

# KALAMAZOO LOAVES & FISHES

# FOOD



# for THOUGHT

Promoting a Hunger-Free Community Since 1982

## JANE'S STORY

Jane wasn't expecting things to be this way, but she's the first to attest that it's futile to make assumptions about how things will be when life can change at a moment's notice.

The hard-working mother with two kids at home was employed as a CNA and peer support specialist at local agencies when she received a cancer diagnosis. Already battling a spine disease that makes even walking a challenge at times, Jane was forced to leave work to focus on her health.

"I went from being able to support myself and my family to sitting at home worrying about where our next meal would come from," Jane recalls. She's happy to share that she's now cancer-free, but the treatment caused her spinal injuries to worsen, and she's relying on an upcoming back surgery to be the fix she needs to get back to work.

"It has been a surreal experience," Jane admits. "I used to be the one referring patients to Kalamazoo Loaves & Fishes for help with groceries, and now I'm the one who needs help. I never expected to be in this situation."



Jane candidly admits that, at first, seeking help made her feel embarrassed. She would fight the urge to hide herself when waiting outside a pantry, wondering what people thought

of her as they drove by. Some days she has to remind herself to put her pride aside and remember that she's doing what she needs to do to take care of her children. There's no embarrassment in that.

Her children have played an important role in her road to recovery. Jane cites the love and encouragement from her daughter and son as key to keeping a positive outlook despite the hardships they've faced.

"You can never give up hope," Jane advises. "Even if things seem they're at their worst, there's always hope." ■

*Client name changed for anonymity*

OCTOBER/NOVEMBER 2017

## TOP 10 FOOD DRIVES

MAY - AUGUST 2017

- 1 **Lord of Life Lutheran Church**  
1008 Pounds
- 2 **Kalamazoo Christian Middle School**  
558 Pounds
- 3 **Fresenius Kidney Care**  
406 Pounds
- 4 **Zion Lutheran Church**  
362 Pounds
- 5 **Third Christian Reformed Church**  
307 Pounds
- 6 **Portage United Church of Christ**  
295 Pounds
- 7 **Prince of Peace Lutheran Church**  
237 Pounds
- 8 **St. Luke's Episcopal Church**  
226 Pounds
- 9 **North Park Reformed Church**  
211 Pounds
- 10 **Milwood United Methodist Church**  
189 Pounds

Thank you to everyone who donated food, fresh and non-perishable, over the past few months!



**ARE YOU A PFIZER  
EMPLOYEE OR  
RETIREE? DO YOU  
VOLUNTEER AT KLF?**

**YOU CAN REQUEST A VOLUNTEER  
GRANT FROM US BECAUSE OF  
YOUR SERVICE!**

**DOUBLE YOUR IMPACT.**

SEE INFO AT: [WWW.PFIZERPLUS.COM](http://WWW.PFIZERPLUS.COM)

DEADLINE | NOV. 30<sup>TH</sup>

## - A NOTE FROM JEN - MEET MARCIA ROYER

There's no doubt that volunteers are the heart of Kalamazoo Loaves & Fishes. The organization got its start 35 years ago thanks to a group of caring community members who were trying to fill the food gap for neighbors struggling to make ends meet. Today that commitment is still at the organization's core. For this newsletter, we sat down with Marcia Royer, KLF volunteer and pantry co-coordinator. - Jennifer Johnson, KLF Executive Director

### **Q: How did you get your start at KLF?**

**A:** I started volunteering one day each week for KLF a few years ago unloading a delivery truck, stocking pantry shelves, and helping clients shop. This past spring, I began sharing responsibilities as co-coordinator at the pantry.

### **Q: What's a common misconception of hunger?**

**A:** I'm not sure what misconceptions people may have regarding hunger, but often people are simply unaware of the reality of the number of people who are food insecure in Kalamazoo County. I believe it becomes our responsibility to educate ourselves so that we can educate others.

### **Q: Do you feel the tone of the pantry changes during the holiday season?**

**A:** Holidays can hold different memories and meanings for each person. They can be heartbreaking or joyous. It can be a difficult time for many people. It is special any time a person can be in a compassionate relationship with another person, and I believe it is important to meet a person where they are; not to hold expectations of them, but to be there for them.

### **Q: Can you share any wisdom about how people can get involved in the fight to end hunger?**

**A:** There are many ways to lend a hand. For only a few hours each week, you can be a volunteer. If you can't spare time to volunteer, you could organize a food or

fund drive. After all, KLF turns every dollar donated into enough food for three full meals for people in our community. ■



## COMMUNITY SPOTLIGHT: KALAMAZOO FOLKLIFE BENEFIT CONCERT



K'zoo Folklife has been hosting their fall benefit concert for 20 years. Once again, they've generously selected Kalamazoo Loaves & Fishes to be the beneficiary of their 2017 event. This year's lineup promises to be their best yet. When you attend one of these banjo-and-fiddle-laden shows, you do so with the understanding that toe-tapping is an attendance requirement. It's true you'll find a fair amount of head bobbing and singing of familiar tunes, but there's also a less conspicuous layer of something else that's very close to the Folklife organization's heart - giving.

"The mission of the K'zoo Folklife Organization is to promote and preserve traditional, American folk music and culture," said John Speeter, President of K'zoo Folklife. "We feel that if we can combine this goal with events that benefit other non-profit organizations then our efforts become exponentially more productive and rewarding."

Each year K'zoo Folklife welcomes a mix of country, folk, bluegrass, classical and Celtic musicians, who donate their time and talent, to the stage at Trinity Lutheran Church located at 504 South Westnedge Ave in Kalamazoo. Concert attendees are simply asked to bring food or monetary donations - whatever they can afford to give - as their admission to the show.

"The holiday season is a traditional time of giving and sharing," says Speeter, "and this show illustrates how music and a spirit of joy can be passed forward to individuals that are less fortunate than ourselves."

For more information on the November 18th concert, visit [kzoolf.org](http://kzoolf.org). ■

# VOLUNTEER...

## FIGHT HUNGER THIS HOLIDAY SEASON UPCOMING ORIENTATION DATES

**[ OCTOBER 14 | 10-11 AM    NOVEMBER 11 | 10-11 AM ]**  
**[ OCTOBER 25 | 12-1 PM    NOVEMBER 29 | 12-1 PM ]**

For more info, call 269.488.2617 or email [Andrea@kzoolf.org](mailto:Andrea@kzoolf.org)

## ...TAKE A TOUR

POP BY TO SEE HOW WE FEED THE  
COMMUNITY, NO RSVP NECESSARY

**[ OCTOBER 11 | 10-11 AM    NOVEMBER 2 | 10-11 AM ]**  
**[ OCTOBER 24 | 4-5 PM    NOVEMBER 28 | 4-5 PM ]**

For more info, call 269.488.2617 or email [Greta@kzoolf.org](mailto:Greta@kzoolf.org)

### MONTHLY GIVING COUPONS

#### GIVING COUPON:

##### **OCTOBER**

COUPON #168

Start the holiday season  
with the gift of giving. Your  
support is so appreciated.

Donation Amount

\$ \_\_\_\_\_

Please send your contribution by  
October 20th.

Food Wish List: Soups & Stews

#### GIVING COUPON:

##### **NOVEMBER**

COUPON #169

Don't forget those who are  
struggling to make ends  
meet this season.

Donation Amount

\$ \_\_\_\_\_

Please send your contribution  
by November 17th.

Food Wish List: Canned Veggies

## GIVING BRINGS PEOPLE TOGETHER

There's no denying that the hustle and bustle of daily life can sometimes make it difficult to connect with friends and loved ones. While the dinner table used to serve as the proverbial homing device of the American family, today's busy schedules can make even coming together for a meal challenging at times.

At KLF, we have the unique opportunity to witness how giving one's time brings people together for a common cause. On a weekly basis, our warehouse and pantries are filled with spouses, siblings, extended family, friends, and co-workers coming together for an hour or two to help the community. Not only are these volunteers helping to fight local hunger, they've also found a common location to gather and reconnect on a regular basis.

Consider gathering family and friends for a monthly, bi-monthly, or even weekly volunteer shift at KLF. Contact KLF's new Volunteer Coordinator, Andrea Meinema, at 269.488.2617 ext. 209 or email [Andrea@kzoolf.org](mailto:Andrea@kzoolf.org) for more information on getting your group signed up to volunteer. ■



Welcome, Andrea!

## FAITH IN EACH OTHER

Kalamazoo Loaves & Fishes got its start in several downtown Kalamazoo congregations in the early 1980's. A group of individuals recognized that their neighbors were struggling to put food on the table so they took up the charge to fill the food gap. What they didn't know at the time is that their initiative to lend a hand would have a profound impact on our community. Today, those efforts have grown into an independent non-profit organization without formal ties to any one denomination or faith, but one that welcomes all faiths equally. With help from people of all beliefs and backgrounds, we provide an average of 700 people with groceries each day.

Giving members from all backgrounds pitch in to make KLF's services possible. Some individuals choose to give money to help fund vital food programs; others donate time helping in our warehouse or pantries to ensure shelves are stocked when clients are in need. Though 35 years have passed, the same value of helping one's neighbor remains the heart of KLF's mission.

To learn more about how you can get involved with KLF, or to have a KLF representative share information with your congregation or group, contact Greta Faworski at [Greta@kzoolf.org](mailto:Greta@kzoolf.org) or 269.488.2617 ext. 208. ■





# THE BUDGET CUT BLUES

There are nearly 40,000 people in Kalamazoo County who struggle to provide enough food for themselves and their families each day. Of those, over 13,000 rely on federal programs to help fill the food gap when household budgets are stretched too thin. In 2015 alone, 45 million Americans utilized SNAP (Supplemental Food Assistance Program). The program lifted 4.6 million Americans above the poverty line, including two million children and 366,000 seniors. Programs like SNAP are vital to making ends meet for so many in our country, and the effects of sudden drastic cuts to federal programs like these would be felt by far more than those who rely on them to fill bare cupboards.

According to the USDA's Economic Research Service, every \$1 billion of retail generated by SNAP creates \$340 million in farm production and thousands of jobs. Agriculture is Michigan's second largest industry and over 1000 Michigan farmers livelihood is attached to federal food programs. A 25 percent cut to SNAP (as previously proposed by the Trump Administration) would greatly affect local grocers who rely on SNAP as a percentage of overall annual sales as well as add further strain to already burdened food banks and meal service programs.

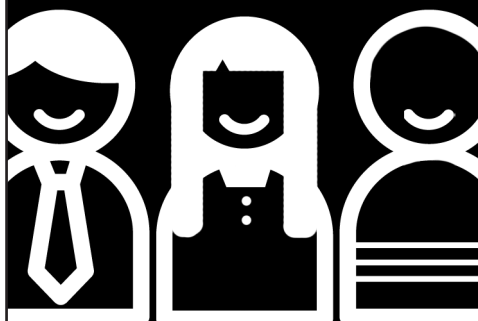
People utilizing federal food programs, especially seniors, see a lower risk of diet-related illness and disease due to better access to nutritious food. These individuals could see an uptick in medical costs from funding cuts because access to food programs save taxpayers millions on healthcare costs each year. Consider programs like Meals on Wheels, which served over 219 million meals to 2.4 million homebound seniors in 2016. Many enrolled in the program would be unable to stay in their homes if it weren't for the service because of the high price of medical care.

It's important to remember that just because someone may not need a helping hand today, doesn't mean they won't need one in the future. Programs that help Americans meet their basic needs are vital to a thriving economy, strong workforce, and a healthy lifestyle. When basic needs go unmet, we diminish the chance for a brighter future. ■



## GET INVOLVED!

Looking for a way to get involved in the local fight to end hunger? Consider joining a KLF Committee or our Board of Directors. You'll help provide guidance to our organization, play a key role in the development of future programs and services, and stay better connected to the community you work and live in. For more info, contact Greta Faworski, by phone at 269.488.2617 ext. 208, or via email at [Greta@kzoolf.org](mailto:Greta@kzoolf.org).



## HOLIDAY TRIBUTE GIFTS

GIVE A GIFT THAT WILL HELP OTHERS THIS YEAR

- Your gift stays local.
- For every dollar gifted, you'll provide three meals for someone in need.
- KLF can provide to you or mail special gift recognition cards for your gift recipients.

Contact Greta Faworski at [Greta@kzoolf.org](mailto:Greta@kzoolf.org) or 269.488.2617 ext. 208 for further info on donating to KLF.

# TRIBUTES 7/13/17 - 9/11/17 Special thanks to those who honor friends and family through contributions to KLF!

## IN HONOR OF

**Lee Accorso**  
Sam & Barb Accorso

**Stuart Crowell & Caitlin Eberly**  
Nancy & Ron Crowell

**Harold Fitzgerald**  
William Fitzgerald

**Jane Hamilton's Birthday**  
Carol Payne Smith

**Ruthann Humphrey**  
Stephen Humphrey

**Jennifer Johnson**  
Jon Riccio

**Kalamazoo Central Class of 1954**  
The Ladies of the 80s

**Jean M. Lealofi**  
Sam Lealofi & Paul Lamphear

**Our Children**  
Robert & Loree Bagley

**Barbara Redmond**  
Mary Anderson

**Marie Shane's Birthday**  
Sidonie L. Shane

**St. Luke's Episcopal Church**  
Joan Hartman

**Virginia Weller's Birthday**  
Earl & Nancy Hyde

**Linda & Paul Wienir's Anniversary**  
Nan Goldenthal  
Thomas & Lauretta Holmes

## IN MEMORY OF

**Alex Beauchamp**  
Dana & Becky Beauchamp

**Benjamin Betterley**  
Ms. Elizabeth G. Roelofs

**Donalee Betz**  
Megan Mazur

**Charles Bowman**  
Dana & Becky Beauchamp

**Bertha Bos**  
Marguerite Clay

**Ethel M. Bronson**  
Ann & Ronald Berg

**Richard Burlington**  
Carol Grant

**Joseph Chadderdon**  
Beverly Schmitt

**Jerry Churchill**  
Fay Smith

**Rena Carlsen**  
Theodore Blair

**Patricia Coleman**  
Ms. Elizabeth G. Roelofs

**Gloria Copeland**  
Gregory & Janet Shawaryn  
Fay Smith

**Bonnie Clark**  
Martha Vandelinde

**Tom Crooks**  
Martha Vandelinde

**Eva D. DeHollander**  
Nancy & Tom Musk  
James & Maria Tate  
Christina Berg  
Carolyn & Pat Byrne  
Cyril & Rose Curran  
Patricia & Anthony Gless  
Joan Greenway  
Lisa Hawkins  
Sandy Hicks  
Patrick Kinney  
Bruce & Pat Mason  
Michael & Sue Ellen Nelson  
Terry Olsen

*Eva D. DeHollander Cont.*  
Bonnie Palumbo  
Judith Storteboom  
Audrey Taylor  
Susan & Daniel Tinkler

**Thomas Dzialowski**  
Deborah & Arnie Johnston

**Tucky Elliott**  
Michele C. McLaughlin  
Kathryn VanDis

**Peter R. Ellis**  
Lois E. Ellis

**Connie Ferguson**  
Susan & Stephen Barnes  
Mason & Victoria Coleman  
Christine & Charles Swanson

**Martha E. Frame**  
Dennis & Deborah Jewett  
Donald & Dianne Kelley  
Marilyn J. Smith  
Terry & Laura Vandermeer  
Ernest & Donald Waterhouse

**Rexalee Goecker**  
Carol Vandenberg

**Elizabeth Gloor**  
Carol Vandenberg

**Joseph C. Grosser**  
Henry & Pamela Augustyn  
Marilyn & Larry Bontrager  
Linda K. Bosker  
Nijole & Rom Botyrius  
Michelle & Kenneth Diem  
Gordon & Cindy Evey  
Marilyn Gorham  
Patricia Moore  
Carol & Charlie Ply  
David & Linda Stafford  
Janet & Lawrence Thomas  
Ronald & Edna Thompson  
Kathy VanSickler  
Jack & Marjorie Wendt

**Jo Hastings**  
Karen Macklom

**Marvin Henry**  
Andrea & Donald White

**Marie E. Iagnocco**  
Frank Iagnocco

**Kitty Kate**  
Amy Wagenfeld

**Louis M. Klein**  
Delphine Beier  
James Crowell & Susan Sandy-Crowell  
Drobny Farms  
Maurice Duncan  
Bradley & Julie Fiebiger  
The Gates Family  
Carroll Haas  
Kathy Hageman  
Jacqueline Hinrichs  
Kenneth & Laurie Kirch  
Vincent Klein  
Vincent & Frances Kuntz  
Marilyn Lamborn  
Barbara & Mark Pearson  
Sharon & Jack Robinson  
Dorothy Smith  
Laura Sullivan & Morgan Sullivan  
Carrol & Michael Tiller  
Mary & Andrew Tilma  
Michael & Margaret Watson  
Gene & Sandy Willis  
Virginia Zywickie

**Marguerite Kolb**  
Grant Kolb

**Gladys Kozar**  
William & Ellen Kozar

**Mary Klitz**  
Susan Bosma

**Sharon S. Kramer**  
Margaret Possert

**Lance Lambert**  
Martha Vandelinde

**Joyce Leep**  
Susan & Robert Raskin

**Leatha Linders**  
Thomas English

**Frances E. Lohr**  
Michael J. Clark

**Grant Luther**  
Pamela & Barry Bacon  
Sherry Bond  
Cheryl & Michael Conner  
Douglas Emery  
Richard & Yolanda Emery  
Greta & Sheldon Faworski  
Marilyn Gillette  
JoAnn Hageman  
Reba Howd  
Katherine Huycke  
Lynn & Thomas Jones  
Carolyn & William Knisely  
Cynthia Moore  
Carol & Charlie Ply  
Lynne Raseman  
Barbara Sipe

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Robert & Joni Van Den Bos

**Linda R. Lutz**  
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**Colleen Magnan**  
Mr. James A. Magnan

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Julia Miller

**Lowell Mason**  
Fay Smith

**Daniel McSwiney**  
Karen Ann Klott

**Katie Metheny**  
Bob & Marguerite Higgins

**Lillis McWethy**  
Carol E. Bailey

**Kathy Mizeur**  
Vincent H. Mizeur

**My Mom and Dad**  
Catherine Peck

**Jaimie Oorbeck**  
Martha Vandelinde

**Frank Ossiff, Jr.**  
Diane Ossiff & Gerald Hansen

**Joan Peck**  
Rex & Doris McCombs

**Frances Phelps**  
Mr. Gerald N. Phelps

**Gerald L. Pochyla**  
Inez Pochyla

**Jim Reish**  
Frances Reish

**Jessica Renauld**  
Robert & Norberta Renauld

**Oswald Renauld**  
Robert & Norberta Renauld

**Antonia H. Rostami**  
Mr. Jeffrey Rostami

**Darrell M. Rostami**  
Mr. Jeffrey Rostami

**Marilyn J. Scheel**  
Mr. John F. Scheel

**Martin Schmitt**  
Robert & Norberta Renauld

**Peter Schmitt**  
Beverly Schmitt

**Foster L. Sherwood, Jr.**  
Marjorie Sherwood

**Helen Simon**  
Tom Simon

**Navjot Singh**  
Jaswanr Singh

**Micki Sinkula**  
Mary & S. Richard Goss

**Joani Siwik**  
Lauren Griffin  
Christine J. Siwik

**Eleanor M. Smith**  
David & Lynn Houghton

**Floyd Smith**  
Fay Smith

**Doug Stone**  
Robert & Norberta Renauld

**C. James & Winona Swope**  
Paul & Diana Swope

**Roon Visser**  
Ineke F. Way

**Carole Walsh**  
Ronald & Nancy Honeysett

**Don Wisser**  
Joyce & Marshall Draper

**Robert Wisser**  
Joyce & Marshall Draper

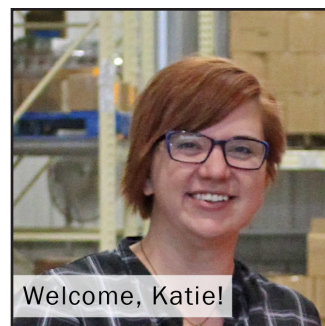
**Lois West**  
Jackie & Craig Splinter

**Barney Westra**  
Karl W. Westra

## Thank You For Your Patience!

Our development office had vacant positions this summer and, consequently, gift acknowledgements took longer than usual.

We're very excited to be fully staffed again!



For corrections or mailing database updates, please contact KLF's new Development Assistant, Katie Paaue, at 269.488.2617 ext. 206 or [Katie@kzoolf.org](mailto:Katie@kzoolf.org).



Promoting a Hunger-Free Community Since 1982

901 PORTAGE STREET  
KALAMAZOO, MICHIGAN 49001-3005

FOOD REQUEST LINE: 269/343-3663  
P 269/488-2617 · F 269/343-3669  
WWW.KZOOLOF.ORG

NONPROFIT ORG.  
US POSTAGE  
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KALAMAZOO MI  
PERMIT NO. 1693

## 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

# WHERE KLF'S FOOD COMES FROM

Each day, KLF staff works diligently to forge and strengthen relationships to obtain nutritious food at the lowest cost possible.

Because of our commitment to offering well-balanced perishable and non-perishable food, we work with a variety of procurement sources.



### 31% | The Charitable Food Network

Low-to-no-cost food through our partnership with the Food Bank of South Central Michigan and the Feeding America network.



### 27% | Purchased Food

We turn to the wholesale market to purchase food that's not typically donated or available through the charitable food network.



### 23% | Food Rescue

Grocery store food destined for the dumpster because of "sell by" dates and slight imperfections that's still nutritious and edible.



### 8% | Community Food Drives

Donated food from our supportive community.



### 6% | Government Supplied Food

Food we receive from the USDA and Commodities Supplemental Food Program.



### 5% | Farms + Growers

Food we receive local, and not-so-local, growers and farmers.

OCTOBER/NOVEMBER 2017

## Connect with Us



facebook.com/  
KalamazooLoavesAndFishes



twitter.com/  
KzoLoavesFishes

## Staff / Business Office

269.488.2617  
Joan Atwell, Call Center Coordinator  
Bill Brown, Warehouse Assistant  
Paul Bushek, On-Call Warehouse Staff  
Art Cole, Services Director  
Carol Cormack, Office Coordinator  
Bob Dekker, On-Call Warehouse Staff  
Greta Faworski, Resource Development Director  
Linda Fox, Call Center Coordinator  
Lizbeth Fuentes Rosas, Bilingual Call Center Assistant  
Joe Galaviz, Warehouse Co-Coordinator

EXT.	Meg Gernaat, Marketing Coordinator	218
201	Dave Hafer, Warehouse Co-Coordinator	212
217	Kim Hinds-Lepsy, Melzer Pantry Coordinator	307
217	Phyllis Hepp, Organizational Development Director	210
207	Jennifer Johnson, Executive Director	213
222	Deb Josephson, Services Coordinator	214
217	Marvin King, Food Procurement Specialist	224
208	Ray Kuerth, Warehouse Assistant	211
201	Andrea Meinema, Volunteer Coordinator	209
307	Katie Paauwe, Development Assistant	206
217	Jackie Smith, Douglass Pantry Coordinator	225