

FOOD FORTHOUGHT

OCTOBER/NOVEMBER 2019

I've gone to a Loaves & Fishes pantry a few times because I just didn't have any money left for food.

MEET JASMINE

WALKING THROUGH THE HALLS to her next class, Jasmine looks like a typical college student. She chats with friends about an assignment that's due next week. She appears young and carefree. It's easy to assume that homework and tests are her biggest concerns.

However, Jasmine often worries about much more than classwork. As a full-time student, it's tough for her to get many hours at her part-time job—a job that pays minimum wage with no benefits. Most of the money she earns she puts towards rent, tuition, and car expenses. There is very little left for anything else. At times, she knows she must ask for help.

"I've gone to a Loaves & Fishes pantry a few times because I just didn't have any money left for food," says Jasmine. "I found it very helpful and was glad I decided to go."

It's easy to stereotype college students by assuming that their parents are paying for some or most of their expenses. But a 2018 study conducted by Temple University reports that 36% of college students struggle with food insecurity and a similar percentage don't have stable housing. Nine percent of study respondents reported being homeless. When the study broke out the number of students attending community colleges, the statistics were even higher, with 42% reporting food insecurity. The reasons parallel Jasmine's experience. The high cost of tuition, books, and housing leaves very little for basic expenses.

"The food I got at Loaves & Fishes lasted way longer than four days," shares Jasmine. "I picked items, like ground turkey, that I could use in several meals throughout the week. I was surprised by the selection."

Jasmine is responsible for all of her school and living expenses. She hopes that there comes a time soon when she won't have to rely on others for help. Jasmine is taking several sociology classes and is very interested in how her generation can make a difference in the future. She plans to someday give back to others who are experiencing similar struggles.

But, for now, she is glad that Loaves & Fishes is there when she needs it.



HOSTING A DRIVE?

Utilize our Food and Fund Drive Kits for local hunger stats, tips, printables, and social media graphics to help make your drive a success!

You can find our kits at:
kzoelf.org/give-food



LOOK ONLINE

*Client's name changed to protect anonymity.

- A NOTE FROM JEN -

MEET PETE MCWETHY, KLF VOLUNTEER

Our warehouse is a very busy place with lots of moving parts. With only three warehouse staff members, we are so fortunate to have volunteers who help get things done and get food out the door. Pete McWethy is a longtime warehouse volunteer, most often found behind the wheel of a KLF truck on the road fighting hunger.

— Jennifer Johnson, Executive Director

Q: Why do you volunteer for KLF?

A: I volunteer to honor the memory of my father, Gilbert McWethy, who was a longtime volunteer with KLF at the First United Methodist Church pantry. I also look forward to the social and physical aspects of the job. It helps keep me fit.

Q: As a volunteer driver, you have experience with part of the KLF operation that not everyone sees. What do you think would surprise people to know?

A: As a driver, I encounter so many people who are part of the KLF network, including food donors and pantry volunteers. Most don't realize how many caring people work together to make these programs possible. Everyone truly believes in the mission to make Kalamazoo County hunger-free.

Q: What changes have you seen at KLF over the past five years?

A: The most notable change I've seen is the new pantry openings within Kalamazoo Public Schools. There are full pantries at Washington Writer's Academy, Northeastern, El Sol, Woodward, Spring Valley, Maple Street, Kalamazoo Central and, most recently, Lincoln. And smaller pantries at the other middle schools and Loy Norrix.

Q: If someone is considering volunteering, what advice would you give them?

A: There are a lot of options to choose from, so pick something that fits your schedule. Maybe choose an activity you have never experienced before. Try something new that will be fun and rewarding.



Pete McWethy is part of a group of volunteers that helps keep our trucks on the road five days per week.



WE'VE GROWN

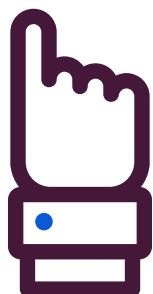
WE INVITE YOU TO SEE OUR NEWLY-EXPANDED WAREHOUSE

THURSDAY, NOVEMBER 7 | 4-6:30 PM | 901 PORTAGE ST.

YOU'RE INVITED!

After several months of construction, parking headaches, and limited cooling space, our expansion is almost complete! Both the freezer and cooler will more than double in size, and the cooler will feature two different temperature zones. The extra 30 feet from the existing south wall of the warehouse provides a much larger volunteer space that will be used for repacking food, assembling weekend food packs, and creating monthly food distributions for the Commodities Supplemental Food Program. We hope you will visit and see how we've grown!

TAX CHANGES AND GIVING



TOP REASONS PEOPLE GIVE TO CHARITIES

- Belief in the mission
- Desire to make a difference
- Personal connection to the organization
- Personal satisfaction from helping others
- Religious beliefs
- Social connection from giving to a cause

One of the main reasons people give to charities is to help others in need. However, the tax benefits of charitable giving are important to many donors and are often factored into the decision to give. Because of this, charities have feared the impact of the *Tax Cuts and Job Act* that was signed into law in December of 2017. This Act increased the standard deduction from \$12,700 to \$24,000 for married couples which significantly reduces the number of people who itemize their deductions, including their charitable donations. This year, 19 million tax filers itemized their deductions compared to 46 million in 2018. While there are many factors that impact giving, it's clear that the new tax law impacted charitable donations last year. Individual giving decreased by 3.4% in 2018—the largest decrease since 2009. Experts predict that the new law will lead to a \$21 billion reduction in donations nationwide. This projected decrease is significant for charities, including Kalamazoo Loaves & Fishes, who rely heavily on individual donations to sustain their programs and missions.

In 2018, approximately 60% of Kalamazoo Loaves & Fishes' funding came from generous individual donations. We remain humbled and grateful to everyone in this community who donates funds, food, and/or their time to make this work possible. We thank you in advance for your decision to continue partnering with us to fight hunger by supporting KLF.

Sources: Giving USA 2019, Tax Policy Center, Indiana University Lilly Family School of Philanthropy



TOP 10 FOOD DRIVES

MAY THROUGH AUGUST 2019

ROLLERWORLD
820 POUNDS

FIRST PRESBYTERIAN CHURCH
676 POUNDS

**KALAMAZOO CHRISTIAN WEST
ELEMENTARY SCHOOL**
636 POUNDS

**THIRD CHRISTIAN
REFORMED CHURCH**
574 POUNDS

ISLAMIC CENTER
495 POUNDS

AMERIFIRST HOME MORTGAGE
452 POUNDS

**KALAMAZOO CHRISTIAN
MIDDLE SCHOOL**
441 POUNDS

JUNIOR LEAGUE OF KALAMAZOO
408 POUNDS

RESILIENCE CHIROPRACTIC
370 POUNDS

THE CLEANING AUTHORITY
367 POUNDS



GIVING COUPON:
OCTOBER
COUPON #192

This fall season, make a
donation to help
those experiencing hunger.

Donation Amount

\$ _____

Please send your contribution
by October 18th.

Food Wish List: Soups/Stews

GIVING COUPON:
NOVEMBER
COUPON #193

Get into the giving spirit!
Give a little to those who
may otherwise go without.

Donation Amount

\$ _____

Please send your contribution
by November 15th.

Food Wish List: Canned Veggies

MORE THAN JUST POUNDS

Not all food has equal nutritional value. We all know this, and it's something we frequently struggle with in our own lives. Every day we make choices about the food that will fuel our bodies and minds.

We strongly believe this type of choice should be available to everyone. **Access to not only pounds of food, but also healthy, nutritious food** is important to maintain physical and mental health, especially for children. Through relationships with farmers, grocers, wholesale partners, and community food donors, we seek to secure food that gives variety and choice in each food category. This includes fresh produce, frozen meat, fresh eggs, and quality grains. Variety is important to address different dietary needs, especially food allergies and medical conditions.

Food procurement can be tricky and very volatile. Dave Hafer, our Procurement Coordinator, spends his days pouring over price lists, making calls, and visiting our food partners. What's happening on a global and national level has a direct impact on food cost and availability at the local level. Over time, it has become necessary to purchase more and more of our food inventory. We anticipate that in the coming year we will need to purchase at least half of the food we distribute especially because we are no longer receiving food through the Food Bank of South Central Michigan. Our newly expanded freezer and cooler will make it easier to buy food in bulk and keep our costs low. Food donations and food drives, of course, also remain a critical piece of the puzzle. These donations help provide variety and fill in the gaps during the food procurement process.

We used to look closely at the pounds of food we distribute, but now know it's about more than just pounds. It's about nutrition, variety and, most importantly, dignity of choice when selecting food for yourself and your family.

START A NEW HOLIDAY TRADITION WITH

A Month of Giving

Add an item to a box each day in November or December. At the end of the month, donate the box to KLF to help a family in need.

- Day 1: Oatmeal
- Day 2: Whole Grain Cereal
- Day 3: Peanut Butter
- Day 4: Jelly/Jam
- Day 5: Dried Spices/Salt and Pepper
- Day 6: Jar of Applesauce
- Day 7: Granola Bars
- Day 8: Box of Crackers
- Day 9: Package of Rice
- Day 10: Whole-Grain Pasta
- Day 11: Pasta Sauce
- Day 12: Meal in a Box
- Day 13: Cooking Oil
- Day 14: Canned Sweet Potatoes
- Day 15: Canned Green Beans
- Day 16: Canned Corn
- Day 17: Box of Mashed Potatoes
- Day 18: Canned Pineapple
- Day 19: Cranberry Sauce
- Day 20: Canned Tuna or Chicken
- Day 21: Canned Soup or Stew
- Day 22: Macaroni and Cheese
- Day 23: Mixed Nuts
- Day 24: Raisins
- Day 25: Can of Infant Formula
- Day 26: Baby Food
- Day 27: Vanilla Extract/Sugar
- Day 28: Dessert Mix
- Day 29: Ensure® or Meal Replacement Drink
- Day 30: Butter
- Day 31: Select Something You'd Like to Add



For more information about tribute gifts or donating to KLF, contact Greta Faworski at 269-488-2617 x208 or greta@kzoolf.org.

HOLIDAY TRIBUTES

Holiday tribute gifts are a great way to honor friends and loved ones while helping others.

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

GROCERY PANTRY PROGRAM
CHANGE STARTING
NOVEMBER 1

You Can Get Groceries
TWO TIMES
Per Calendar Month

FOR MORE INFO VISIT:
kzoolf.org or email
serviceinfo@kzoolf.org

TRIBUTES

Generous donations made to KLF in someone's honor or memory. Donations made 7/1/19 - 8/31/19.

IN HONOR OF

Lee Accorso

Sam & Barb Accorso
Anna, Wayne, & Jim Nicolen
Lynn Morrison

Christine Castle

Marianne Andreach

Lisa Decker & Cameo DeWalt

Specialized Staffing Solutions

The Michael Ferguson Family

Michael Palmer & Barbara Graham-Palmer

Shirley Freeman

Corinne Herschleb

Ingrid Gardner's Birthday

Joy & James Gardner

Sue Gilbertson-Beadling

Corinne Herschleb

Gold Star Families

Shirley Kloosterman

Vince Groppi's Retirement

Victoria Elkins

Msgr. Michael D. Hazard

Catherine & Christopher Hurley

Dawn Jaqua

Robert & Susan Kiser

Jennifer Johnson

Jon Riccio

Kalamazoo's Hungry People

J. Dale & Cheryl Westbrook

Pam Kingery's Retirement

Darrell Roose

Florian Kochanny

Cheryl Benson

Darlene Lohrberg's 90th Birthday

Mike & Shirley Lohrberg

Elizabeth & Craig Martin

John Post Landscape

Kristine Mauro

Joseph Mauro

Bill McCurdy's Wedding

Sarah Mastrandrea

Madison McMullen

Robert Lihosit & Pamela DePierre

Our 45th Wedding Anniversary

John & Deborah Mellein

Chuck & Lana Ocvirek

Rachel Packer

Michael F. Rice

Millie Lambert

Jan & Tom Tiderington

Becky Swartz

Cheryl Westbrook's 75th Birthday

J. Dale & Cheryl Westbrook

Lenore & Jack Wilson

Robert & Lois Ostrowski

The Wiser Family

Dr. & Mrs. John Trittschuh

IN MEMORY OF

Jill Adamski

Jane & Jeff Puvogel

Barbara S. Allen

Jill Frenthway

George Beyerle

Julia Beyerle

Linda J. Black

Janet Kovach

Patrecia Breen

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Joan Luehrs

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Grant Luther

Marilyn Luther

Linda Renauld Lutz

Robert & Norberta Renauld

Michael Matthews

Sharon Scotese

Fred Meagher

Nancy & Shawn Hagen

Charles Miller III

Doreen Debliek

Kathy Mizeur

Vincent H. Mizeur

Our Parents

Anne & Alexander Lipsey

Tom Pyke

Susan Pyke

Dick Rafferty

Shirley Bumgardner

James Lee Remick

Maria Maki & Brian Smith

Jessica Renauld

Robert & Norberta Renauld

Alvina & Oswald Renauld

Robert & Norberta Renauld

David Rosenberg

Emily Hoffman

Antonia H. Rostami

Mr. Jeffrey Rostami

Darrell M. Rostami

Mr. Jeffrey Rostami

Ila Ryskamp

Charles E. Miller

Marilyn J. Scheel

Mr. John F. Scheel

Marilyn Schmaltz

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Marjorie Sherwood

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Ineke F. Way

Carl Wahmhoff

Advia Connect

Carole Walsh

Ronald & Nancy Honeysett

Edward J. Walsh

Loretta M. Walsh

For corrections, mailing database updates, or to change how your newsletter is delivered (via USPS, email, or both), please contact Mandakini Quiñones at 269.488.2617 ext. 206 or Mandakini@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.KZOOOLF.ORG

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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



THE MOBILE FOOD INITIATIVE

- The goal of this program is to **provide supplemental grocery items** to people who need them in Kalamazoo County.
- There are **no eligibility requirements** or paperwork to fill out. Food is free to Kalamazoo County residents.
- Each MFI distributes **various perishable and non-perishable food** items, including fresh fruits, vegetables, dairy, and protein.
- Food is distributed on a **first come, first serve basis** at 5 designated locations per month. No appointment needed.
- KLF periodically partners with local organizations/businesses to host **additional pop-up MFIs in underserved areas** of the county or during critical periods such as school breaks.
- **For more information** about the Mobile Food Initiative and to see upcoming distribution locations, visit kzoolf.org/get-help or call 269.488.2617. Spread the word to others!

OCTOBER/NOVEMBER 2019

CONNECT WITH US



KALAMAZOO LOAVES & FISHES IS A



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Patsy Burnett, Program Manager
Paul Bushek, On-Call Warehouse Staff
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Greta Faworski, Resource Development Director
Lizbeth Fuentes Rosas, Program Coordinator
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