



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

Wichita Falls Area Food Bank Summer 2022

*You're Fueling  
Kids' Success*

**PLUS: ANNUAL REPORT INSIDE**



**Kara Nickens, CEO**

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# DEAR FRIEND,

Greetings from the Wichita Falls Area Food Bank! We are so thankful to have loyal, thoughtful supporters such as yourself! This edition includes highlights from our annual report. We are happy to share the impact we make through the donations and support we receive from our donors.

Although we strive for the day services such as those provided by the Food Bank are no longer needed, we are thankful our community continues to provide us with the resources to meet the needs faced by many of our hungry neighbors. As the need in our community remained strong in 2021, we distributed over 4.4 million pounds of food, as people continued to struggle through the pandemic.

We are so grateful for our Mobile Pantry partnership with United Regional Health Care. We started the program in late July of 2019 and distributed over 77,000 pounds of food. URHC has continued their support of this much needed program. In 2021, we distributed over 657,000 pounds of food through our mobile pantry program. This program helps reach people in food desserts that might otherwise not have access to healthy, affordable food and produce.

Our Childhood Hunger programs remain important as ever as families struggle to make ends meet. With your support and donations, we have been able to increase the amount of food we include in our PowerPak 4 Kids Back Pack bags. We know that when some kids leave school on Friday, they may not receive another meal until they return to school on Monday. This is why having healthier, heartier items in the bag is more important than ever for our kids. Thank you for investing in our kids to help them grow up healthy, happy and strong.

Thank you for your continued support! Everyone can make an impact in our fight to end hunger! Although 1 in 6 is hungry, be part of the 5 in 6 that takes action to end hunger. Volunteer. Educate. Advocate. Donate!

Gratefully,

Kara Nickens  
CEO

# YOU GIVE KIDS FUEL TO SUCCEED



Christina is a proud mother of three energetic, growing boys — and she’s thanking you for helping her fill their plates with nutritious meals this summer while they’re out of school.

“We just don’t have enough money,” Christina says.

To provide the hands on care her sons need, Christina only has time for a part-time job. Unfortunately, it’s difficult to pay the family’s bills and keep food on the table on Christina’s limited income.

*“The food does help us out a lot.”*



**Christina’s son and niece accompany her on a trip to a Food Bank Mobile Pantry near their home.**

Christina and her sister try to pool together their resources to care for their families, but her sister stopped working temporarily to provide care for their mom. Christina’s sister has two children.

That’s why Christina is grateful she found out about a Food Bank Mobile Pantry near her home. It’s been especially challenging to afford groceries for her extended family.

When summer comes and the kids lose access to free school meals, your generosity will ease the burden for Christina and her sister as they try to make up for those missing meals.

“The food does help us out a lot,” Christina says.

Thank you for helping make sure children across our community will have the nutritious food they need to thrive all summer long, and into a new year of learning!

## Welcome Timothy Dawson

We want to welcome Timothy Dawson as our new Nutrition Services Director. Previous to the Wichita Falls Area Food Bank, Timothy was the Director of Child Nutrition & the Culinary Arts Instructor for a group of school districts in North Texas. He is a trained Chef with 20 years of experience in high-end dining as well as southern soul food and everything in between. He graduated with a degree in Culinary Arts & Restaurant Management and is very excited to bring his skills and love for food and education to the Wichita Falls Area Food Bank. We are thrilled to have him and his knowledge of all things food on our team!



# YOU MADE A DIFFERENCE IN 2021!

## PowerPak 4 Kids



**53,574**

PowerPak 4 Kids bags of weekend food provided

## Backpack Program

Many food-insecure children receive free breakfast and lunch at school during the week. The problem arises on weekends when kids may not have enough food at home. That's where our PowerPak4Kids program comes in. We partner with more than 60 area schools to offer the PP4K program, placing a bag of nutritious supplemental food into the backpacks of participating students on Fridays. In 2021, we served over 1,337 children each month through our PowerPak4Kids program, providing a total of 53,574 bags of nutritious, supplemental food. Thanks to PowerPak, children were able to return to school on Monday with energy to participate, concentrate and thrive!

## Produce Express



**622,475**

pounds of produce connected with people facing hunger

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



**48,671**

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 students have enough to eat. We partner with 7 agencies to ensure children have access to a warm, nutritious meal at the end of the day both after school and during the summer.

## Volunteers



**7,094**

total hours of volunteer work given

Whether working on-site at the Food Bank warehouse or as a team member in a community-based location, our volunteers are critical to our hunger-relief efforts. In 2021, 474 volunteers donated their time to help sort incoming donations, process, and organize items for distribution and assisted with community education programs and events.



## Mobile Pantry



**657,229**

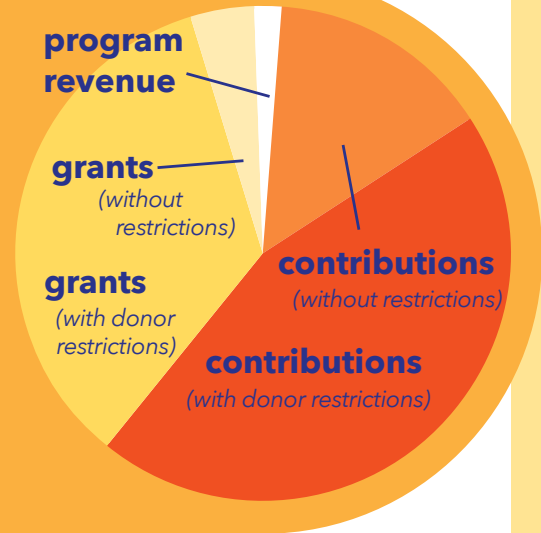
pounds of food in 2021

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 allows 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 8 sites in Wichita Falls and 1 in Electra. Thanks to your generosity, we distributed 657,229 lbs of food in 2021!

# FINANCIAL INFORMATION

## REVENUE

Program Revenue	\$67,159
Contributions (without restrictions)	\$1,543,134
(with donor restrictions)	\$4,375,338
Grants (without restrictions)	\$395,980
(with donor restrictions)	\$3,344,214
<b>Total Revenue</b>	<b>\$9,725,825</b>



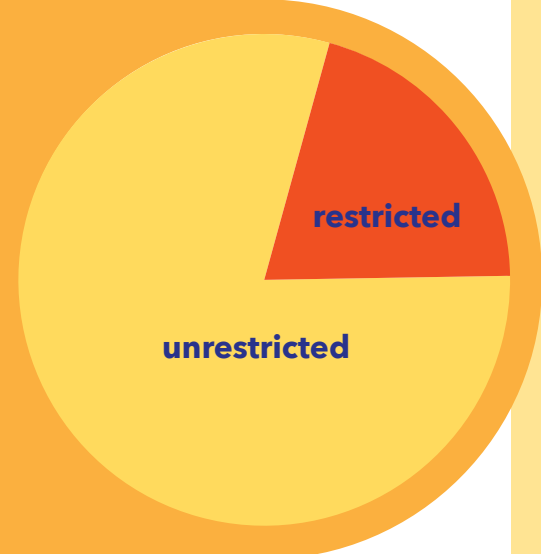
## EXPENSES

Program Services	\$7,971,277
Administrative	\$595,105
Fundraising	\$166,509
<b>Total Expenses</b>	<b>\$8,732,891</b>



## ASSETS

Unrestricted	\$7,073,784
Restricted	\$2,312,212
<b>Net Assets</b>	<b>\$9,385,996</b>



# SUSAN URGES: SHARE THE GIFT OF TIME

“If you have something to share, you should share it.”

With this philosophy in mind, Susan Buckley began volunteering with the Wichita Falls Area Food Bank in April of 2020 — just after the start of the COVID-19 pandemic.

Susan says she had already retired from her 31-year career as a 2nd grade schoolteacher by that time, heard of the need for volunteers and jumped in to help.

She has continued to volunteer ever since and spends one to two days with the Food Bank weekly, either helping in the warehouse or at a Mobile Pantry.

***“If you’re able to give a little, it can help a lot.”***

“It does so much for the community,” she says of the collective efforts of fellow volunteers.



**Susan Buckley (right), began volunteering just after the start of the COVID-19 pandemic.**

Though Susan says she initially opted to volunteer partially as a motivation to get out of the house, her inspiration has turned to helping the community she lives in. She says her experiences have been eye-opening, and humbling.

“If you’re able to give a little, it can help a lot,” she says.

## Adopt a Mobile Pantry

Volunteers are one of the Wichita Falls Area Food Banks' most important resources, both on-site and at our Mobile Pantries. We are super excited to announce our newest volunteer initiative 'Adopt-A-Mobile Pantry!' We invite you and a group of individuals to volunteer for a few hours just once a month at 1 of our 8 mobile pantries. You can serve as a family, or even set up to volunteer with your 'work family.' We have already adopted our City View Baptist location to our local Edward Jones Financial advisors, who have signed up to serve for 3 months. If you would like to adopt a Mobile Pantry, please look at our schedule at [wfabf.org/pantrylisting](http://wfabf.org/pantrylisting) and call to speak to our Volunteer Coordinator Pamela Tracy at 940-766-2322.



Kayla and her youngest child, Kaylan, on a visit to a Food Bank Mobile Pantry.



## A WORD OF THANKS FROM KAYLA

Kayla works hard to provide for her three children, but this summer she's especially grateful she can count on your help to fill their plates with nutritious food.

***“Thank you for donating.”***

We met Kayla and her youngest child, Kaylan, on a recent visit to a Food Bank Mobile Pantry. Kayla worked for a local restaurant until the start of the pandemic, when the restaurant shut down.

Since then, Kayla hasn't had much luck finding a steady job, leaving her struggling to keep up with basic bills and the rising cost of groceries.

On top of that, Kayla's family was hit twice with the Coronavirus. She began homeschooling to keep the kids quarantined and safer, but that also means the kids lost access to free and reduced-price school meals, straining Kayla's budget even further.

That's why Kayla's so grateful for your support that helps her provide nutritious food for her family until she can get back on her feet again. “It takes the burden off,” she says of the food she's taking home on her first visit to the Mobile Pantry.

Kayla has a special message for donors like you who make it possible for her family to access fresh produce and other perishables, as well as pantry staples.

“Thank you for donating,” she says. “It helps families like mine.”

You're doing so much to help families keep nutritious food on the table this summer, and all year long! Your generosity is truly inspiring.



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