Kari is a married mom of three who works part-time as a respiratory therapist. She recently graduated with her degree from Kalamazoo Valley Community College, but laments that even with a degree and new job, working full-time isn’t feasible with the cost of childcare for three children (the average cost of childcare for one child is $10,000 per year). To make ends meet, she uses her budgeting savvy and relies on a flexible schedule so she can provide income while caring for her kids.

“I’ve utilized KLF’s services here and there when money is tight,” Kari says. “I don’t like to ask family and friends for help because, oftentimes, they’re in the same spot I am, or worse.”

When asked about her three kids, Kari’s face lights up. She admits she’ll often sacrifice her own needs to fund enrichment activities like band and sports. “It’s important to me and my husband to give the kids opportunities we didn’t have,” she shares. “We really try our best to ensure they have bright futures.”

Kari is grateful KLF serves the local population, that the food is diverse, and that pantry locations are spread out around the county. “I believe in working hard, and I never visit a pantry unless we really need it,” she states matter-of-factly, “but it’s a relief to have help when we’re stretched too thin.”

With a quick check of the time, Kari politely excuses herself. She’s got groceries to put away, kids to grab from school, dinner to cook, and tomorrow to get ready to tackle.
COMMUNITY SPOTLIGHT:
SOIL FRIENDS
FARM & MARKET

When you pull up at Soil Friends Farm and Market located at 1701 33rd Street in Galesburg, you’d never know the farm has only been incorporated since 2014. Ben Martin and his wife Sarah are the dynamic duo behind this chemical-free produce powerhouse and, on any given day, their farm is bustling with livestock, crops, bees, kids and a friendly yellow lab named Toby.

Soil Friends began donating surplus produce to Kalamazoo Loaves & Fishes in June of 2016. Since that time, they’ve donated over 12,000 pounds of food to KLF to provide those struggling with hunger greater access to fresh, local produce. In addition to their generous donations, Soil Friends connected KLF with a local farmer who is using any less-than-edible fresh food we receive to feed the farmer’s livestock. This partnership allows KLF to reduce food waste in local landfills.

“Donating food to KLF is satisfying and a way for Soil Friends to give back to our community,” said Ben Martin, Soil Friends owner. “We know how nutritious our food is, and that is what makes us excited to create access to nutrient dense foods for all in our community.”

Soil Friends goes out of their way to think of unique ways to include KLF in their day-to-day operations. From donating leftover Community Supported Agriculture (CSA) produce boxes to our organization to hosting events that encourage people to donate fresh food, they’re always thinking of ways to give back. We’re so appreciative for their help in providing nutrient-dense food to people in Kalamazoo, and we look forward to growing our partnership in the years to come.

A NOTE FROM JEN -
MEET CHRIS BURNS

Kalamazoo Loaves & Fishes is lucky to have a Board of Directors that cares deeply for those struggling with hunger in Kalamazoo County. For this newsletter, we sat down with Chris Burns, who joined our team as a pantry volunteer before taking a seat on the Board in 2016, to see why he devotes his time to fighting hunger in our community.

Q: What compelled you to become a KLF Board member?
A: I am a CPA and a finance professional. When I volunteer or donate money, I look for organizations that make a big impact and use donations efficiently. KLF is doing a great job on this front, and I wanted to play a bigger part of such a great organization.

Q: Did you have misconceptions about hunger before joining the Board?
A: I had a lot. I thought government programs mostly solved hunger. I thought school lunch programs adequately addressed childhood hunger. I also vastly misunderstood the need in our community (i.e. 40,000 people struggle with hunger each day). I was also surprised to learn that my own mother, a hardworking well-educated woman with a great support system, utilized KLF’s services in the past when she had fallen on tough times. My takeaway lesson was, if you give to KLF, the people you’re helping may be closer to you than you think.

Q: What excites you about KLF’s future?
A: I’m excited about our new pantry at the Douglass Community Association. KLF has been working hard to open a high-capacity pantry to better serve northern Kalamazoo.

Q: Any advice to someone on the fence about getting involved with KLF?
A: KLF makes volunteering easy, and you’ll meet great people. Give it a try and see if you like it. If you prefer to donate money, set up on a monthly giving schedule. My family gives monthly, and it takes the guesswork out of giving. It also feels great to help friends and neighbors who may be struggling to make ends meet.

Correction: Our June newsletter featured Maria Standal, Teacher and WFP Coordinator at Comstock Elementary School. Her first name was misprinted in the original piece.
Kalamazoo Loaves & Fishes’ work would not be possible without the hundreds of volunteers who lend a hand. At any given time, KLF has approximately 1000 active volunteers in our system and, of those selfless individuals, we depend on at least 400 each week to help run our programs. We have volunteer roles for every interest and ability. From warehouse greeters to front desk receptionists, we’re always on the lookout for individuals looking to plug in and make a difference in the fight to end hunger.

KALAMAZOO LOAVES & FISHES IS CURRENTLY MOST-IN-NEED OF:

- **Truck Drivers (no CDL license needed)**
  - **Monday & Tuesday Mornings**
  - Assist warehouse in food pickups and deliveries; must have valid driver’s license and a good driving record. Bending, stooping, and lifting required.

- **Warehouse Greeters**
  - **Monday Mornings & Wednesday Afternoons**
  - Warehouse greeters are stationed at the warehouse door and are responsible for greeting visitors and donors, and weighing and recording food donations among various other tasks. The warehouse greeter position requires one set four-hour shift each week.

- **Melzer Pantry Workers**
  - **Tuesday Mornings, Wednesday & Thursday Afternoons**
  - These weekly volunteers and volunteer groups are at our on-site pantry to assist our Grocery Pantry Program shoppers. Outgoing and friendly personalities are a plus.

- **Receptionist at Main Office**
  - **Tuesday Mornings & Friday Afternoons**
  - Receptionists welcome our guests when they arrive at our Portage Street facility and answer phone calls. An initial, weekly commitment of two months is preferred.

For more information on any of the above volunteer positions, please call Greta Faworski at 269.488.2617 ext. 208 or email her at Greta@kzoolf.org.

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**CURRENT VOLUNTEER OPENINGS**

Kalamazoo Loaves & Fishes depends on hundreds of volunteers each year to make our programs possible. We’d like to give a special thanks to our most recent Volunteer Spotlight Award Winners:

- Kay Haas
- Kate Zygadlo
- Jamie Jeremy
- Mark Oudersluys
- John Frasier
- Kay Alexander

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**MONTHLY GIVING COUPONS**

- **AUGUST**
  - **COUPON #166**
  - Give a gift to help local families fight hunger this school year.
  - Donation Amount
  - Please send your contribution by August 18th.
  - Food Wish List: Whole Grain Pasta

- **SEPTEMBER**
  - **COUPON #167**
  - Happy Autumn!
  - Celebrate harvest season with a donation to KLF.
  - Donation Amount
  - Please send your contribution by September 15th.
  - Food Wish List: Canned Meat

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**UPCOMING ORIENTATION DATES**

- **AUGUST 12 | 10 AM**
- **AUGUST 23 | NOON**
- **SEPTEMBER 9 | 10 AM**
- **SEPTEMBER 20 | NOON**

To RSVP for one of the above dates, please contact KLF at 269.488.2617 ext. 208 or Greta@kzoolf.org
WHAT’S KEEPING THE COALITION BUSY?

The Kalamazoo County Hunger-Free Community Coalition is on a mission to improve food insecurity and nutrition among county residents, and the last six months have been particularly busy. The Coalition, which develops partnerships focused on specific anti-hunger projects, utilizes the help of two dozen individuals who attend quarterly meetings to lend their drive, expertise, and creative thinking to fight hunger here at home.

Over the last six months, the Coalition has overseen work groups tackling projects from identifying and strengthening healthy food resources for community after-school programs and senior citizens to advocating for programs like Double Up Food Bucks in local grocery stores. One particular focus is to increase awareness of, and participation in, the Summer Food Service Program (SFSP). Over the last three years, participation in the program has increased 21% at non-school-based sites. Some schools also participate in the program, but participation is often linked to existing summer school programs.

In the months ahead, the Coalition will turn some attention to an under-utilized federal food assistance program in Kalamazoo County that provides after-school meals to children 0-18 years of age. Because the program isn’t well known, and because it requires following USDA requirements about nutritional standards and paperwork, many organizations and churches that provide children with critical after-school programs don’t know that reimbursement is available. The Coalition will work to increase program knowledge, develop vendor partners, and make program paperwork easier to access and manage. The outcome could make a huge difference in our community for after-school programs that have limited dollars for feeding kids.

For more information about the Coalition, please contact Phyllis Hepp at 269.488.2617 ext. 210 or Phyllis@kzoolf.org.

BRING A FRIEND

Stop by for a tour and see how KLF fights hunger with your help!

We know there are many individuals who donate time and money to KLF who have never seen our operation up close, and we want to change that! We’d love to show you and your friends/family how the food and funds you donate gets to the plates of those in need in our community. **Pop by for a tour on 8/22 or 9/19 at 4 pm, or schedule a date/time that works for you.** We encourage you to contact Greta Faworski at 269.488.2617 ext. 209 or email her at Greta@kzoolf.org.

SIGN UP NOW!

**AUGUST 26TH**

**CHARITY GOLF SCRAMBLE**

AT THE MOORS GOLF CLUB

Golf, Cart, Food and Events Included

Buffet Dinner/Reception at 7:00 PM

Hosted by St. Martin of Tours Episcopal Church

To register, visit: stmartinepiscopal.org

THANK YOU

This year’s Dollar Drive-Thru generated enough funds to provide thousands of extra meals to those in need. We thank **YOU** for your support!

SPECIAL THANKS TO

EVENT SPONSORS:

THE ONSTAFF GROUP

107.7 WRKR
IN MEMORY OF

Robert P. Armhein
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Alvin Amundsen
Penninah & Mark Miller
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Barbara Albanese
Carlos & School of Social Work
Linda & Paul Wiener's Anniversary
Evelyn Garner
Roy Zeing
Stuart & Tamara Ostrowsky
William J. Stein
Nan Goldenthal
Marian & Ken Fisher
Mabel & Jehanen Stenesh

IN HONOR OF

Lee Accorso
Sam & Barb Accorso
All the Hungry Children
Joan & John Anglin
Ameya Bakula
Hima Vaninessimar
Susan Becthor & Robin Hoing's Wedding
Joe & Nancy Calme
Lowell Zimmerman & Eric Phillips
Ms. Sandra J. Kristen
Lowell Zimmerman & Eric Phillips
Joyce VanBurgman's Birthday
Sharon Dickey
Richard & Mary Cole
Chuck & Tucky Elliott
Wanda G. Clawson's Birthday
James & Mary Jasiak
Art Cooch
Evan & Sharon Keokales
Robert Cole
Marty & Barbara Culver's Anniversary
Thomas & Gloria Kaczmarek
Bruce Cummyn's Birthday
J. Dale & Cheryl Westbrook
David & Annette Duchamp
J. Dale & Cheryl Westbrook
Mothers
Bill & Helen Neff
Anna Mae Miller's Birthday
Louis & Theresa Klein
Kalamazoo Civil War Round Table
Kalamazoo Central Class of 1954
The Ladies of the 80s
Kalamazoo Civil War Round Table
James & Roxanne Frey
Claudia Klein
Louis & Theresa Klein
Anna Mae Miller's Birthday
Bill & Helen Neff
Mother's
James & Megan Roth
Rev. Calandra Nevenzel
John & Carolina Conner
Our Children
Bob & Lorette Bagley
Carrie Phillips' Birthday
Sharon & Alan Heavey
Support Staff at Portage United Church of Christ
John & Pamela Cameron
Ramadan
Samar Salman
Elise Robinson
Mary Jane & Gordon Rantz
Diane Rogers
Julie Rogers & Edward Orloff
Margaret Sheerwood
Kathleen Sherwood & Karen Cartath
St. Luke's Episcopal Church
Joan Hartman
The Sherwood Family
Kathleen Fieeen
June Swanson's Birthday
Tom & Jan Tiderington
Aafiya Thaai
Scott & Janet Nykaza
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Sharon R. Curtis
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Susan Rote Kay
Gwen R. Tulk's Birthday
Millie Lambert
Volunteers at 901 Portage St.
Thomas Ellison
Stuart E. Wener's Birthday
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Ineke F. Way's Retirement
Beverly Schmitt
Judith H. Halseth
Patrick Pond & Clarence Black-Pond
Paul Basing & Claudia Wins-Basing
Stephen T. Pifer & Janice L. Bedrostan
WMU & School of Social Work
Linda & Paul Wiener's Anniversary
Evelyn Garner
Roy Zeing
Stuart & Tamara Ostrowsky
William J. Stein
Nan Goldenthal
Marion & Ken Fisher
Mabel & Jehanen Stenesh

For corrections or mailing database updates, please contact Greta Faworski at 269.488.2617 ext. 208 or Greta@kzoof.org.
Our Mission
Kalamazoo Loaves & Fishes will feed hungry people and engage our community in the fight to end hunger.

Our Values
Respect
Diversity & Inclusion
Stewardship & Accountability
Integrity
Collaboration
Urgency
Service

Connect with Us
facebook.com/KalamazooLoavesAndFishes
twitter.com/KzoLoavesFishes

Staff / Business Office
269.488.2617
Joan Atwell, Call Center Coordinator
TBD, Volunteer Coordinator
Paul Bushek, Warehouse Assistant
Art Cole, Services Director
Carol Cormack, Office Coordinator
Bob Dekker, Warehouse Assistant
Gretta Faworski, Resource Development Director
Linda Fox, Call Center Coordinator
Lizbeth Fuentes Rosas, Bilingual Call Center Assistant
Joe Galaviz, Warehouse Co-Coordinator

EXT.
201 TBD, Development Assistant
209 Meg Gernaat, Marketing Coordinator
211 Dave Hafer, Warehouse Co-Coordinator
207 Kim Hinds-Leposy, Metzer Pantry Coordinator
222 Phyllis Hepp, Organizational Development Director
211 Jennifer Johnson, Executive Director
208 Deb Josephson, Services Coordinator
201 Marvin King, Food Procurement Specialist
307 Ray Kuerth, Warehouse Assistant
211 Jackie Smith, Douglass Pantry Coordinator

Our Highest Need Is Now

70% of students in Kalamazoo Public Schools qualify for free/reduced lunch. These students lose access to school feeding programs during summer months.

Donate to this year’s Food Is Fuel Campaign & Fuel Kids for Success this summer and into the new school year.

Donate online at KZOOLF.ORG

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