



food *for* thought

Wichita Falls Area Food Bank Summer 2024

*You're Taking
Hunger Off the Table
This Summer!*

PLUS: ANNUAL REPORT INSIDE



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DEAR FRIEND,

It's often said that children are our future and when they are cared for, our communities and families thrive.

That's why I'm thrilled to share that your support of the Wichita Falls Area Food Bank makes numerous programs possible to nourish our youngest neighbors, including our PowerPak 4 Kids weekend supplemental program and our Kid's Cafe after-school and summer feeding programs.

We all need nutrition to fuel our mind, body, and spirit but it's especially true for child development. An article published by Jack Shaw in the Kentucky Counseling Center dated February 19, 2024, stated that "Limited access to fresh fruits, vegetables, and other essential micronutrients can compromise cognitive function and cause emotional instability, behavioral disturbances, and heightened stress responses."

Additionally, "This subsequently triggers depressive symptoms and mood disorders. Research substantiates this linkage, revealing elevated odds of mental health afflictions like depression, anxiety, panic disorders, and substance abuse among young adults grappling with food insecurity."

Nutritious food is key to providing children with the ability to learn and grow. Our children's programs address these issues.

Last year alone we provided 61,248 PP4K backpacks and 59,324 hot meals. Thank you for standing with us as we continue to invest in our children and our futures.

Gratefully,

David O'Neil
CEO

NOCONA MOM IS THANKFUL FOR YOU

Just mention Katie's little ones and watch her smile spread from ear to ear. She has two boys and two girls, the youngest is just 6 months old.

Wichita Falls Area Food Bank partner, Hands Up is a huge help to Katie. The healthy foods she receives ensures her children have the good nutrition their growing bodies need. But the friendship, encouragement, and additional assistance Katie receives from Hands Up means a great deal, too.

“This little extra help does get us through the rest of the month, and I appreciate the help.”

“The food really helps, and they also give us diapers,” Katie says. “And we get kids bags on certain days which helps my kids out a lot.”

Until the children are old enough to attend school, Katie has few options for work because of the high cost of childcare. The children's grandmother helps out when she can, but she lives an hour away.

Our partners at Hands Up have welcomed Katie's family and helped them find housing and so much more.

“These people are amazing. I thank them every day,” she says. “This little extra help does get us through the rest of the month, and I appreciate all their help.”

Wichita Falls Area Food Bank is proud to partner with Hands Up to ensure families like

The Hands Up food pantry in Nocona shares healthy food with neighbors like Katie.



Katie's have ongoing access to nutritious food. Thank you for standing with us to deliver food and hope across our shared communities.

YOU MADE A DIFFERENCE

PowerPak 4 Kids Backpack Program



61,248

PowerPak 4 Kids bags of weekend food provided

Many food-insecure children receive free breakfast and lunch at school during the week, but on weekends and holidays, some children will not have enough food at home. That's where our PowerPak 4 Kids 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 2023, we served over 1,558 children each month through our PowerPak 4 Kids program, providing a total of 56,088 bags of nutritious, supplemental food. Thanks to PowerPak, children receive the food they need to thrive and are able to return to school on Monday with the energy to participate, concentrate, and thrive!



Produce Express



795,113

pounds of produce connected with people facing hunger



Our Produce Express program is fighting hunger by bringing fresh produce to food deserts in the communities we serve. These include rural areas and urban neighborhoods in which there may be little or no access to nutritious food and where residents often lack reliable transportation. Thank you for providing fresh, high-quality food to areas that otherwise have few healthy options.

DIFFERENCE IN 2023!



Kids Cafe



75,017

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



7,737

total hours of volunteer work given

WFAFB volunteers are critical to our hunger relief efforts! Some work on-site at the Food Bank warehouse, others serve in a community based location. In 2023, volunteers donated their time to sort incoming donations, process, and organize items for distribution, and assisted with community education programs and events.

Mobile Pantry



630,780

pounds of food in 2023

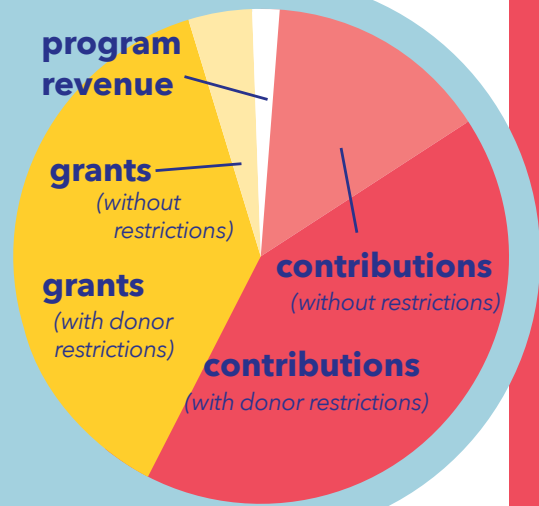
WFAFB's Mobile Pantry is a large truck with storage and refrigeration that allows us to provide food where and when it's needed most. Food deserts and lack of reliable transportation are two of the biggest reasons our neighbors have poor access to food. Sponsored by United Regional Health Care System, the Mobile Pantry allows us to bring boxes filled with nutritious food to 8 sites in Wichita Falls and 1 in Electra. Thanks to your generosity, we distributed 630,780 lbs of food in 2023!



FINANCIAL INFORMATION

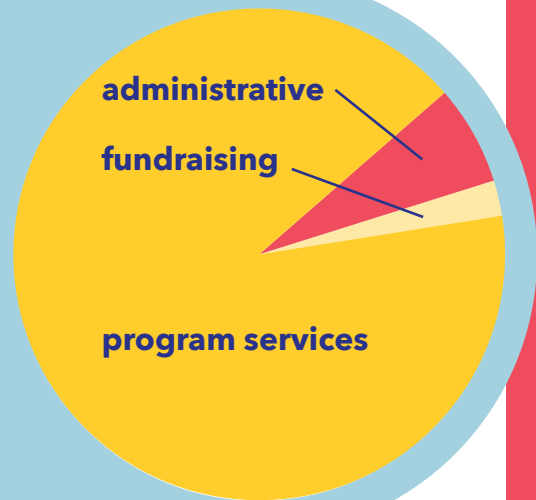
REVENUE

Program Revenue	\$358,271
Contributions	
(without restrictions)	\$1,049,915
(with donor restrictions)	\$2,547,739
Grants	
(without restrictions)	\$331,388
(with donor restrictions)	\$552,967
Total Revenue	\$4,840,280



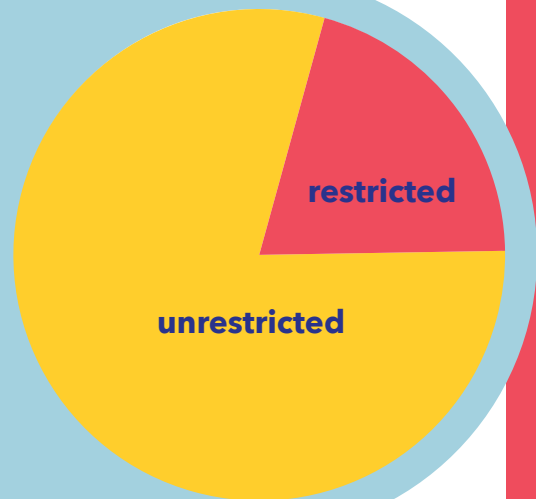
EXPENSES

Program Services	\$3,790,185
Administrative	\$432,816
Fundraising	\$137,771
Total Expenses	\$4,360,772



ASSETS

Unrestricted	\$7,611,099
Restricted	\$2,869,120
Net Assets	\$10,480,219



RICK'S RETIREMENT IS ALL ABOUT SHARING HOPE

After decades of service as CFO at Cobra Oil and Gas Corporation, Rick Haskins chose to spend his spare time helping people in his community... at least when he's not entertaining his two grandchildren!

Rick says volunteering is important to both him and to his wife.

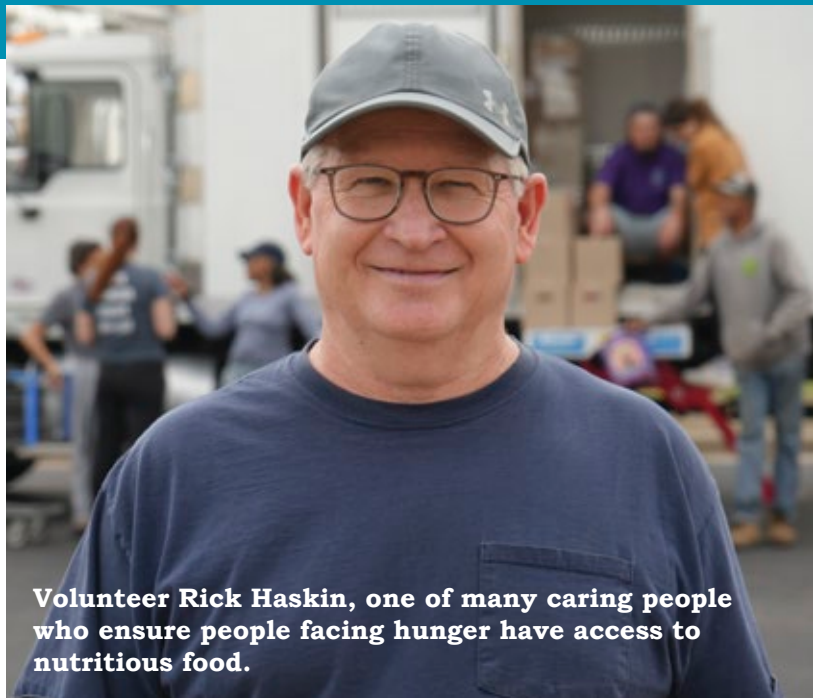
"It's a good way to give them a smile and let them know people care about them," he says of his interactions with people in the community as a volunteer.

"You actually get to go and visit with the people that you are actually helping," Rick says. "For me, that is a big deal."

Wichita Falls Area Food Bank is grateful to count Rick among the army of volunteers who make sure food is packed and distributed into communities where needed most.

"It's a good way to give them a smile and let them know people care about them."

Rick and his wife also enjoy helping neighbors as volunteers for Meals on Wheels, Ben Donnell Housing Center, Eastside Faith Center, and more.



Volunteer Rick Haskin, one of many caring people who ensure people facing hunger have access to nutritious food.

"Love your neighbor as you love yourself and this is what this is," Rick says of the couple's service.

Rick encourages everyone to get involved to help take hunger off the table throughout the Wichita Falls Area Food Bank service area. He says it's easy too, thanks to the Food Bank's new volunteer management system.

"The new volunteer app is called Bloomerang," he says. "You can select where you volunteer."

To learn more about volunteering at Wichita Falls Area Food Bank, visit wfafb.org/volunteer.

New Volunteer Management System

The Wichita Falls Area Food Bank has been working hard to increase your volunteer experience and community impact with a new volunteer management system. Now you can easily apply for specific opportunities and shifts right from your phone, making it easier than ever to volunteer at the Food Bank. Choose from multiple options including serving at our mobile pantries, packing weekend food bags for school children, or sorting food that has been donated. Get started now as a WFAFB volunteer by scanning the QR code.



The Blue Sky Mobile Pantry brings a smile to Jaraden's face and to many more neighbors, too!



HELP AND HOPE DELIVERED!

Jaraden was driving down the highway with lots on her mind when she first heard about the Blue Sky Mobile Pantry, an important community outreach run by Wichita Falls Area Food Bank.

With two little ones to care for, the youngest just 5, and a budget that doesn't always stretch far enough to afford the healthy food she wants for them, Jaraden was immediately interested to learn more.

“I want to say thank you ... you are greatly appreciated.”

One visit to the Blue Sky Mobile Pantry food distribution let Jaraden know that her neighbors care and want to help when challenges threaten a hard-working family's ability to put food on the table.

“I want to say thank you ... you are greatly appreciated,” Jaraden says. “There's definitely people out here that need help. I would still be struggling to be honest.”

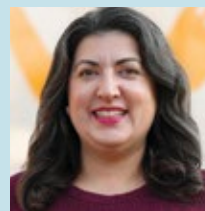
Jaraden works in a home health facility, but her income can shrink quickly as patients move on from her care. She receives some

benefits but is challenged to make ends meet during times when she has fewer clients.

Not only does your kind support help bridge the gap for a family like Jaraden's, but you also plant the seeds of hope that can carry a neighbor through a difficult time.

Thank you for caring and sharing to make our communities stronger now and all summer long.

Big News from Your Food Bank



WFAFB welcomes Megan McGowan

The Wichita Falls Area Food Bank is pleased to welcome Megan McGowan as our new Nutrition Services Director. Before joining WFAFB, Megan worked as the

Nutritional Health Coach at Natural Grocers where she taught the value of nutritious cooking to Wichita Falls residents. Megan studied at Culinary in Birmingham, Alabama, and is a Certified Holistic Nutritionist and Holistic Health Coach through AFPA. Megan's skills and passion for nutritious foods will be a huge asset to the Wichita Falls Area Food Bank and to the families and individuals we serve each day. Learn more about classes available through WFAFB on nutrition, cooking, shopping on a budget, and physical activity for youth, adults, and seniors by contacting Megan at 940-766-2322 or email at MeganMcGowan@wfabf.org