



**food for  
thought**

Wichita Falls Area Food Bank

Holidays 2022

*You Bring Hope for  
the Holidays*



**Kara Nickens, CEO**

### Board of Directors

**Officers:**

**Devah Scholl**  
*Chair*

**Tony Bates**  
*1st Vice Chair*

**Iliana Jaramillo**  
*2nd Vice Chair*

**Cheryl Hopkins**  
*Secretary*

**Pat Jones**  
*Treasurer*

**Directors:**  
Monica Wilkinson, PhD.  
Chris Horgen  
Kelly Smith  
Frances Sims



1230 Midwestern Parkway  
Wichita Falls, TX 76302  
[www.wfabf.org](http://www.wfabf.org)

# Dear Friend

It's hard to believe all we've made it through in the past three years. For the Wichita Falls Area Food Bank, what we hoped would be a temporary surge in need has only continued to grow and evolve.

With the high cost of groceries, medicine and so many more basic necessities, a lot of our friends and neighbors who had just begun to gain solid footing have been knocked off balance once again. Imagine not knowing how you're going to put dinner on the table today, let alone give your family a special holiday meal.

Thankfully with your help, we are able to ease that anxiety with a myriad of programs that help children, adults, and seniors in our area with food. Whether through partner food pantries, children's programs, produce distributions, our Mobile Pantry, or assistance with SNAP applications, we're working to solve the problem of hunger today and for the future.

This holiday season, your continued generosity is so meaningful for not only the Wichita Falls Area Food Bank, but for the children, families and seniors who benefit from your kindness and compassion. Thank you for helping your community through another year!

Gratefully,  
*Kara*  
Kara Nickens  
CEO

### Planned Giving Option Now Available

A new option available to fight hunger well into the future is by making a Legacy Gift to the Wichita Falls Area Food Bank. Through our Legacy Group, there exist various gift options including beneficiary designations, which may be advantageous to the donor while helping provide food, hope, and dignity to those in our community. Planning today ensures assets are utilized to their best philanthropic use and distributed in a way that reflects the donor's most cherished values. Additional information can be found on our website at [WFAFB.org](http://WFAFB.org) under the Planned Giving tab or by contacting, David O'Neil at 940.766.2322.

## Monica Shares Thanks

"Thank you for helping."

This holiday season, Monica is grateful for friends like you who are helping her keep nutritious food on her family's table — and bolstering her health in the process.

We met Monica and her two nieces on a recent visit to the Food Pantry at Sonshine House, a partner agency of the Food Bank.

Monica receives Social Security Disability benefits due to complications with her pancreas. She says much of her time and money goes to doctor appointments, and her condition means healthy food is even more critical.

Monica has four grandchildren she helps take care of when her son is working. Thankfully, her niece told her about the food pantry where she can pick up food for the whole family — enough to last a month.

"We are grateful from the bottom of our hearts," she says, thanking generous donors like you.



Monica and her niece, display smiles of thanks to donors like you on a visit to the Sonshine House.

Monica is working to get her health under better control and making sure her family is taken care of — both of which, are easier through your generous gifts of healthy food.

Thank you for joining the Food Bank to make sure every neighbor has access to nutritious food this holiday season.

**"We are thankful from the bottom of our hearts."**

## Moved to Help: Harold and Dominga Bedsole

Harold and Dominga Bedsole have only lived in Wichita Falls for about five years, but it didn't take long for the couple to find their way to volunteer with the Wichita Falls Area Food Bank.

"I think it chose us, instead of us choosing them," Harold says.

Harold, a Navy vet of 20 years, came to Wichita Falls for a driving job with Maverick Truck company. Dominga retired from her retail job and joined Harold on the road for three years before he also retired.

That's when the couple decided to get more involved in community service. Harold and Dominga started helping in the Food Bank's warehouse and later transitioned to help with Mobile Pantries.

"We really enjoy the work, and the people are great," Harold says. "We see a lot of people, and it just feels good to be doing something that benefits the community."

The couple agrees that their favorite aspect of volunteering is simply the people they volunteer with and people from the community who receive food.

"For anyone who has been apprehensive about volunteering at the Food Bank, they always need the help, and it is such a worthy cause," Harold says.

Thank you, Harold and Dominga, for choosing to make our community even better through your generous gift of time!

**"It just feels good to be doing something that benefits the community."**





Tiffany and one of her sons pick up groceries from a Food Bank Mobile Food Pantry.

## You Ease *Family's Burdens*

Tiffany is passionate about caring for her family, and even extends her care to friends and neighbors — that's why she is so grateful to friends like you for helping ease her burden this holiday season.

We met Tiffany along with two of her four children, and two of her friend's children on a visit to a Food Bank Mobile Pantry. Tiffany was picking up food for both hers and her friend's household.

She shares that she is unable to work due to a disability, and her husband's job was made obsolete at the start of the pandemic. Now, his income

at a new job is roughly 1/3 as much as he was making before. Tiffany says her family is not alone.

"There are so many people in this town that need help right now for the same thing we're going through," she says. "Jobs were affected, or they were impacted by COVID so they're not making as much money as before COVID."

***"This is the only thing keeping some people afloat."***

Thankfully, a friend told Tiffany about the Food Bank's Mobile Pantry, where she has been

picking up food for her family ever since.

Tiffany says she and her husband began homeschooling their children during the pandemic and have continued even when schools reopened — which also means keeping more food on hand at home. Her children are ages 5, 8, 12 and 15.

"This is the only thing keeping some people afloat," she says of food from the Mobile Pantry.

This holiday season, and all year long, your generosity is appreciated so much more than you may ever know. Thank you for your partnership.

### Impact 100 Grant

We are so grateful to announce that we have been awarded the 2022 grant from Impact 100 Wichita Falls. This amazing group of 114 women donated \$1000 each to be awarded to a single nonprofit in the Wichita Falls area. This \$114,000 grant will be used to purchase the first ever Mobile Teaching Kitchen in the state of Texas. Where we were previously

limited to the oven, toaster oven, and microwave in our breakroom to prepare lessons and snacks for our students, we will now be able to teach cooking on location in a fully stocked, top of the line kitchen without the need of a host facility. Thank you so much to Impact 100 Wichita Falls for making this dream a reality!



1230 Midwestern Parkway  
Wichita Falls, TX 76302  
[www.wfafb.org](http://www.wfafb.org)