

LOCAL HARVEST



DEAR FRIEND,

I am filled with pride when I think of your compassion and generosity on behalf of our neighbors. Your partnership gives me great hope as we look ahead to the rest of 2022.

It will come as no surprise to you to hear that we continue to experience a significant increased need for food across northeastern Kansas and northwestern Missouri.

That is especially true for many older adults in our community who often rely on fixed incomes to get by in retirement. One small change, like increased winter heating bills, can devastate the budget.

As someone who cares deeply about Harvesters, I want to let you know that I have announced my plan to retire and step down as CEO on June 30. I am deeply grateful for my time at Harvesters and feel the organization has never been stronger.

I appreciate your support of Harvesters and look forward to our continued work together in the months ahead. Harvesters' new leader will need and want your help as they lead the organization forward in the fight against hunger.

Thank you for your partnership!

Gratefully,

Valerie



Valerie Nicholson-Watson
President & CEO



Make a difference every day of the year — in disaster or ongoing hunger relief — with your monthly donation. Check out www.harvesters.org/how-to-help/donate/monthly-giving

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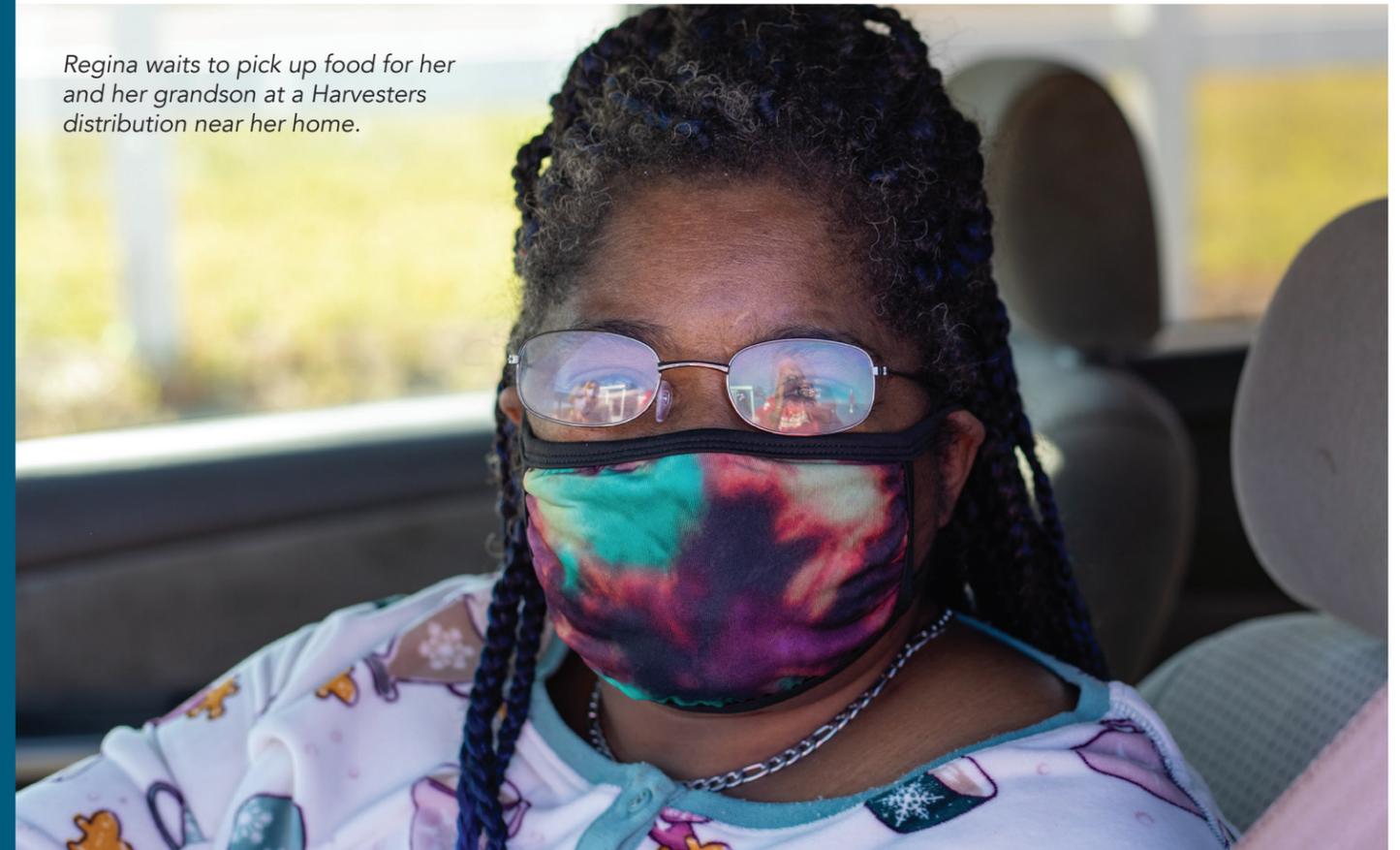
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YOU HELP REGINA PROVIDE FOR HER GRANDSON

Regina waits to pick up food for her and her grandson at a Harvesters distribution near her home.



"I'm still in need."

Regina's words have been echoed by thousands of us in the wake of the pandemic, and her gratitude for friends like you also reflects the thanks being expressed by so many.

Regina, 50, is a proud homeowner and teaches her adult children the value of home ownership.

"I try to teach my kids to buy their homes or rent to own, so they won't get caught up in losing their house every time there's a recession," she says.

But because Regina owns her home, she doesn't qualify for SNAP benefits. She receives Social Security disability income, but the monthly \$750 check barely stretches to pay her basic expenses.

Last summer, Regina's 9-year-old grandson moved in with her. She adores him and is so glad she can care for him, but that also means an added strain on her food budget.

"We often run out of food," Regina says.

Thanks to friends like you, she can turn to Harvesters distributions for the healthy food both she and her grandson need.

You're making healthy food accessible to our neighbors of all ages across northeastern Kansas and northwestern Missouri. Thank you for your partnership!

"We often run out of food."

COME JOIN US!

PACK HEALTHY FAMILY MEAL KITS

All Year

Collect and pack the ingredients for family meals. Harvesters provides the list of ingredients, boxes and recipe cards. You hold a food drive to collect the ingredients and volunteer at home or the office to pack them for neighbors experiencing hunger. For more information visit www.harvesters.org/healthyfamilymealkits.

FORKS & CORKS FEASTIVAL

July 8 - 9, 2022

We can't get enough of Forks & Corks, so this year it is a two day, safe, fun, hunger-fighting FEASTival! For more information visit www.harvesters.org.

TAKE YOUR CAN TO WORK OR SCHOOL

April

Organize a food drive for your workplace or school this spring. For more information visit www.harvesters.org/takeyourcanwork or www.harvesters.org/takeyourcanschool.

PLANT A ROW

Summer and Fall

Gardeners, as you plan your beds for the growing season, Plant A Row for neighbors experiencing hunger this year. Your fresh produce is a great donation for the health of our community. For more information visit www.harvesters.org/plantarow.



SHARON IS SINGING YOUR PRAISES

After giving her time as a Harvesters volunteer, Sharon found herself in need of help — and friends like you stepped up to make sure she got it.

“If you asked me to rate Harvesters on a scale of 1 to 10, I’d give them a 20,” Sharon says.

Sharon, 66, worked at AARP and even volunteered her time in Harvesters’ warehouse before she was diagnosed with liver cancer and began chemotherapy treatments.

Once admitted to the hospital for treatment, Sharon was diagnosed with COVID-19 and spent several months in the hospital before she

had healed enough to return home. At home, she cut corners where she could so she could pay off her medical bills. She receives SNAP benefits but says she still can’t afford the groceries her doctor recommends for her as she recovers.

When she started losing weight, Sharon turned to Harvesters to

“If you asked me to rate Harvesters on a scale of 1 to 10, I’d give them a 20.”

help supplement her diet with nutritious groceries. “Harvesters is there if you need them,” she says.

Sharon isn’t shy when it comes to sharing with friends and neighbors about her experience with Harvesters. She says pride can be a big deterrent to seeking help.

“I was saying I could make it, until I couldn’t,” Sharon says.

Thank you for joining with neighbors like Sharon to make sure every neighbor has access to nutritious food. Your generosity makes a world of difference for children, families and seniors who are facing hunger.



See more of Sharon’s story of courage and gratitude by accessing this QR code.

COUPLE PAYS IT FORWARD THROUGH VOLUNTEERISM

Gloria remembers how hard her parents worked to support her and her seven siblings, and how they sometimes needed help keeping food on the table. As an adult, Gloria and her husband, John, found a way to pay it forward.

“Back in those days, there were not many organizations that helped like Harvesters does,” Gloria says of her childhood years.

Today, Gloria works for the United States Coast Guard and says she first heard about Harvesters’ need for volunteers in 2014, through her coworkers.

“When we first started volunteering at Harvesters, we learned [thousands of] people were food insecure and benefited from the Harvesters outreach programs,” she says.

That was all it took to convince Gloria and John of the need in their community, and they’ve been volunteering most Tuesdays ever since.



Gloria and John spend most Tuesday evenings volunteering at Harvesters.

“My favorite activity is the BackSnack program,” Gloria says. “Knowing that a child will be able to eat on the weekends because of this program makes my heart smile.”

The couple also deeply values the contact they have with fellow volunteers, staff and clients of Harvesters.

“We have an amazing group of people that we have met, from all walks of life,” Gloria says.

Gloria and John frequently bring friends and family along to help, and their church both serves as a distribution site and members help distribute food twice each month.

We thank Gloria and John for their willingness to give their time to help make sure their neighbors have ongoing access to nutritious food. Their dedication is an inspiration to us all.

“We have an amazing group of people that we have met, from all walks of life.”

GIVE TIME



Join Harvesters in helping neighbors facing hunger. Give the gift of your time. Please visit www.harvesters.org/how-to-help/volunteer for the latest volunteer opportunities and policies. In as little as two hours you can make a real difference!

YOU HELP CARE FOR THE CARETAKERS

After a fulfilling career as a caretaker, Susan is grateful to spend her retirement closer to her children and grandchildren — and for friends like you who now help care *for her* with the gift of healthy food.

Susan, 73, lived and worked in Sedgwick County before making the move to Lawrence, where she now lives with her partner, Dave, 74. They both rely on their Social Security retirement check each month to pay their bills.

That's why they're so grateful for Harvesters' distributions where they say they receive "99 percent of our monthly groceries."

In fact, the visits to the distributions are often some of the only times when the couple leaves home. Since the pandemic began, they are cautious not to go out in public often because of Dave's preexisting health conditions.

"We're staying in for the most part," Susan says.



Susan shares a smile while waiting in her car at a Harvesters distribution near their home in Eudora.

Together, one of the ways they work to keep their minds sharp is by doing jigsaw puzzles.

"This has kept us well," Susan says of the hobby.

Thanks to your generosity, the nutritious food the couple receives also helps keep them physically healthy. They typically

receive enough groceries at one distribution to last them a couple of weeks.

Thank you for helping fill the tables of older adults who made our community what it is today. Your generosity is building a healthier, happier community for all ages.

PASS IT ON!

Share this newsletter with a friend so, like you, they can join us in feeding hungry people today and working to end hunger tomorrow! Every dollar donated helps Harvesters provide food to the people who need it now. Should disaster relief donations exceed what is required, funds will be used to fight hunger beyond the pandemic.



Kansas City facility:
3801 Topping Ave.
Kansas City, MO 64129
Phone: 816-929-3000

Topeka facility:
215 SE Quincy
Topeka, KS 66603
Phone: 785-861-7700

Connect with us:



harvesters.org



YOU'RE SHARING NEEDED FOOD

Yes, Valerie, please use my gift to provide nutritious meals and groceries for my neighbors facing hunger this winter. Enclosed is my gift of:

[Ask 1] [Ask 2] [Ask 3] [Ask 4]

31475*****AUTO**3-DIGIT 760 P3
Mr. and Mrs. John Q. Sample
Brad Cecil & Associates
2115 Arlington Downs Rd.
Arlington, TX 76011



3801 Topping Ave.
Kansas City, MO 64129
www.harvesters.org
816-929-3010

If you would like information about estate planning, how to become a monthly donor, or if you'd like to charge your gift to a credit card, please see other side.
All donations are tax deductible.



SCANLINEXX

[Salutation],

Right now, thousands of local seniors are struggling to make ends meet. With a small, fixed income to cover monthly expenses, many face tough choices – like whether to buy medicine, pay utility bills or go to the grocery store.

Your support of hunger relief makes a real difference for seniors living check to check. **Will you help more people access vital meals by making a generous gift today?**

When you give, our neighbors will have the chance to live with dignity and hope. Thank you for your compassion!

Valerie Nicholson-Watson

Gift amount \$ _____ Phone number _____ - _____ - _____

Email address _____

Card # _____ Exp. date _____ / _____ Security code _____

Name on card _____    

Signature _____

This gift is In Memory of: In Honor of: _____

Please send acknowledgement to: _____

The amount of your gift is not mentioned.



Convenient Ways to Give

Help fight hunger year-round by joining *Harvest 365* monthly giving group. Please select an option below:

- I would like to donate \$_____ automatically each month by the above credit card.
- Please send me a set of 12 return envelopes.
- I would like to have my monthly contribution deducted from my checking account. Please contact me at: _____

For more information about estate planning, becoming a monthly donor or other giving options, please call 816-929-3010.

- My employer matches charitable donations. Please send me a matching gift form. My employer is: _____
- My employer's matching gift form is enclosed.

**If giving by check, please make payable to Harvesters — The Community Food Network.*



You Help Care for the Caretakers

After a fulfilling career as a caretaker, Susan is grateful to spend her retirement closer to her children and grandchildren — and for friends like you who now help care for her with the gift of healthy food.

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READ MORE >>

You’ve already brought hope to so many people in our community. If you’d like to help even more neighbors in need, please [visit our website](#). Thank you for your compassion and partnership!

DONATE

Harvesters—The Community Food Network
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