

FOODFOR THOUGHT

FALL 2022



MEET ROY

Roy drove up to a KLF Mobile Food Distribution in a work van with a ladder. When he opened the side door, our staff saw a wide variety of tools and work equipment. “Thanks so much for this help,” Roy stated as we loaded his van with groceries. “It’s really difficult for me to be here. I worked hard my entire life and never asked anyone for help. Finally thought I was set to retire at 68 and was enjoying it for a few months before all this happened.” Roy went on to talk about how the sharp increase in cost of living was stretching his finances too thin. “I’ve taken up a few odd jobs here and there. Not sure I want to be up on this ladder in my 70s, but it is what it is.” Roy thanked us again and drove off.



MEET THERESA

Theresa and her husband just moved to Kalamazoo to start new jobs. Because of delays with their new employers, it’s taken longer than expected to start working and receiving paychecks. “We are living in a hotel with our three kids right now. Not ideal, but we are making it work,” sighed Theresa. “We’ve applied for a rental home and food stamps. Both have been approved but won’t be available to us for another two weeks. Staying in the hotel has eaten up all our savings. These next two weeks are going to be a struggle.” We set up an account for Theresa and her family, making note that they only have access to a mini-fridge and microwave for the next two weeks and will need food items that work in that situation. “Thank you so much! Hopefully this is the one and only time we need to call you,” said Theresa gratefully.



MEET STAN

Stan’s daughter contacted KLF and was quite upset. “My father is 79 years old and lives on a fixed income. He brings in \$200 too much to qualify for any kind of governmental assistance,” his daughter stated. “He was recently a victim of an internet scam and lost a good chunk of money. He has a little extra set aside but is going to fall behind for a month or two because of what he lost.” Stan’s daughter asked if we could help her dad with food while he gets through this unexpected time. We scheduled Stan for a delivery the next day. His daughter thanked us and shared, “It makes me so mad that people prey on seniors — my dad has worked hard for everything he has.”



While the client stories featured above are true, their names and images have been changed for anonymity.

A NOTE FROM JEN

For this newsletter, we sat down with Carol Vail, a long-time KLF volunteer.

Carol served as the Coordinator for our pantry at Chapel Hill United Methodist Church in Portage from 1996 – 2010. Even after stepping down from the Coordinator role, Carol continued to volunteer at this busy pantry location. She also serves on our Services Committee and has been actively volunteering in our warehouse since the pandemic began. Her involvement with KLF on different levels provides a unique perspective.

— Jennifer Johnson, Executive Director



Carol Vail, a long-time KLF volunteer

Q: Why did you start volunteering at KLF, and what keeps you involved?

A: I started volunteering for KLF in 1996 with my children who were quite young at the time. Six months into volunteering, I recognized one of the client's names. It dawned on me that this client was the mother of one of my child's classmates. This made food insecurity quite personal and real to me because I realized that the face of hunger could be someone you know. Thirty some odd years later I still hold onto that moment of realization. That is why I continue volunteering with KLF.

Q: You volunteered for a long time at what we internally call the Romence Pantry. This pantry location has always been busy and often the first to adapt programmatic changes. Tell us more about that.

A: Yes, the pantry was supported by several congregations, including Chapel Hill, Prince of Peace Lutheran, Southridge Church, and Portage United Church of Christ. To make it simple, we just called it the Romence Pantry because it is located on the corner of Romence and Oakland. This collaboration

of congregations provided a lot of volunteers which allowed us to be open frequently. We were one of the first pantries to pilot the Choice System where clients had a specific number of points to spend when they shopped. We also were one of the first locations to offer the Milk Voucher Program which provided vouchers for clients to get milk at a local grocery store who, in turn, would bill KLF. Previously, we had only provided powdered milk. It is my understanding that the Romence Pantry was also one of the first pantries to convert to a mobile food distribution after the pandemic and has continued to flex to meet client needs.

Q: You've been involved with KLF for a long time and have seen it grow from a small grassroots organization to the largest provider of food assistance in the area. As KLF celebrates its 40th anniversary, what are some of the most significant changes you've seen over the years?

A: Marcia Jackson, one of the first Executive Directors, was quite frugal because she had to be during those early days. This is not uncommon with young organizations. When Anne Lipsey became the Executive Director, however, it was becoming clear that KLF had to modernize and grow to become more efficient. Eventually this led to new a warehouse and administrative office on Portage Street. Suddenly this tiny little pantry network was much more equipped to meet the needs of the community, and the organization grew quickly. Over the years, I also saw how KLF moved away from just providing pounds of food to being intentional about the nutritional value of food. While things changed again when KLF pivoted during the pandemic, one focus has always remained the same — do whatever it takes to provide quality food assistance in a dignified manner to those who need it most.



Interested in getting involved with KLF?

We are currently seeking dedicated volunteers to support our hunger-relief programs. Current volunteer openings include:

Call Center Volunteers: Answer calls from clients and caseworkers; Schedule pick-up and delivery appointments.

Home Delivery Volunteers: Ride along with a KLF staff member to make grocery deliveries throughout Kalamazoo County. Requires bending and lifting.

Warehouse & Pantry Volunteers: Assist with various needs in KLF's warehouse and pantries. Tasks may include sorting and dating food donations, building boxes, or preparing grocery orders.

We prefer a weekly commitment for the Call Center and Home Delivery positions but can be flexible. For scheduling details, please contact Ray Kuerth, Volunteer Coordinator at ray@kzoolf.org or **269-488-2617 ext. 209**

Stay tuned for more info about upcoming events and holiday volunteer needs! Students, sports teams, and corporate groups are welcome!

5 MYTHS ABOUT HUNGER AND FOOD INSECURITY

What is food insecurity? Is it the same as hunger? Hunger is a feeling you get when you haven't eaten. It's a physical feeling of discomfort, while food insecurity is an economic condition. When someone is food insecure, it means they don't have the means to access enough nutritious food on a regular basis. Here are 5 common myths about hunger and food insecurity:

MYTH: Hunger and food insecurity are not problems in the United States.

TRUTH: Over 38 million individuals face food insecurity in the United States. Across our nation, both in urban and rural areas, people are struggling to address basic needs. The rising cost of housing, food, transportation, and medical care are stretching families quite thin. Skipping meals or reducing nutritional quality are often ways families cope. In Kalamazoo County, over 37,000 individuals face food insecurity.

MYTH: People who face hunger in America are typically experiencing homelessness or unemployment.

TRUTH: Anyone can experience food insecurity, even those who are regularly employed. Many of the households we serve have a roof over their head and at least one working adult in the home. In many cases, however, wages have not kept up with the cost of living. Families are making decisions between paying an electric bill or buying groceries. Additionally, just one emergency can flip a family into financial crisis. According to a recent report by the Federal Reserve Board, if faced with a \$400 emergency expense, 35% of American adults would either need to borrow money, sell something, or not be able to pay their bills.

MYTH: People who are overweight can't be food insecure.

TRUTH: It is not uncommon for someone facing food insecurity to struggle with a variety of health problems, including obesity. Low-cost foods, such as fast food or convenience store items, are typically higher in sugar, fat, and calories. These foods provide quick energy and a sense of fullness, but do not provide the nutrients our bodies need to thrive. Relying on empty calories is common in people from all walks of life, but can be a particular risk to those who lack access to nutritious food due to poverty. In a recent 12-state study of 66,553 adults, those who were food insecure had a 32% greater risk of being obese compared with those who weren't.

MYTH: The Supplemental Nutrition Assistance Program (SNAP) should address all food insecurity in the United States.

TRUTH: The SNAP program (frequently known as food stamps) can be a tremendous resource for families facing food insecurity. The program helps not only families, but also is beneficial for local retailers. However, the SNAP program is not designed to meet all nutritional needs, and many families are not eligible to receive benefits. In Michigan, the average household with children receives \$440 in SNAP benefits each month. With food prices increasing between 8.5 – 9.5% in 2022, these dollars don't stretch very far. In Kalamazoo County, 26% of households are above the poverty threshold to receive SNAP benefits but earn below the ability to meet the basic cost of living in the area. Food banks and pantries are often needed to fill the gaps.

MYTH: Food banks and pantries only provide high-sodium canned goods with little nutritional value.

TRUTH: Many hunger relief organizations, including Kalamazoo Loaves & Fishes, distribute fresh, nutritious items whenever possible. Cost, availability, and cold storage can be a challenge, especially to smaller organizations. However, partnerships with local farmers, USDA, and grocery stores have brought greater quantities of fresh items to food banks and pantries all over the country. At KLF, our standard food order includes milk, eggs, cheese, butter, bread, meat and fresh produce along with a selection of non-perishables.

Sources: Feeding America, Federal Reserve, National Library of Medicine, United States Department of Agriculture, State of Michigan, and United Way of Michigan.





Alcott Warehouse



Alcott Front Door



Alcott Call Center



Anne Lipsey & Marcia Jackson, staff and volunteers



The Mall City Location



One Section of the Portage Warehouse

**40 Years of Service
1982 – 2022**

Powered by the generosity and hard work of our community, Kalamazoo Loaves & Fishes continues to grow and flex to alleviate food insecurity in our community.

Every dollar, every volunteer hour, and every donated food item has made a difference.

**Quite simply, thank you.
Here is to the next 40 years!**



2008 Pantry Coordinators



Douglass Pantry Opening



Portage St. Ground Breaking



Pantry Stocking, Meltzer Pantry



Home Delivery Van



IRA Charitable Rollover

The Pension Protection Act of 2006 allows taxpayers age 70½ or older to transfer up to \$100,000 annually from their IRA accounts directly to charity without first having to recognize the distribution as income. The IRA charitable rollover has proven to be very popular with taxpayers and beneficial to charities.

KLF is happy to accept gifts directly from IRA accounts. To learn more, contact Greta M. Faworski, Associate Director, at 269-488-2617 x209 or greta@kzoolf.org today!

#222 **SEPTEMBER GIVING COUPON**

Your gift will help students prepare for class with nutritious meals.

Donation Amount \$ _____

#223 **OCTOBER GIVING COUPON**

Your donation is a real treat to those in need this Halloween!

Donation Amount \$ _____



DID YOU KNOW?

KLF distributes food at over **80** locations in Kalamazoo County.

TRIBUTES

Generous donations made to KLF in someone's **HONOR** or **MEMORY**. Donations made 6/1/2022 through 7/31/2022.

IN HONOR

Lee Accorso
Sam & Barb Accorso

Pauline Bogus
Kay Bach

Borgess SNW Nurses & PCAs
J. Dale & Cheryl Westbrook

Jim & Jean Bylsma
Sarah Greene

Ryan Conboy
Alan & Sally Enderle

Bruce Cummins
J. Dale & Cheryl Westbrook

The Engels & Grenshaw Kids
Karen Ann Klott

Joan & Tom Goddard
Lori Franklin

Lauren Hamilton
Janet Hamilton

All the Hungry Children
Jackie & Don Whitney

Kyle Kirshman & Vicky
Jan & Gary Cramer

Oliver Krings
Greenleaf Trust

Mary Ann Krogh
Paul Basing & Claudia Wink-Basing

Letter Carriers
Janice E. Brown & Stephen G. Lewis

Anne Lipsey
Wayne Loney & Ardis Pierce

Anne & Sandy Lipsey's Anniversary
Nancy & Lee Brundage
Margaret Franklin
Jan & Tom Tiderington
Lavonna Trowbridge

Eric Lum
Shirley Horn

William Mann
Deborah Davis & Ailish

Char Marsiglia
Deborah Davis

Kristine Mauro
Joseph Mauro

Prudence D. McCabe
Betty Lujan-Roberts & Arthur Roberts

Chuck & Lana Ocvirek
Rachel Packer

Portage Northern HS Class of 2022
Anonymous Individuals

Jack & Roy Ann Smith
Donna Emerson

Michael Statler
William & Mary Gephart

Brock & Tina Thompson
Dale & Mary Beth Wood

Dr. Richard Tonda
Patrick & Sherry

Robert & Jane Welborn
Ms. Barbara J. Welborn

Stuart E. Werner
Scott Werner

IN MEMORY

Ted Arnold
James Schelb

Joan B. Atwell
Margaret Franklin
Randy & Susan Allard
Diane & Chris Hansen
Patricia Wilcox

Dennis Baker
J. Keith & Carolyn Cardwell

Ted Baker
Nina Feiler

Cal Baxter
Katie Smith

Marshall Beachler
Ms. Charlotte Hubbard

George Beech
Clifford Davidson

Bob & Linda Black
Jessica Black

Garrett Boersma
Laura Boersma

Gary Booth
Jack Hulmes Jr.

Charles & Mary Bowman
Dana & Becky Beauchamp

Angela Brown
Jon Riccio

Mary Brown
Donald Brown

Carolynne Buckner
Richard Buckner

Maxine Bushouse
Mary Ann Stratman

Phillip Carey
Ann Bayer

Thomas J. Carr
Marge Carr

Karen B. Cernik
Joseph & Julie Cernik

Irving & Anna Clauser
Rebecca Evans

Gloria Copeland
Brian & Carol Copeland

Jon Crabtree
Leroy Crabtree
Priscilla Dibble
Kristin Fischer
Geraldine Fletcher
Rebecca Fleury
Wendy Flora
Robert LeGrand
Kaye & Jim Ritchie
Jennifer Shoub
Christina Tomlin
Michelle & Bob Woodburn

Gary Cumming
Durrell & Marsha McKenzie

Marie Cummins
J. Dale & Cheryl Westbrook

Rita Cook Damon
Lorene Cook

Brian Desmond
Lorene Cook

Chris DeYoung
Ronald & Shirley Gruizinga

James & Lucille Dillon
Ms. Colleen M. Berger

Joseph Dillon
Ms. Colleen M. Berger

Shirley Dragoo
Deborah & Nathan Mattson

Gerrie Durian-Napp
Shirlee & Dennis Gernaat

Paul & Sandra Eversole
Sherry & Michael Kerney

Our Fathers
Robert & Judith Shrimplin

James Nicholas Fett
June M. Marlett

Mary Fitzpatrick
Karen & Jeffrey Garrison
Marie Janssen
Sara Miller

John & Fran Flynn
Danny & Shirley Thompson

Carl A. Fry
Eleanor J. Fry

Leon Garcia
Lydia Garcia

Tony & Julie Genovese
Susan Wilson

John & Lynn Gernaat
Shirlee & Dennis Gernaat

Joyce Harmon
Cynda & James Greenman

Rev. Carl Hausermann
Jean & Bob Christie

Carol Heflin
Matt & Kim Fletcher

John Hilliard
Barbara Albanese

Nancy Hoffman
Dalyn Hoffman

Jerry Hutchison
Judith & Judith Arnold

Deceased Members of the Jacobs Family
Reverend William J. Jacobs, Jr.

Om Jolly
Savita Jolly

Nancy J. Jones
Larry Jones

Kevin Kelly
Lawrence & Andrea Kelly

Robert C. Kelly
David & Mary Fischer

Robert & Charlotte Koestner
Thomas & Priscilla Swiat

Marguerite Kolb
Grant Kolb

Janine Kolodziejczyk
David & Angelita Kolodziejczyk

Frank Kovach
Barbara & Mark Pearson

Carmela LaSala
Rosemary & Robert Mosier

Jane Leversee
Kathleen Fleece

Mike Liepman
Howard Steiner

Elaine Liggett
Tamara & J.D. Fink

Maxine L. Louden
Lori Klutts

Dr. Charles L. Lowe
Pam Kies-Lowe

Linda Renauld Lutz
Robert & Norberta Renauld

Pat MacPherson
Kathleen Fleece

Scott Madden
Barbara & Alfred Madden

Colleen Magnan
Mr. James A. Magnan

Kim Mansfield
The Briggs Family
Patricia Coles-Chalmers
Sandra & Richard Hintz
Brandon & Melany Kaufman
Anne May
The Alkema Family Fund
Cynthia & Jim Westley

Paul Mejia
Cathy Mejia

Elizabeth Menck
Katherine King
Robert Weaver
Lee Chenevey

Katie Metheny
Bob & Marguerite Higgins

Marilyn Moise
Mr. & Mrs. John Lindsey
Becky Moise

Emma Myaard
Kenneth & Carol Blalock

Mrs. R. Elaine Nigg
Margaret Possert

Egon Nithammer
Loretta M. Walsh

Joan Noteboom
Ron & Denise Higginbotham

Bernard & Ruth Pearson
Rosemary Candelario

Stanley Porter
Carol M. Adams

John Preston
Judy & Jeff Smith

Tom Pyke
Susan Pyke

Marcella Pyle
Margaret Franklin

Arthur & Harriet Reddaway
Elizabeth & Peter Wuts

Dee Wielenga Renauld
Robert & Norberta Renauld

Jessica Renauld
Robert & Norberta Renauld

Alvina & Oswald Renauld
Robert & Norberta Renauld

Roy & Eloise Robinson
Mary Jane & Gordon Rantz

Adolfo Luis Rojas Barquero
Rochelle Rojas

Margaret & Charles Ryski
Mary & Mark Marshall

Gloria Savitt
Harrison Orr

Martin & Emma Schmitt
Robert & Norberta Renauld

Peter J. Schmitt
Beverly Schmitt

Marilyn Sheets
Tammy Parat

Foster L. Sherwood, Jr.
Marjorie Sherwood

A.W. Sinha
Ms. Elizabeth G. Roelofs

Joani Siwik
Christine & Andrea Siwik

Sandi Snow
Amy Snow-Buckner & Michael Buckner

Tom Sunday
Ms. Charlotte Hubbard

Doug & Marie Renauld Stone
Robert & Norberta Renauld

Aarend & Verl Stoppelberg
Kathleen Fleece

Daniel Strung
Gayle & Robert Strung

Bob Stuu
Dean Freng

Thomas & Jetta Swiat
Thomas & Priscilla Swiat

David S. Ticknor
Ron & Molly Hamilton
Wendy VanPeenan & Rod Malcolm
Kay C. Vermeulen
Tracy Virta
James & Maggie Woodruff

Tony & Janet VanDenBerg
Elizabeth & Cal Vandenberg

Charles R. Wagner
Denise Tomion

Barney & Florence Westra
Karl W. Westra

John Westra
Karl W. Westra

Shirley Westra
Karl W. Westra

Walt & Faye Zinter
Bob & Elizabeth Sangalli



DATABASE UPDATES?

For corrections, mailing updates, or to change how your newsletter is delivered (via USPS, email, or both), please contact **Erin Lowe** at **269.488.2617 ext. 206** or **Erin@kzoilf.org**.





Promoting a Hunger-Free Community Since 1982

901 PORTAGE STREET
KALAMAZOO, MICHIGAN 49001-3005

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

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

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

This institution is an equal opportunity provider.

TOP 10 FOOD DRIVES

JANUARY – JUNE 2022

In total pounds of food:

Western Michigan University Greek Life	3,566
Menards	1,883
Rollerworld	1,703
First Presbyterian Church	1,109
Kalamazoo County Consolidated Dispatch	746
St. Monica School & Parish	704
Western Michigan University Hockey & Food Marketing Association "Outskate Hunger"	679
Timber Ridge Ski Area	490
Comstock High School Honors Society	488
Zion Lutheran Church	412



HOST A FOOD OR FUND DRIVE

Get started in a few easy steps!

- **Decide** what type of drive — food, funds, or both? Then decide on a drive length and set a goal.
- **Reach out** to KLF if you need a barrel for collecting food donations. We can coordinate pick-ups and drop-offs of barrels. Or you can use your own container.
- **Check out** our **Food Drive Kit** at **kzoolf.org** to find Food Wish Lists and printable signs.
- **Connect** with us on social media to share progress on your drive!

When your drive is complete —

LET'S CELEBRATE!

We will inform you of the amount of food and funds you collected so you can share it with everyone who participated.

YOUR SUPPORT MAKES ALL THE DIFFERENCE. DONATING TAKES SECONDS AT KZOOOF.ORG

FALL 2022

CONNECT WITH US



KALAMAZOO LOAVES & FISHES IS A



STAFF/BUSINESS OFFICE

269.488.2617	EXT.	Ray Kuerth, Volunteer Coordinator	209
Bill Brown, Delivery Coordinator & Program Float	219	Alisha Lewis, Program & Delivery Assistant	221
Jillian Bryant, Program Navigation Coordinator	201	Erin Lowe, Dev. & Communications Coordinator	206
Tiffany Douglas, Warehouse Coordinator	217	Nate Mattson, Financial Controller	207
Greta Faworski, Associate Director	208	Humza Rahman, Lead Pantry Coordinator	210
Leonardo Fernandez, Bilingual Program Assistant	217	Suzi Secondi, Warehouse Manager	211
Heather Hageman, Program Assistant	221	Glenn Shumate, Warehouse Assistant	217
Kristen Heggie, On-Call Program Coordinator	221	Jay Steeb, Program Assistant	221
Jeff Herman, Procurement & Inventory Manager	214	Bryant Strong, Warehouse Assistant	217
Holly Hulfish, Office Manager	224	Myah Van Til, Program Assistant	221
Jennifer Johnson, Executive Director	213	Nadina Williams-Barrett, Program Manager	218
Larry Kelly, Program Assistant	217	LaDon Wilson, Warehouse Assistant	217