



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

Wichita Falls Area Food Bank

Fall 2021

*You're Preparing  
Students for  
Success!*





**Kara Nickens, CEO**

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# Dear Friend

Summer is winding down and I am looking forward to the cool fall weather! It has been so nice to start getting out doing activities with friends and family. It is nice to see kids' activities starting to get back to a sense of normalcy. The smiles on their faces and the joy they spread with their energy and innocence is so refreshing.

Our kids are returning to school. Many rely heavily on the meals they receive at school and the after-school meals provided through our Kids Café program. For some kids, these hot meals are the only meals they will receive until they return to school. We also have the PowerPak4Kids Backpack Program that provides supplemental food to kids identified by school administrators of being at risk of going hungry over the weekend. These programs are vital in helping combat childhood hunger.

I recently heard a story from one of the At-Risk School Coordinators about a little boy that wanted to sell his Halloween candy at school. When asked why he wanted to sell his candy he said it was because his family did not have enough money to purchase food and he wanted to help. Unfortunately, we hear stories like this on a regular basis. At least 1 in 4 children in our 12-county service area are at risk of going to bed hungry tonight. Without food our kids may experience developmental delays, they cannot concentrate and learn when their tummies are grumbling with pain and their mind is wondering where their next meal is coming from. I look at the sweet faces of my nieces at nephews and I cannot imagine them having to go without food or having to worry about their next meal, but I know unfortunately that is real for so many children in our community.

I want to offer a heartfelt thank you to all that stepped up and helped to stock our shelves during the pandemic. At one point we were down to about a 2-week supply of food but thanks to your support we are now able to keep up with the demand. But the need for food is not slowing down. We recently did a food distribution at the food bank providing 64,273 pounds to 518 families. The line wrapped around the food bank neighborhood for hours. We extended the distribution hours to make sure everyone received food. The need for food in our community is real.

Gratefully,

Kara Nickens  
CEO

## You Help Veterans Provide for Their Family



Adrienne and Michael are all smiles on a visit to the Grace Ministries Food Pantry.

This fall, Air Force Veterans Adrienne and Michael are thanking you for helping them put healthy meals on their family's table.

Adrienne, who served three years, and Michael, who served 18 years, both receive Veteran Disability benefits. But it's still difficult for the couple to afford enough groceries for them and their growing son on their fixed income.

Thankfully, they found out about the Grace Ministries Food Pantry, a partner agency of the [Food Bank](#) in Burkburnett.

Without the food pantry, Adrienne says, "we'd go hungry."

The couple is grateful that the food they receive is "not just canned goods. You can actually make meals."

They especially appreciate the meats and pasta as well as the occasional sweet treats they receive. A trip to the pantry typically provides enough food to last the family two weeks, they say.

"Thank you," Adrienne says. "I can provide meals for my family."

Thousands of families just like Adrienne and Michael's can put nutritious food on the table this fall because you choose to give. Thank you for your ongoing and vital partnership.



## Mitizi Brotherton Pays it Forward

each Monday and fills in other days as needed.

Whether cleaning during the COVID-19 pandemic, packing boxes of food for nursing homes or preparing PowerPak 4 Kids sacks, Mitizi is happy to give her time.

"Wichita Falls is so privileged to have the Food Bank," she says.

Mitizi says her passion for service began from watching her parents, who served Thanksgiving dinners to between 300 and 400 people every year when Mitizi was a child — something that she never forgot

and encourages her to this day in her quest to give back to her community.

Mitizi loves working with other volunteers and hopes that younger people will begin to volunteer more with the Food Bank.

"Every box, every sack we fill, good things go in there," she says, which "makes you feel like you're helping someone."

Thank you, Mitizi and all of the amazing volunteers who give their time and energy to help provide nutritious food for children, families and seniors across our community!



1230 Midwestern Parkway  
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## You're Giving Michelle's Family a *Fresh Start*

Michelle is looking forward to starting a new job and settling into a new home, but in the meantime, she's grateful she can count on your support to help fill her family's table.

Michelle recently moved to the area with her daughter, Hannah, 17. They have friends who live in the area, so they decided to make the move from their previous home in Montana for a fresh start.

Once Michelle is settled with work (she has a job interview soon and hopes it will lead to a full-time position), she'll begin to look for a house in the area.

"I need to get the job and get everything going," she says.

While she waits to start working and for SNAP benefits to kick in, Michelle's grateful she can

turn to the Food Bank's Mobile Food Pantry for nutritious groceries.

Michelle says this is her first time reaching out for help with groceries, and she appreciates how simple it's been.

"Thank you for making this [food] so easy for families to get," she says.

Of course, Michelle's not the only one with goals in place. Now that Hannah's close to graduation, she has hopes to be a veterinary technician — a dream you make possible to achieve through your generous gift of nutritious food.

Thank you for fueling the dreams of thousands of children, families and seniors across our community through your generous, ongoing support.

### Spring Emergency Food Distribution



It may come as a surprise that most of the food we utilize at the Wichita Falls Area Food Bank is donated by our community. While we do receive some government assistance, it is only with your help that we are able to continue our vision of a hunger-free community. With an amazing outpouring of support and a surprise delivery of watermelons, we were able to host another emergency distribution at our warehouse on June 11, 2021. In the end, we supported **518 families, 1,539 individuals** and we gave out over **64,000 pounds** of food! Thank you to our amazing community for these donations and the volunteers who helped weather the heat for hours on end to help our neighbors in need!

### Volun-camping: A Trip Across the States



"I'm not expecting to change the world, but every little bit helps." Those are the wise words of Brian, who spent two days volunteering his time with us, both in the warehouse and at our Mobile Pantry. Brian's 60-day plan includes "100 hours of volunteer work and 200 miles of hiking along the way." Brian usually searches for volunteer opportunities online once he arrives at a campsite, but also tries to speak to park rangers where he camps to get ideas. He says this adventure is a great way to travel and give back to people who need help. We cannot thank Brian enough and wish him luck on his journey!



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