

FOOD FORTHOUGHT

AUGUST/SEPTEMBER 2019

I know that our food costs are going to skyrocket once school is out and the boys are eating at home every day for every meal.

MEET CARLA



DURING THE SCHOOL YEAR, CARLA'S HOUSEHOLD IS A WELL-OILED MACHINE. Her two teenage boys are busy with school and extracurricular activities; Carla works hard every day at her full-time job. Days are long and busy. The household budget is tight, but they make ends meet with little to spare.

Summer is a different story. The boys are out of school for summer vacation, and Carla's stretched-thin budget becomes even thinner. Because of her income level, her boys receive school lunch at a very reduced rate. A simple breakfast is provided free of charge at school, so the boys make sure they take advantage of that resource to get their day started. This extra help with daily meals is a tremendous relief for Carla and; consequently, she starts to worry when the summer draws near.

"I usually try to start filling the freezer in the spring to prepare for summer," states Carla at a recent visit to Kalamazoo Loaves & Fishes. "I know that our food costs are going to skyrocket once school is out and the boys are eating at home every day for every meal."

Carla's experience is not uncommon. A recent study conducted by *APCO Insight and Share Our Strength* revealed that, on average, a family spends an additional \$300 per month on groceries when kids are home during the summer. Families cope with this increased expense in many ways including buying less healthy food to save money, cutting other household expenses, getting help from family and friends, and, in many cases, visiting food pantries.

"I usually don't need to visit Loaves & Fishes during the school year," shares Carla. "But this summer has been really tough. We had some unexpected expenses this year and couldn't stock up as much as usual. I just can't meet all our expenses on my income no matter how hard I try."

While at Loaves & Fishes, Carla also learns about *Meet Up & Eat Up* — a federal summer meal program that is often administered through school districts. "I'm so glad to learn about this!" Carla gushes. "Teenagers eat A LOT! I can barely keep up!"

Carla is grateful to learn about her options and to know that there is help when she needs it. Between her visits to Loaves & Fishes and other resources she has learned about, Carla feels more confident that they will be able to make it through the summer without having to skip meals.



HELP THEM START A NEW SCHOOL YEAR RIGHT

Join the fight to end hunger by making a donation to KLF's

Food is Fuel Campaign for Kids.

You'll help provide local children and teens access to nutritious food.

DONATE VIA MAIL OR ONLINE AT:
KZOLF.ORG.



HELP KIDS

A NOTE FROM JEN

“Why are so many people struggling with food insecurity when the unemployment rate is so low?”

We are asked this question frequently. It’s a legitimate question as the unemployment rate is often viewed as the main indicator of the economic health of a community. In the Kalamazoo/Portage metropolitan area, the current unemployment rate is 3.5%, significantly lower than 10 years ago during the recession when it was 11.5%. So why have the food insecurity rates remained flat and, in some areas, increased?

Like many things, one number can’t tell the whole story. Yes, more people are employed than 10 years ago, but low wage jobs and widening income inequality continue to cause families to struggle and face daily barriers to self-sufficiency. Of all Michigan jobs, 61% pay less than \$20 per hour. In the Kalamazoo/Portage metropolitan area, a quarter of the workers earn less than \$12 per hour while the top quarter earn over \$27 per hour. In many occupations, no matter how hard you work, the wage potential between the bottom 25% and the top 25% of wage earners is very modest. Certain segments of the population continue to face income inequality based on gender, education, race/ethnicity, and sexual orientation. Women still, on average, earn 79 cents to the dollar that men earn.



At the same time, the average cost of living has increased by 27% between 2010 and 2017. Government assistance programs continue to face cuts that, while seemingly minimal to many, are devastating to families who rely on them. Families continue to tighten budgets and be resourceful in how they make ends meet. Housing costs, transportation, healthcare, childcare, food – the juggling act goes on day after day.

There is no one-size-fits-all way to address hunger in our community. We must be able to meet the needs of the working family with young children as well as the individual who is homeless and struggling with mental illness. The college student who spent their last dollar on books to the senior citizen who is on limited income and unable to drive anywhere. It is essential that our hunger-relief programs remain flexible and responsive to the many different paths that lead someone to food insecurity.

With gratitude,
Jennifer E. Johnson

(Sources: W.E. Upjohn Institute for Employment Research; U.S. Bureau of Labor Statistics; Michigan Association of United Ways 2019 ALICE Report)

A LOOK AT THE NUMBERS

We wrapped up our 2018-2019 fiscal year on June 30th. Below is a snapshot of our service year.

Grocery Pantry Program Four-Day Food Orders

146,578

School-Based Four-Day Food Orders

3,100

Number of Seniors Served Monthly through the Commodities Program

575

Mobile Food Initiative Recipients

16,400

Weekend Food Packs Distributed to 13 Schools

19,064

Pounds of Food Distributed Through All Programs

2,773,070

Number of Meal Equivalents Through All Programs

2,310,892



For the second summer, we are running our *Just in Time* delivery program. We are fortunate to receive a tremendous amount of produce during July and August from local farmers, stores, and the Food Bank of South Central Michigan. Some of our pantry locations normally receive deliveries just once a week. We decided to implement the *Just in Time* delivery program to make sure produce is available at all locations when it's fresh. The *Just in Time* program uses the smallest truck in our fleet to make more frequent deliveries to our pantries throughout the weeks of July and August. The result is less food waste and more fresh food in the hands of our clients!



NEW TEAM MEMBERS!

We are pleased to welcome **Alysse Breckenridge** to KLF as our new Program Manager. Alysse relocated from Flint, MI where she was a Community Health Analyst with the Genesee County Health Department. At KLF, she will be responsible for overseeing our food distribution programs and maintaining relationships with community partners. **Maria Rivera** joins KLF as a part-time Program Coordinator. Maria, who is bilingual, can be found in both our Call Center and out in the community raising awareness of KLF programs.

For the summer, we are lucky enough to have **Mihail Naskovski** on board as our Intern. Mihail currently attends Kalamazoo College. He is playing an integral role in the administration of a client needs assessment throughout our pantry network. We will miss him when the summer comes to a close.

MONTHLY GIVING COUPONS

GIVING COUPON:
AUGUST
COUPON #190

Allow kids to have a worry-free last month of summer by making a donation.

Donation Amount

\$ _____

Please send your contribution by August 16th.

Food Wish List: Whole Grain Pasta

GIVING COUPON:
SEPTEMBER
COUPON #191

September is Hunger Action Month. Join the fight with a donation to KLF.

Donation Amount

\$ _____

Please send your contribution by September 20th.

Food Wish List: Canned Meat

2019

Volunteer SURVEY

KLF volunteers play an immeasurable role in the success of our food programs. While we always welcome their feedback and suggestions, we periodically conduct a more formal survey to collect valuable feedback on the volunteer experience.

→ 200

The number of volunteers that completed the survey.

“I enjoy paying it forward. Growing up poor, I was a recipient of food donations.”

“KLF has been a great support group for me since I lost my spouse last year. Very caring people – both volunteers and staff.”

95% ←

The number of people who said they volunteer to help those struggling with food insecurity.

Other reasons include to meet new people (24%), had free time (37%), and to stay physically active (33%).

→ 99%

The number of volunteers that reported feeling that they were making an impact through their volunteer service.

“The clients are very appreciative and thank us, too.”

WHY CHOICE IS IMPORTANT

When someone visits one of our pantries, they are given a certain number of points to “spend” in each nutritional category. While this system guides them towards a balanced food selection, they have the choice as to which items they pick in each category. This choice system helps overall food security in several ways:

- Clients can select items that compliment any food they already have at home, allowing them to pre-plan meals and stretch their food resources.
- Clients can avoid food allergens and shop for items that support dietary needs in the home.
- Cultural or religious food guidelines and preferences can be factored into food selections.
- There is ultimately less food waste if clients are able to choose food they know their family will enjoy.
- It is a more dignified experience to select your own food.



Donor Advised Funds (DAF) are investment accounts opened for the sole purpose of charitable giving.

Cash, securities, or other assets are deposited into the DAF and provide an immediate tax deduction for the donor. Assets grow in value tax-free over time while also allowing the account holder to donate to any IRS-qualified public charity of their choice by making grants from the account. A DAF is an easy way to consolidate your charitable giving and, by naming a successor to assume privileges over your DAF, you can leave a lasting legacy of giving to the charitable organizations you hold dear.

If you have questions about supporting Kalamazoo Loaves & Fishes through a donor-advised fund, contact Greta Faworski at 269-488-2617 x208 or greta@kzoolf.org.

MICHIGAN SNAP Matters for Seniors

Supplemental Nutrition Assistance Program (SNAP)

FRAC THE RETIREMENT RESEARCH FOUNDATION
Food Research & Action Center
AARP Foundation
For a future without senior poverty.

The number of seniors (60+) across the nation is growing and far too many struggle with hunger and food insecurity.



Nationally, **9.5%** of households with seniors face food insecurity.

In Michigan, **9.2%** of households with seniors face food insecurity.

Due to income constraints, food-insecure households with older adults do not have consistent access to enough food for healthy, active living. The impact of senior hunger extends well beyond an empty stomach and wallet.

SOURCE: FRAC analysis of Current Population Survey-Food Security Supplement Data, 2014-2016

Seniors Struggling With Food Insecurity may Experience a Number of Challenges:



Food running out



Skipping meals



Choosing between food and medicine



Postponing medical care



Poor health outcomes



Higher health care use and costs

SOURCE: FRAC's Hunger and Health series



THE ONSTAFF GROUP
DOLLAR DRIVE-THRU

\$16,378

was raised during this year's event!
We appreciate your support to make this a record-breaking year.

We also want to recognize the hard work of OnStaff USA, WRKR, Traveler's Cafe and Pub, Old National Bank, Panera Bread, and all of our dedicated volunteers.



TRIBUTES

Generous donations made to KLF in someone's honor or memory. Donations made 5/1/19 - 6/30/19.

IN HONOR OF

Lee Accorso

Sam & Barb Accorso

Joan Atwell's 75th Birthday

Jamie & Frank Jeremy

Our Family's May Birthdays

Robert & Loree Bagley

Kae Bennett

Rita Stevens

Dr. Phillip Doyle

Jan & Melvin White

David & Annette Duchamp

Joyce K. McNally

Harold Fitzgerald

William Fitzgerald

Kalamazoo CWRT

James & Roxanne Frey

Ingrid Gardner's Birthday

Joy & James Gardner

Frank & Toni Gross

Angela & Joe Gross

Pam Miller & Tom Hagadone

Ronald & Jane Kramer

Melanie Perry

Robert Isacksen

Gail & Tycho Fredericks

Al Jaouni Family

Karen Ann Klott

Jennifer E. Johnson

Jon Riccio

Lori Labelle's Retirement

Nancy & Ron Crowell

Kalamazoo Central High School

Class of 1954

The Ladies of the 80s

Anne Wend Lipsey

David & Sandy Rozelle

Eric Lum

Shirley Horn

Kristine Mauro

Joseph Mauro

Gilbert McWethy

Maureen & Peter McWethy

Chuck & Lana Ocvirek

Rachel Packer

Alton E. & Hilde Pollard

Alton & Beverly Pollard

Susan Pyke

Lisa Vigneault

Michael F. Rice

Jennifer E. Johnson

Millie Lambert

Our 40th Wedding Anniversary

Howard & Robyn Robinson

The Marriage of Rabbi Simone Schicker

& Keith Eiser

Raye Ziring

Jennie-Rose Schultz

Greg & Colleen Schultz

Pat J. Shiley

Jane & John Hoogerheide

Maggie Sperry's Birthday

Barbara Albanese

Our 45th Wedding Anniversary

Ronald & Margaret Strzelecki

Kalamazoo's Hungry Children

J. Dale & Cheryl Westbrook

Stanley Witek

Rebecca Klose

Mr. & Mrs. Zick's 50th

Wedding Anniversary

Noel Mohberg

IN MEMORY OF

Lois Allen

Stephen Humphrey

Jan Anderton

Robert & Judith Shrimplin

MSB

Kameswara & Vijaya Tatineni

Clarence Benson

David & Roxanne Linton

Garrett Boersma

Laura Boersma

Betty Boss

Donald & Harriet Chalker

Del Brenner

Florence Brenner

David E. Bucklin

Carol Tolis-Bucklin

Kate & Bud Bilgum

Robert & Janet Anderson

Jeff R. Burkey

MerriKay A. Oleen-Burkey

Paul Butch

Melinda Boccia & Brad Page

Bertha & Chester Castle

Juanita Castle

Kuan B. Cernik

Joseph & Julie Cernik

Chette, Milly, Spek, Grace & Clementine

Nora Neill & Kelley Kronberg

Dr. & Mrs. Moises Cillan

Lauretta Cillan-Chung, M.D.

Bonnie Clark

Martha Vandelinde

Bob Cochran

Anonymous

Bonnie M. Lewis

Patricia Coleman

Ms. Elizabeth G. Roelofs

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Pete & Wanita Comensoli

Helen Contessa

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Gloria Copeland

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James Dillon

Ms. Colleen M. Berger

Lucille & Joe Dillon

Ms. Colleen M. Berger

Audrey H. Engstrom

Ronald & Janet Baas

Wendy Merrill

Linda Piechocki-Wyngarden

Larry Pierce

Jane Drake Erickson

Bill & Carrie Venema

Paul & Sandra Eversole

Sherry & Michael Kerney

Carl Fahrenbach

Victoria L. Harris

Alyce W. Osborn

Barbara Rolfe

Tony Ferlitto

Maria Maki & Brian Smith

Geri Gerhard

Dave Gerhard

Charles Gluys

James Gluys

Judy Goodling

Norman Goodling

Hazel Goorhouse

Geana Goorhouse

S. Richard Goss

Ann Baker

Robert & Judi Beam

Barry Bowers

Michael Burton

Twila Compton

Richard & Cheryl Craven

Joanne & Steven Griffioen

John Hamre

Denise Hein

Harold & Shirley Ray

Deborah F. Silberman

Judy Smith

Cinda & Leonard Swinsick

John Tierney

Diane D. Worden

James Wright

Gerald Burg

Gary Gerds

Cathy McGuire

S. Richard Goss Cont.

Joan O'Connell

Kimberly Steudle

Thomas Yankowy

Dr. Robert W. Grossman

Sue Grossman

Pat & Jim Hart

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Mohammad Hassan

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Darlene Hawkins

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Clayton & Eileen Holaday

Margaret & Tim Franklin

Miriam Hughes

June M. Marlett

Ron Knowles Baskey

Joan & Rene Adrian

Marguerite Kolb

Grant Kolb

Frank Kovach

Barbara & Mark Pearson

Lance Lambert

Martha Vandelinde

Joyce LeBrecht

Ineke F. Way

Maxine L. Louden

Lori Klutts

Linda Renauld Lutz

Robert & Norberta Renauld

Ferd Macholz

Irene & Terry Woldring

Larry MacPhee

Ted & Patricia Skartsiaris

Beth McLaren

Janet Pyer

Borgess Surgical Group

Patrick McBride

Judith Bowersock

Jolaine Kent

Fred Meagher

Nancy & Shawn Hagen

Paul Mejia

Cathy Mejia

Katie Higgins Metheny

Bob & Marguerite Higgins

Peter & Joice Meyers

David & Patricia Meyers

Charles Miller III

Dale & Laura Latulippe

Charles & Nancy Miller

Steve & Nancy Piper

Ineke F. Way

Allen Mills

Cynthia Shulack

Max Mills

Wilma Mills

Kathy Mizeur

Gale & Kathleen Newell

Egon Nithammer

Loretta M. Walsh

Jaimie Oorbeck

Martha Vandelinde

Our Parents

Glenn & Judith Wolter

Cynthia Peck

Nancy Peck

Rosemary Perse

Thomas & Charissa Oliphant

James Pike

Robert & Patricia Townsend

Dick Rafferty

Sharon Dickey

Evelyn Rauch

Carl & Ruth Rauch

James Ray

June M. Marlett

Jessica Renauld

Robert & Norberta Renauld

Alvina & Oswald Renauld

Robert & Norberta Renauld

Yvonne Richards

Patricia Santek

Brian Rife

Christina M. Nelson

Antonia H. Rostami

Mr. Jeffrey Rostami

Darrell M. Rostami

Mr. Jeffrey Rostami

Gene & Helen Rykse

Nathan & Mary Rykse

Joyce Sandelin

Karl Sandelin

Lewis Schaafsma

Esther Schaafsma

Marilyn J. Scheel

Mr. John F. Scheel

Martin & Emma Schmitt

Robert & Norberta Renauld

Bill Shepperd

Donna & Russell Dusseljee

Foster L. Sherwood, Jr.

Marjorie Sherwood

Helen Simon

Tom Simon

Joani Siwik

Christine & Andrea Siwik

Dr. W. Bryan Stauer

James Heersma

Laura Posey

Doug & Marie Renauld Stone

Robert & Norberta Renauld

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Susan Address

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Danny & Shirley Thompson

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Howard Vindedahl

Roon & Olga Visser

Ineke F. Way

Judy Vliek

Melinda Boccia & Brad Page

Diane D. Vorenkamp

Vernon Vorenkamp

Betty Jo Waugh

John Waugh

John Westra

Karl W. Westra

Florence &



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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



MAKING A GROCERY RUN?

Consider grabbing a few extra items to donate to KLF. Below you'll find 10 rarely donated items that are in high demand at our pantries.

- Jelly/Jam
- Butter
- Cooking Oil
- Dried Spices/Herbs
- Shelf-Stable/Powdered Milk
- Infant Formula
- Ensure®
- Canned/Bagged Nuts
- Granola Bars
- Meals In A Box

Donations from the community play a key role in the variety of food we're able to offer our clients. For more information about how to help provide food for those facing hunger, visit kzoolf.org/give-food

▶▶▶▶▶▶▶▶▶▶ One in eight people in the United States face hunger each day — that's equal to the entire population of Canada. ◀◀◀◀◀◀◀◀◀◀

AUGUST/SEPTEMBER 2019

CONNECT WITH US



KALAMAZOO LOAVES & FISHES IS A



STAFF / BUSINESS OFFICE

269.488.2617
Alysse Breckenridge, Program Manager
Bill Brown, Warehouse Assistant
Paul Bushek, On-Call Warehouse Staff
Carol Cormack, Office Coordinator
Rebecca De Los Santos, Human Services Coordinator
Seth De Los Santos, Warehouse Assistant
Greta Faworski, Resource Development Director
Lizbeth Fuentes Rosas, Program Coordinator
Joe Galaviz, Warehouse Coordinator
Kristen Heggie, On-Call Program Coordinator

EXT.
214 Dave Hafer, Procurement & Transportation Coordinator 212
217 Kim Hinds-Lepsy, Melzer Pantry Coordinator 221
217 Jennifer Johnson, Executive Director 213
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217 Nate Mattson, Financial Analyst 207
208 Gina Nowling, Douglass Pantry Coordinator 225
201 Mandakini Quiñones, Dev. & Communications Coord. 206
211 Maria Rivera, Program Coordinator 201
201 Nadina Williams-Barrett, Comm. Engagement/Advocacy 218