

### John Duggan

James & Debroah Nimmer

### Terrence Duggan

James & Debroah Nimmer

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Moyra M. Ebling

### Doris Elzinga

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Jack & Marjorie Wendt

Nijole & Rom Botyrius

Marilyn Bontrager

Pamela Augustyn

Michelle & Kenneth Diem

### Jo Hastings

Karen Macklom

### John Haas

Kay W. Haas

### Mark J. Hatfield

Sue M. Hatfield

### Geoff Hoover

Claudia Blahnik

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Mary Hutchins

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Dan & Susan Curtiss

### Robert Dale Kennedy

Douglas & Antonia Kennedy

### Marguerite Kolb

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Douglas & Antonia Kennedy

### Karen Lukins Maxwell

Renee & Dean Callahan

### Tom McCormick

A. Gregory & Mary Ann Laurell

### Ron McCurley

Elaine Adams

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### Lillis McWethy

Christina Madden

### Richard McNee

Nancy L. McNee

### Fred Meagher

Shawn & Nancy Hagen

### Katie Higgins Metheny

Bob & Marguerite Higgins

### Bruce Miller

Anna Mae Miller

### Ronald Miller

Anna Mae Miller

### Milly, Grace, Chette, & Clementine

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Vincent H. Mizeur

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### Jaimie Oorbeck

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### Pamela Dolan Pille

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WWW.KZOOOLF.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

# OUR HIGHEST NEED IS NOW

**70% OF STUDENTS**  
IN KALAMAZOO PUBLIC SCHOOLS  
QUALIFY FOR FREE/REDUCED LUNCH.  
THESE STUDENTS LOSE ACCESS  
TO SCHOOL FEEDING PROGRAMS  
DURING SUMMER MONTHS.

DONATE TO THIS YEAR'S  
**FOOD IS FUEL CAMPAIGN**  
& FUEL KIDS FOR SUCCESS THIS SUMMER  
AND INTO THE NEW SCHOOL YEAR

DONATE ONLINE AT [KZOOOLF.ORG](http://KZOOOLF.ORG)

FOOD  
is FUEL

**AUGUST/SEPTEMBER 2017**

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269.488.2617  
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TBD, Volunteer Coordinator  
Paul Bushek, Warehouse Assistant  
Art Cole, Services Director  
Carol Cormack, Office Coordinator  
Bob Dekker, Warehouse Assistant  
Greta Faworski, Resource Development Director  
Linda Fox, Call Center Coordinator  
Lizbeth Fuentes Rosas, Bilingual Call Center Assistant  
Joe Galaviz, Warehouse Co-Coordinator

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