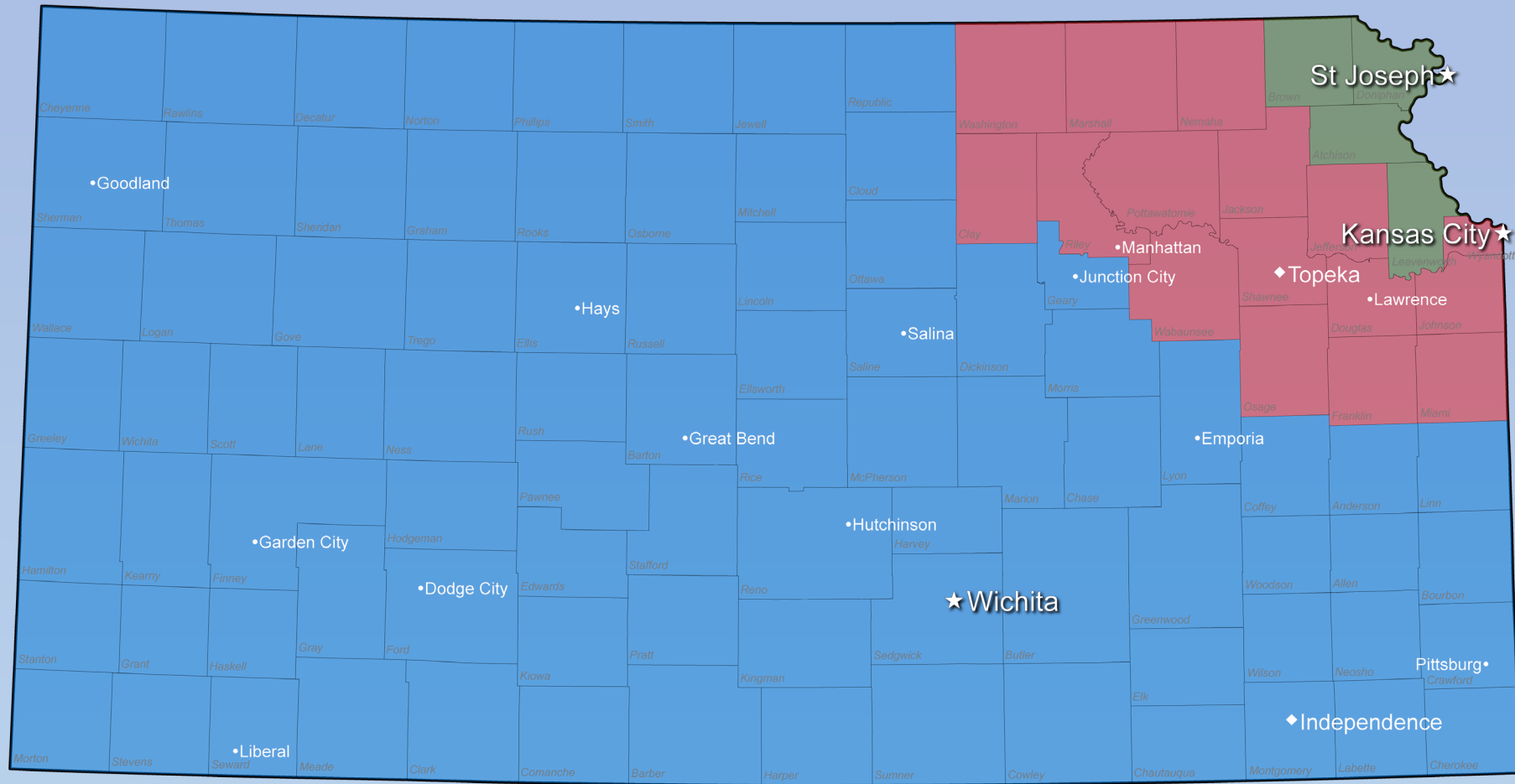


Addressing Hunger in the Heartland

April 26, 2023

Three Food Banks Serve Kansas



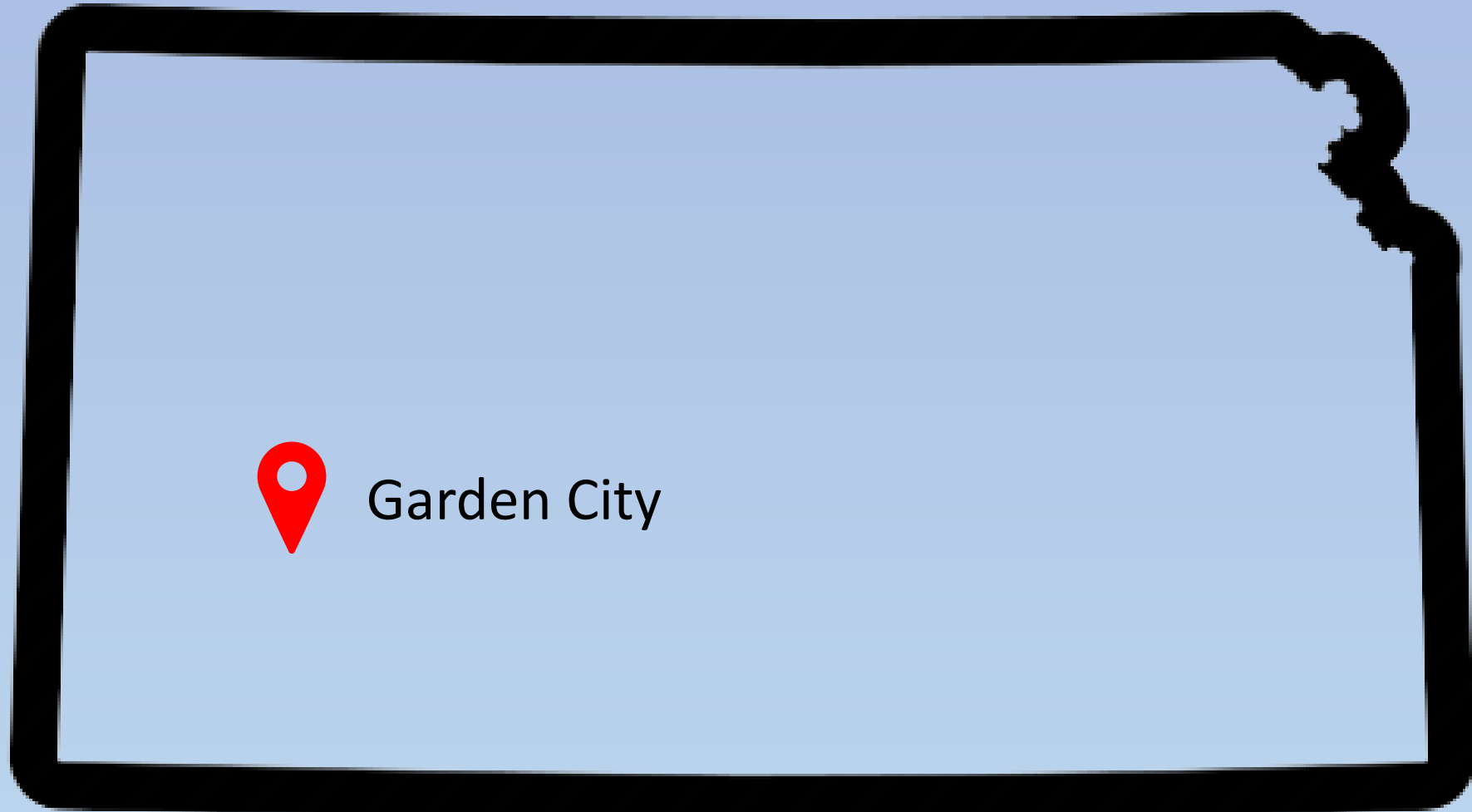
State of Kansas - Food Bank Service Areas

The Kansas Food Bank based in Wichita, Harvesters Community Food Network based in Kansas City, Mo., and Second Harvest Community Food Bank based in St. Joseph, Mo., are all member food banks of Feeding America, the national network of food banks. Each provide services to hundreds of member agencies across the state of Kansas, including: food pantries, soup kitchens, homeless shelters, domestic violence shelters, schools, and many others who are all engaged in providing help and bringing hope to our fellow Kansans who find themselves in need.

★ Home City ♦ Satellite Location • Major City

Updated: 2/11/13 Kansas Food Bank

Exciting News!



How a Food Bank Works



Pandemic Response



Kansas Food Source



**Your Source
to Find Food in the
Sunflower
State**

316-265-FOOD (3663)

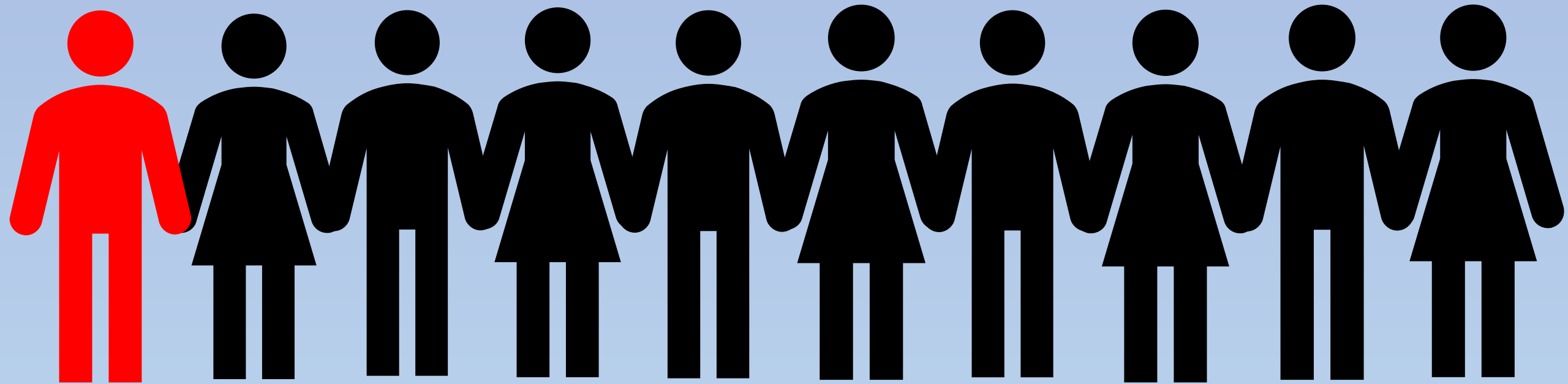
www.kansasfoodsource.org

**KANSAS
food
bank**
HELPING THE HUNGRY • SINCE 1984

HARVESTERS
COMMUNITY FOOD NETWORK

**Second
Harvest**
COMMUNITY FOOD BANK

Household Hunger in Kansas



9.7% of Kansans are Food Insecure

Map the Meal Gap

KANSAS (105 COUNTIES)

FOOD INSECURE POPULATION: 281,520

FOOD INSECURITY RATE



9.7%

ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE PEOPLE
OVERALL

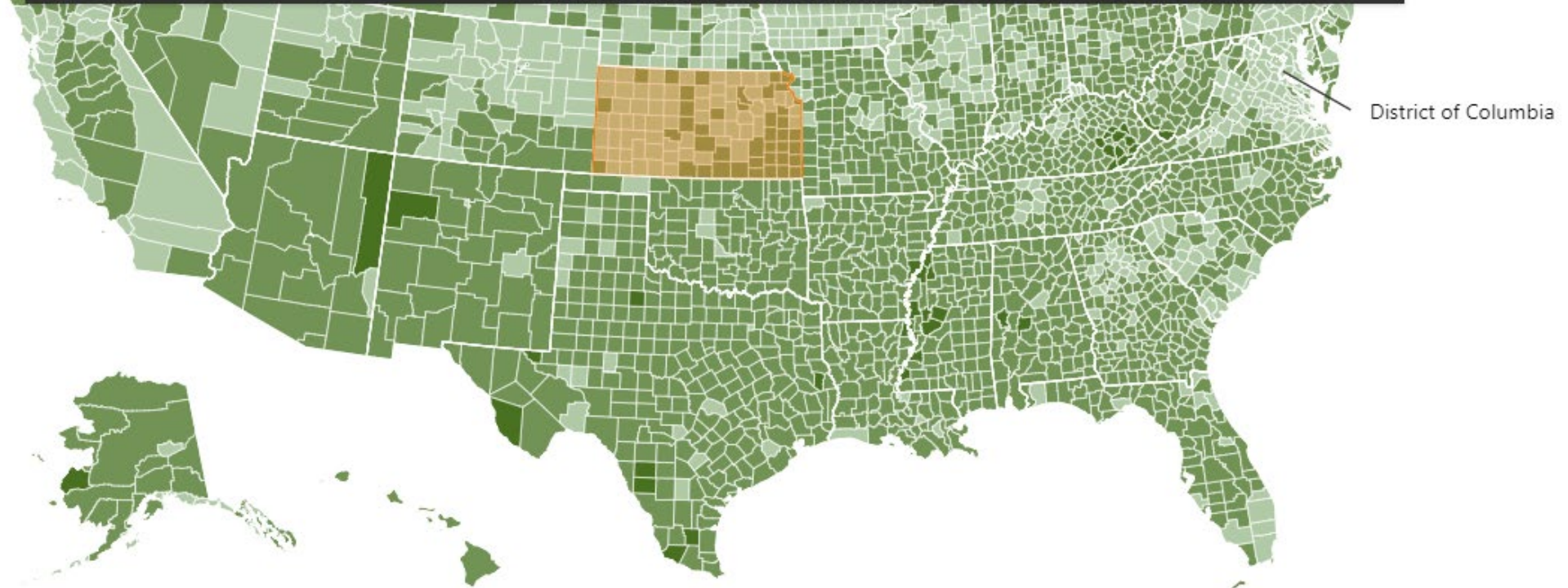


- 36%** Above Other Nutrition Program threshold of 185% poverty
- 19%** Between 130% - 185% poverty
- 46%** Below SNAP threshold of 130% poverty

AVERAGE MEAL COST
\$ 3.04

ADDITIONAL MONEY REQUIRED TO
MEET FOOD NEEDS
\$ 137,666,000

Click a State to view details





In the 2022 Fiscal Year, SNAP helped **195,800 Kansas** residents, or 7% of the state population **(1 in 15)**

Source: [Center on Budget and Policy Priorities](#)

Childhood Hunger in Kansas

**14.6% of
Kansas
Kids
are Food
Insecure**



Food Banks Helping Schoolchildren



Summer Feeding Program



- USDA Sponsored
- Sites including libraries, schools, churches, and community centers
- Meals served in congregate setting and non-congregate rural areas

[USDA – Summer Meals Site Finder](#)

Food Bank Shopping List

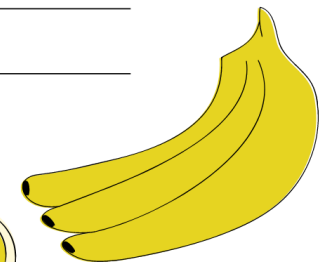
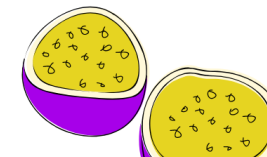
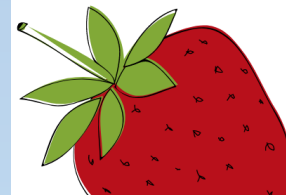
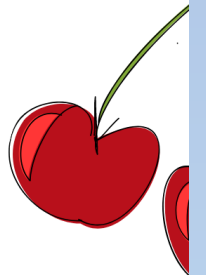
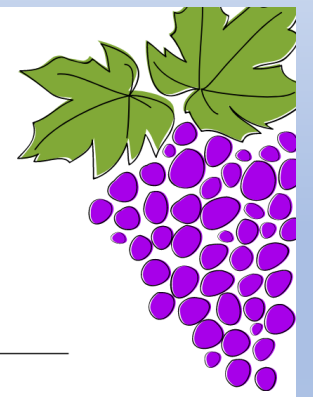
What NOT to Collect:

- Items in glass containers
- 50 pound bags of sugar, rice or flour
- Bottled water
- Perishable items that require refrigeration
- Home Baked goods
- Expired food



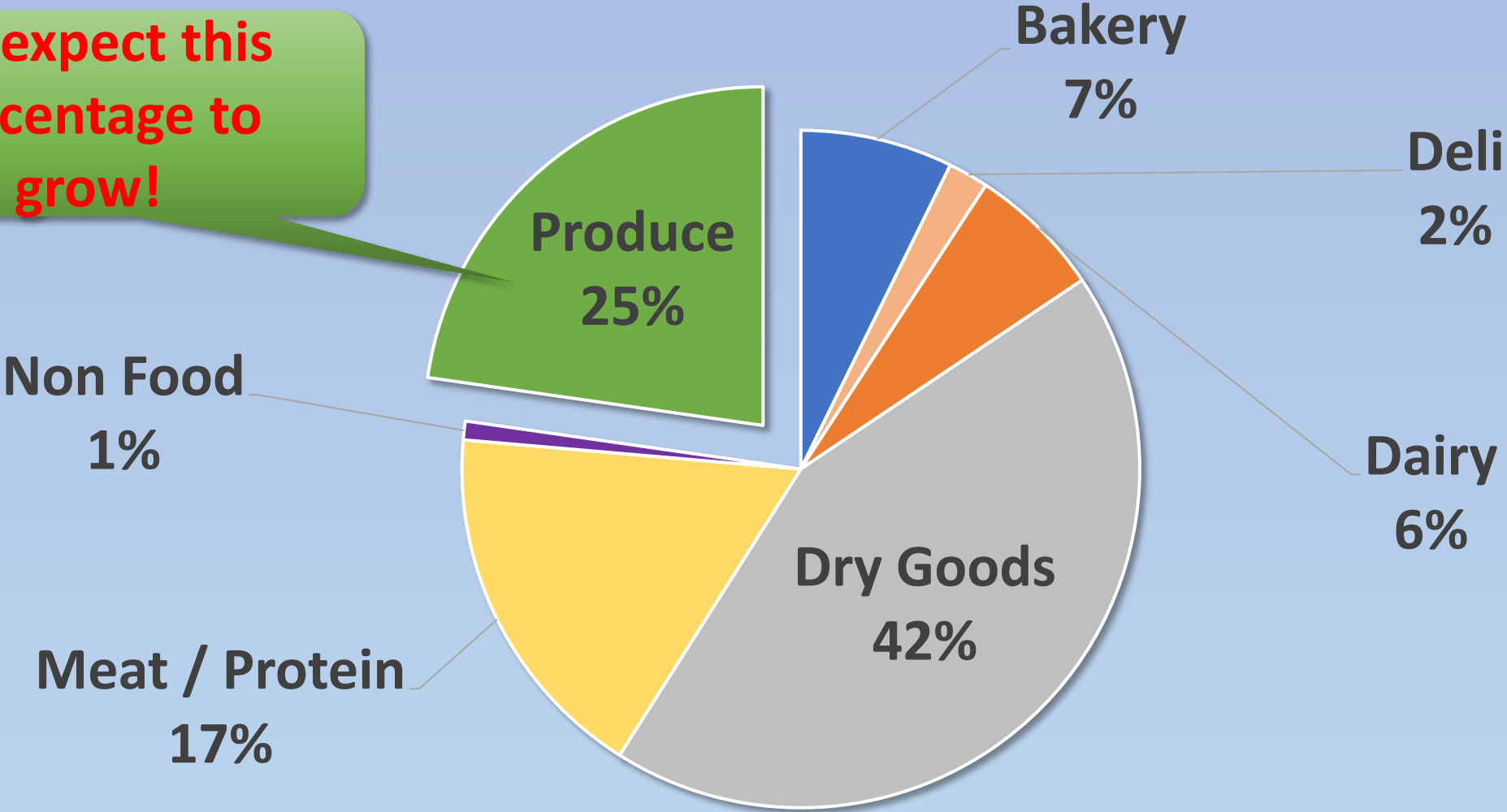
Shopping List

- Canned vegetables (low sodium) _____
- Canned fruits in 100% juice _____
- Dried fruit (no added sugar preferred) _____
- Canned chicken, tuna, salmon (packed in water) _____
- Brown rice _____
- Whole grain pasta _____
- Dried or canned beans (low sodium preferred) _____
- Peanut, almond, or sun butter _____
- Canned soup (chicken, tomato, or vegetable) _____
- Cereal - hot and cold (whole grain, low sugar) _____
- _____
- _____
- _____
- _____



What Type of Food was Distributed

We expect this percentage to grow!





The Importance of Fresh Foods





The Big Garden, A Healthy Congregations Program

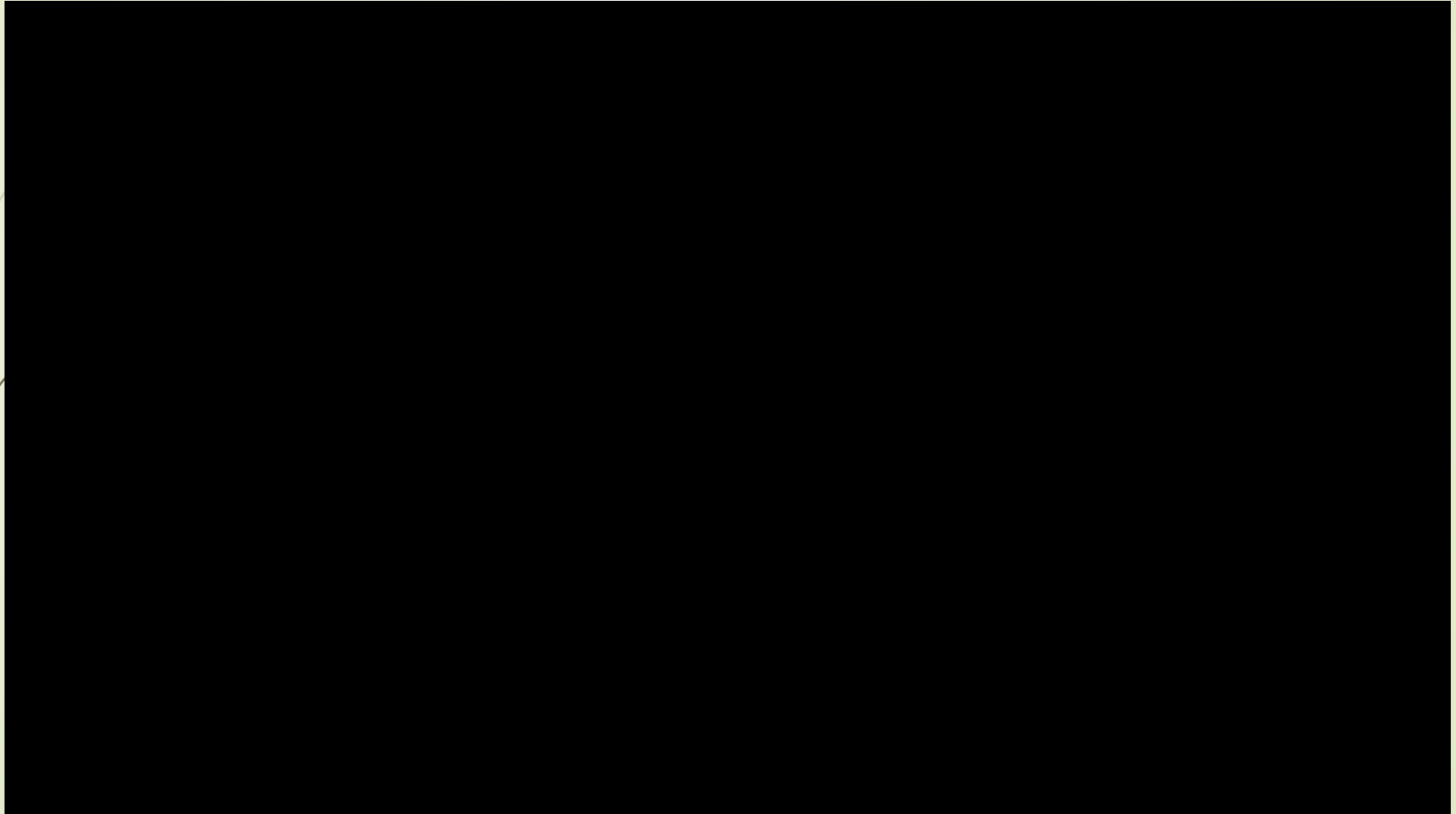
Molly Baurain

KS Program Manager





The Big Garden



How we address Food Insecurity....

- Educational workshops on growing food, cooking, food preservation, and more.
- Farm to School program
- Grow Your Own: 10-week school curriculum
- Garden to Table: afterschool classes at middle schools in Omaha Public Schools
- Giving Grove fruit orchards
- Community Garden builds
- Plant Sale
- Seed Swap
- New Roots Internship- 12-week paid summer internship for young adults





The Big Garden (TBG) History

- Founded in 2005 by United Methodist Ministries in Omaha, Nebraska.
- Established more than 200 community gardens in Nebraska, Kansas, and Southwest Iowa.
- In 2009, TBG began establishing gardens in eastern NE and northeastern KS. Became an affiliate of the Giving Grove program in 2018 and started planting orchards in Omaha.
- October 2019, KS Program Manager began for the purpose of expanding community gardens & orchards in Kansas & Nebraska through the UMHMF's Healthy Congregations Program.
- Partnership with Stilwell UMC in Stilwell, KS to provide office space, storage, and program support.

KS SCOPE OF WORK

- Community Garden Program
- Giving Grove (started fall 2020) in rural KS & NE
- As of Spring 2023, 20 fruit orchards planted
- 32 active UMC community gardens in KS & NE
- Each site is managed locally to meet local needs.



Kansas TBG Sites

Lawrence	Emporia
Bonner Springs	Wichita
Colby	Hutchinson
Salina	Ogden



Nebraska TBG Sites

Wahoo	Williamsburg
Hastings	Lincoln
Schuyler	Aurora
O'Neill	Omaha





Gardens/Orchards

- Located on UM church property or a partnership with a local community site.
- Portion of produce must be donated to the community. Most gardens donate 100% of their produce to those in need.
- Existing community gardens may apply if they haven't previously received the Healthy Congregations CG grant or GG special grant.
- One-time grant opportunity.
- Model: (1) Individuals/groups rent a raised bed for a fee or no fee. (2) Mixture of Raised beds and Donation garden. (3) 100% Donation garden.

COMMUNITY GARDEN GRANT



\$2,700 for garden infrastructure:

- Raised beds
- Fencing
- Garden Shed
- Water installation
- Irrigation & Tools

COMMUNITY GARDENS



COMMUNITY GARDENS



Does not cover on-going expenses: such as water, seeds, plants & mulch after the 1st year of construction. Can use HC annual grant \$\$ to pay.



How to Get a Garden!

- Church must be registered with the UMHMF's Healthy Congregations program.
- To Apply, visit <https://healthfund.org/tbgapp>
- Apply in late winter/early spring if you want to plant in spring or early summer. Application period is ongoing.
- Deadline is April 1st for summer planting.
- Grant awards- maximum \$2,700 to cover construction costs over 3 years.
- Existing gardens are eligible to apply to expand or improve existing infrastructure if they haven't previously received the grant.
- Garden will need to become self-sufficient after 3 years.
- TBG will provide ongoing assistance, horticulture expertise, and spring workshops for garden leaders.



Giving Grove Grant- Orchard Program

10 fruit trees for FREE through Giving Grove HC Special Opportunities!

- 200 fruit baskets per site average
- Value: \$5,000
- Apples- Semi dwarf
- Pears- European & Asian
- Peaches
- Cherries- Bush & Tree
- Raspberries & Blackberries
- Strawberries
- Paw Paw, Jujube, Persimmon
- Nuts: Chestnut, Pecan, Walnut



How to Get an Orchard!

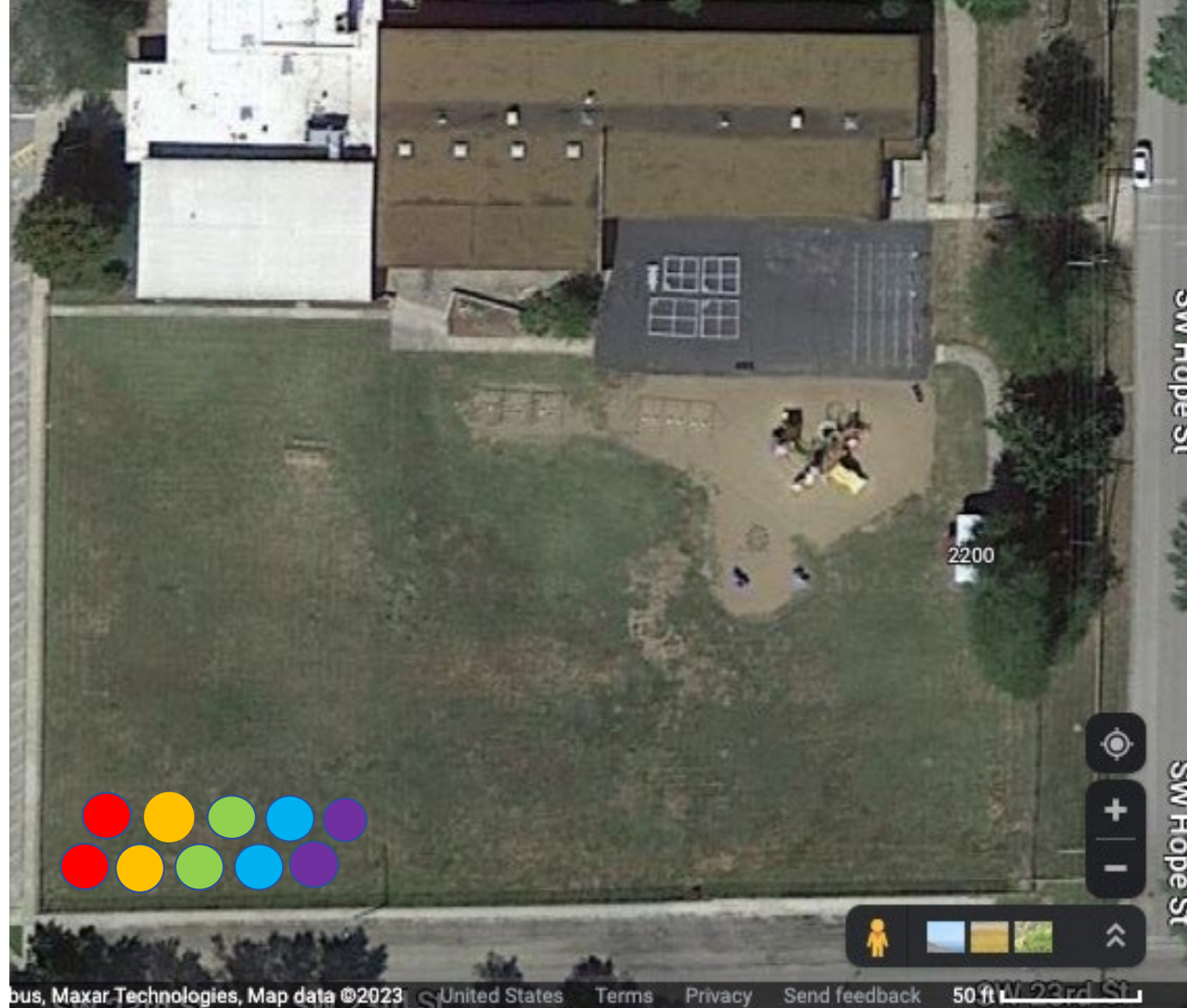
- Church must be registered in HC program.
- To Apply, visit <https://healthfund.org/ggapp>
- 2 planting opportunities a year: Spring (mid-March to early May) and Fall (early October to late November)
- Spring Applications are due March 1st
- Fall Applications are due September 1st
- 2 self-appointed Orchard Stewards. Tree stewards agree to ongoing training and maintenance of the orchard.
- Attend New Steward Training (offered twice a year) & other tree maintenance workshops.
- 10 Fruit Trees for FREE! All materials & tools needed for planting day will be provided.
- Portion of produce is donated to those in need.

School Orchards- Topeka



Topeka Collegiate School

- Apple, Enterprise- Ripens late September
- Apple, Sundance- Ripens early October
- Sweet Cherry, Black Gold- Ripens early June
- Sweet Cherry, Black Gold- Ripens early June
- Pear, Blake's Pride- Ripens mid-August
- Pear, Sunrise- Ripens early August
- Jujube, Li- Ripens late September
- Jujube, Lang- Ripens early to mid-September
- Paw Paw- Ripens mid-August
- Paw Paw- Ripens mid-August



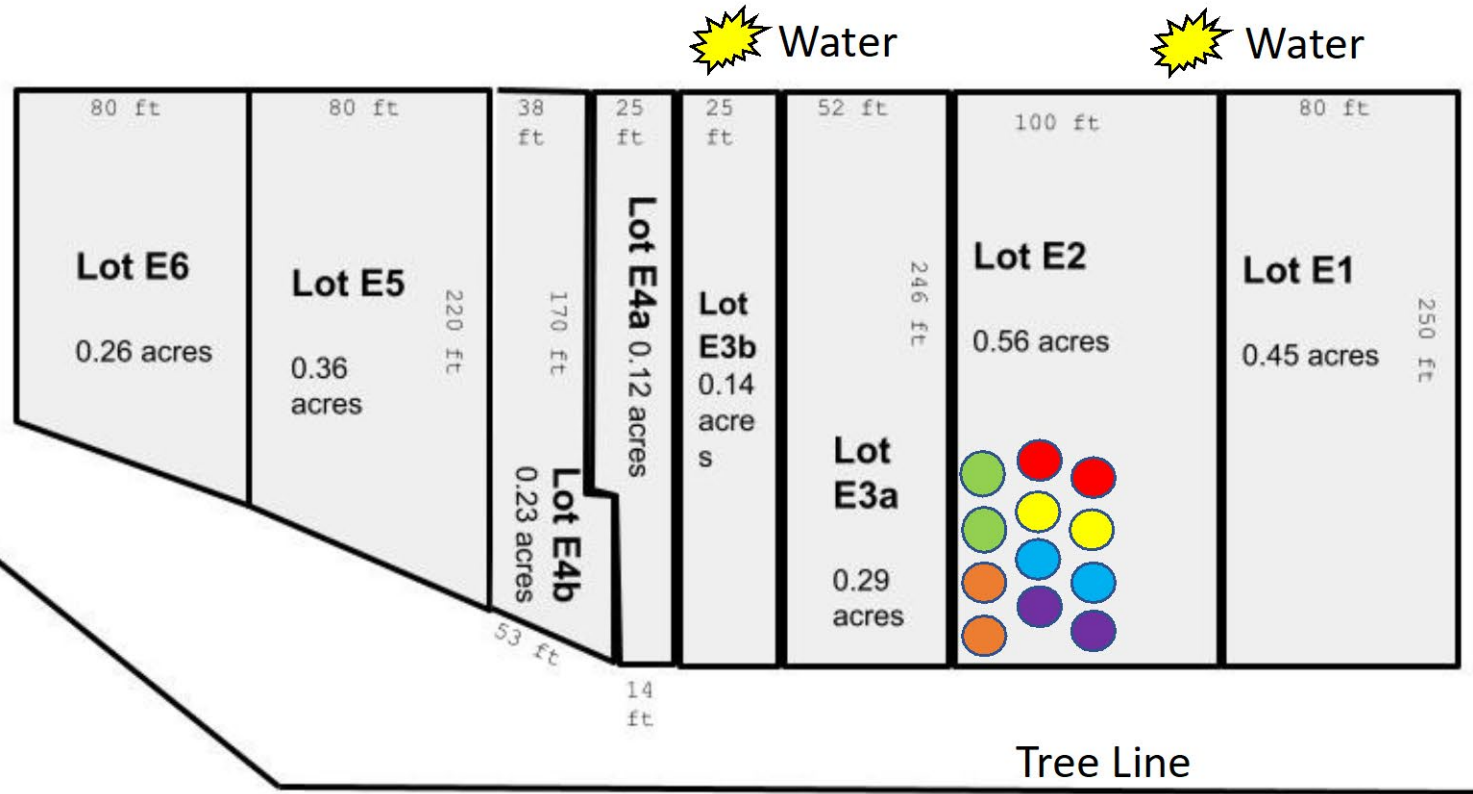
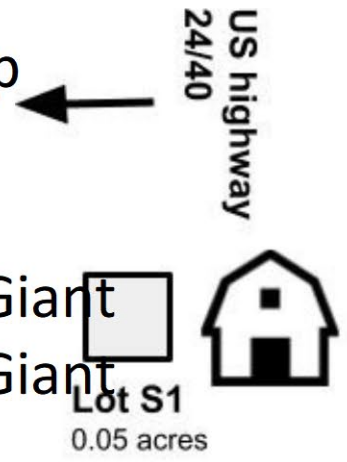
Community Incubator Farm- Lawrence, KS



Nanasoohannea

Farm

- Apple, Pristine
- Apple, Pristine
- Apple, Bonkers
- Apple, Crimson Crisp
- Apple, Triumph
- Apple, Triumph
- Asian Pear, Korean Giant
- Asian Pear, Korean Giant
- Asian Pear, Shinko
- Asian Pear, Shinko
- Asian Pear, Yoinashi
- Asian Pear, Yoinashi

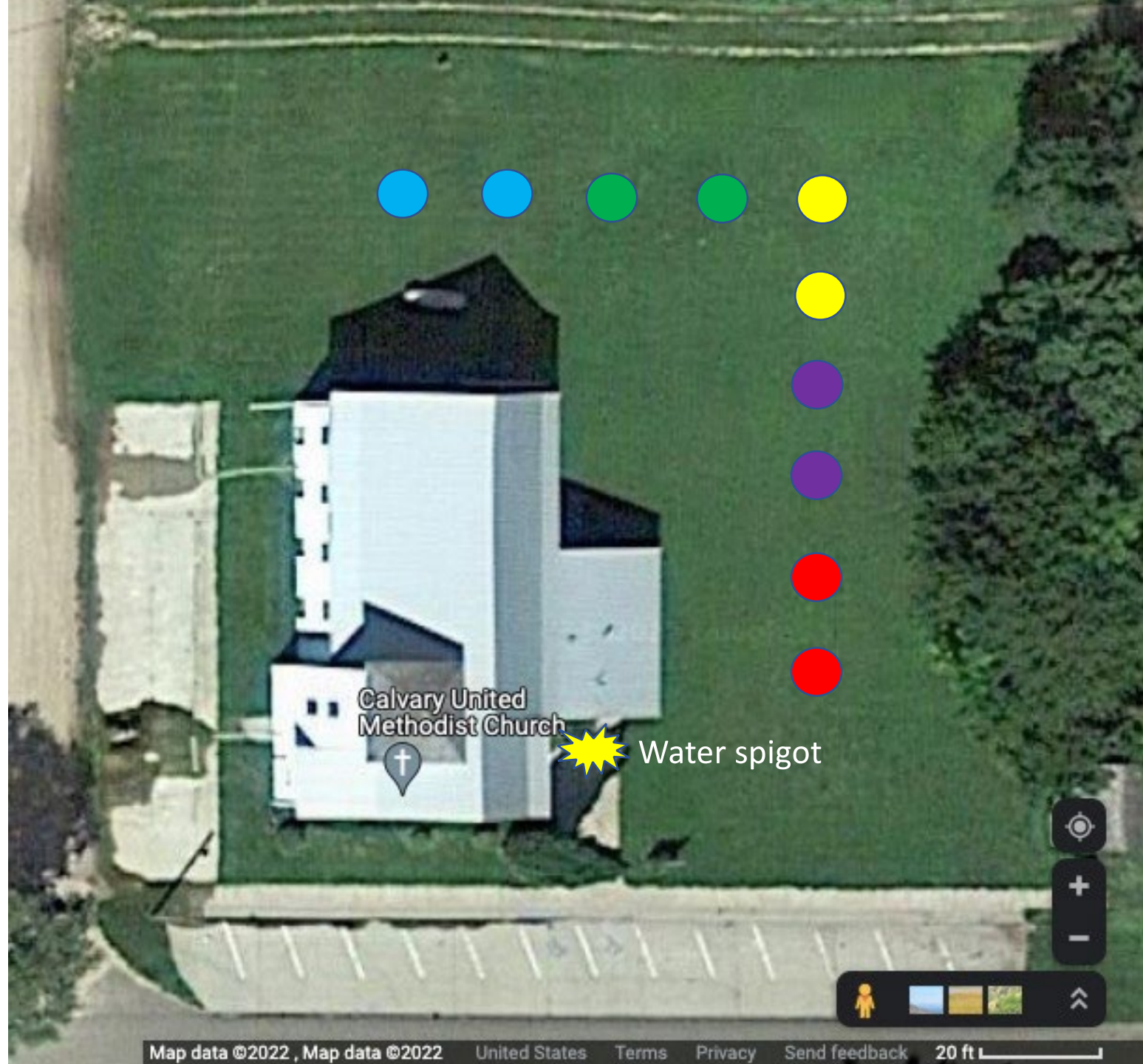


Methodist Churches- Taylor, NE



Calvary UMC Taylor, NE

- Apple, Sundance
- Apple, Sundance
- Apple, Liberty
- Apple, Liberty
- Apple, Enterprise
- Apple, Enterprise
- Asian Pear, Chojuro
- Asian Pear, Chojuro
- Asian Pear, Yoinashi
- Asian Pear, Yoinashi





Community Partners

Habitat For Humanity- Topeka, KS

Abundant Harvest Food Kitchen- Emporia, KS

Joy Meadows Foster Care Services- Linwood, KS

Gil Carter Initiative- Topeka, KS

Hutchinson Park & Rec- Hutchinson, KS

Columbus Park & Rec- Columbus, KS

Ogden Elementary & Ogden UMC- Ogden, KS

Topeka Collegiate School- Topeka, KS

Oakland Community Garden- Topeka, KS



Volunteer Groups

School 4-H, FFA, and Science clubs

University sororities and fraternities

Church youth groups

Local public servants (police, firefighters, mayor)

Master Gardener groups

Garden clubs

Local businesses

Rotary club

A close-up photograph of a person's hands planting a small green seedling into dark, rich soil. The person is wearing dark blue jeans. The garden bed is filled with soil and some dry straw mulch. Other similar seedlings are visible in the background and foreground.

Thank you!

► MOLLY BAURAIN
KS Program Manager
913-897-2418
mbaurain@biggarden.org

Stilwell UMC
19335 Metcalf Avenue
Stilwell, KS 66085