



Building a Healthier Future in Western Kansas

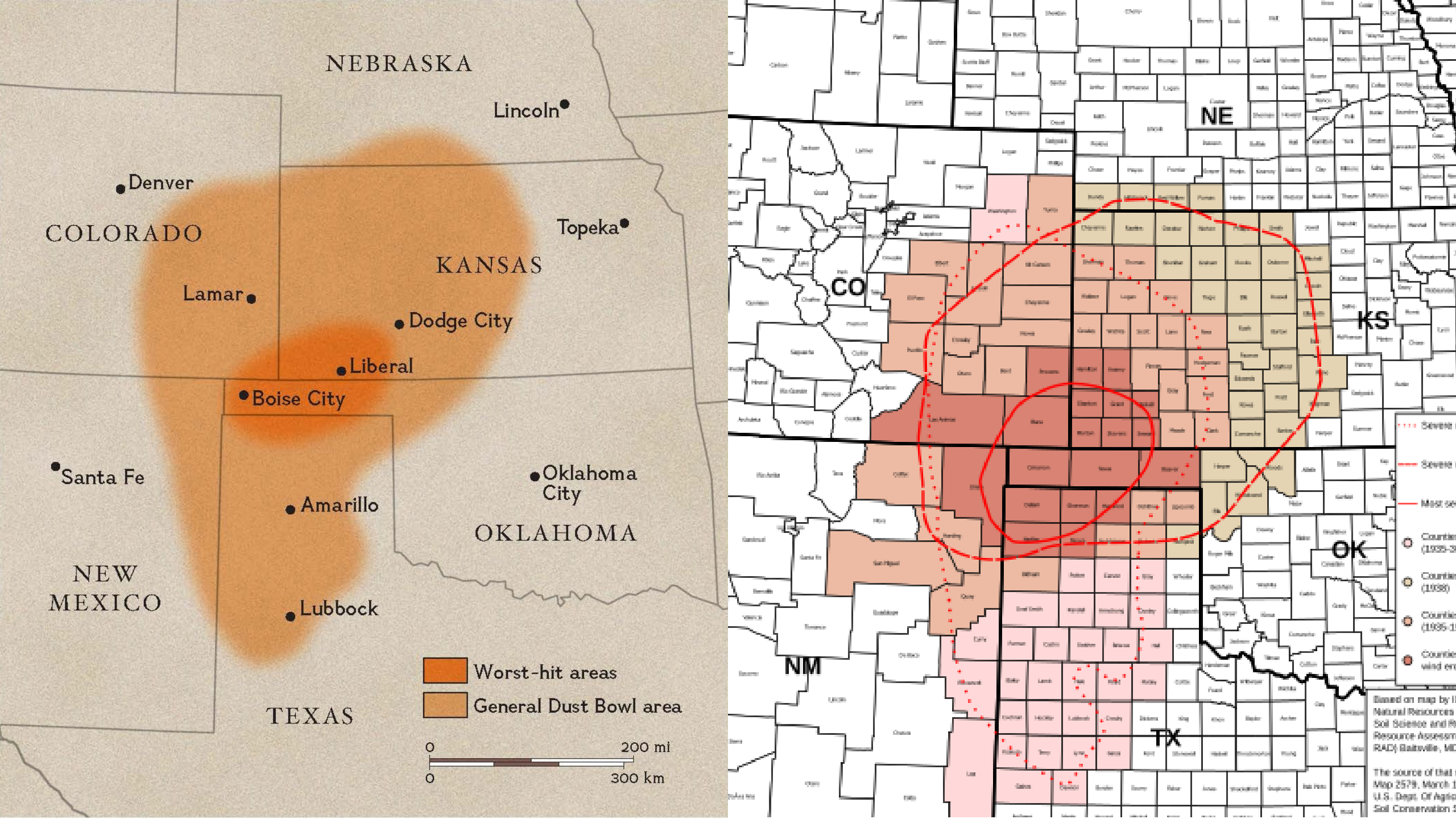
The incredible story of transforming lives in western Kansas

from grapes of wrath to a harvest of health and hope

Context



Dorthea Lange Photographer 1936



NEBRASKA

Lincoln

COLORADO

Denver

Topeka

KANSAS

Lamar

Dodge City

Liberal

Boise City

Santa Fe

Amarillo

Oklahoma City

OKLAHOMA

NEW MEXICO

Lubbock

TEXAS

Worst-hit areas
General Dust Bowl area

0 200 mi
0 300 km

- Severe
- Severe
- Most severe
- Counties (1926-30)
- Counties (1938)
- Counties (1935-1937)
- Counties wind erosion

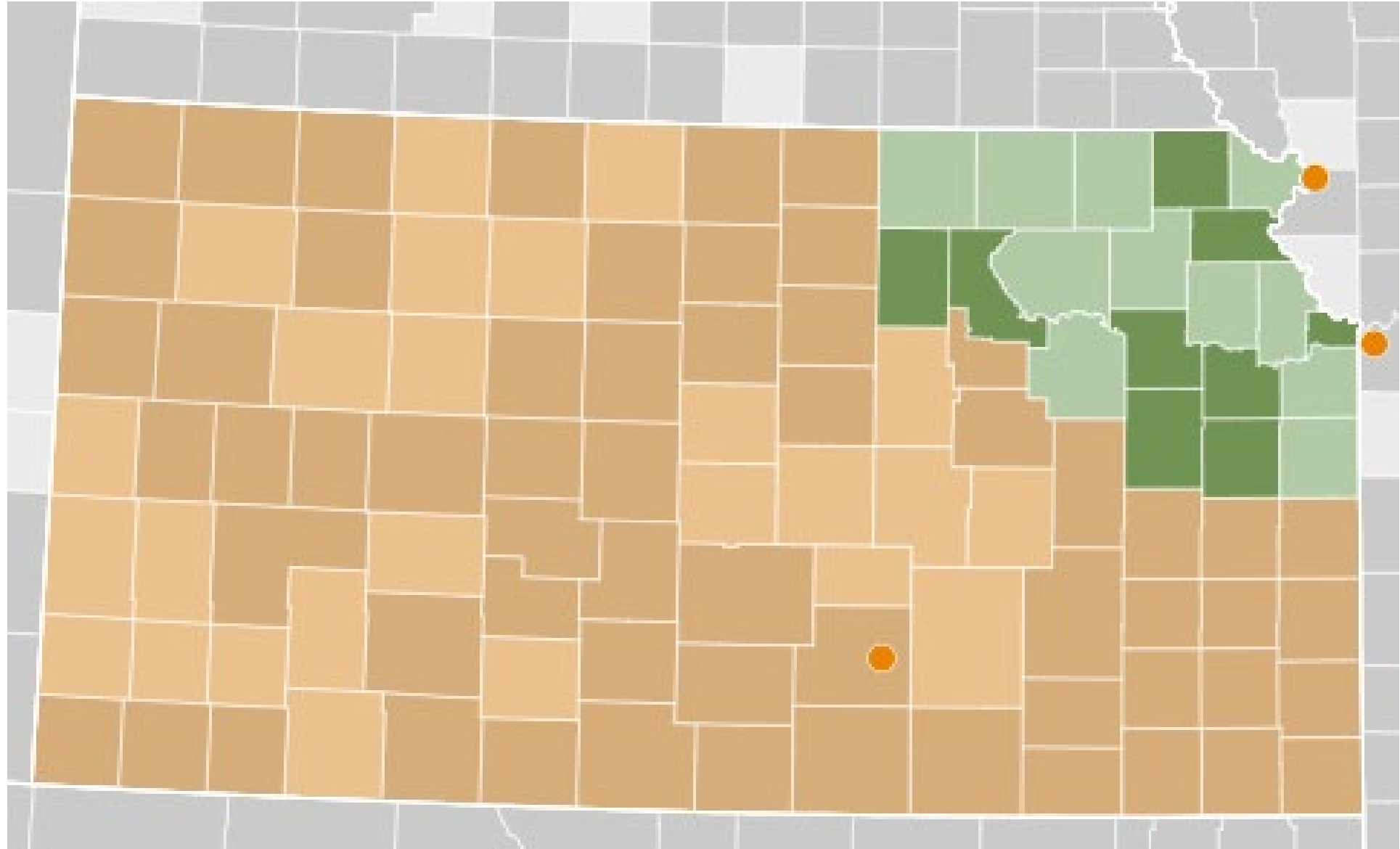
Based on map by U.S. Natural Resources Soil Science and Resource Assessment (RAD) Baltimore, MD
The source of that map is U.S. Dept. of Agric. Soil Conservation Service

Plan

- Develop a plan of action to increase produce distribution in western Kansas to improve the health outcomes of individuals.
 - Must engage partners
 - Must be sustainable
 - Must be measurable

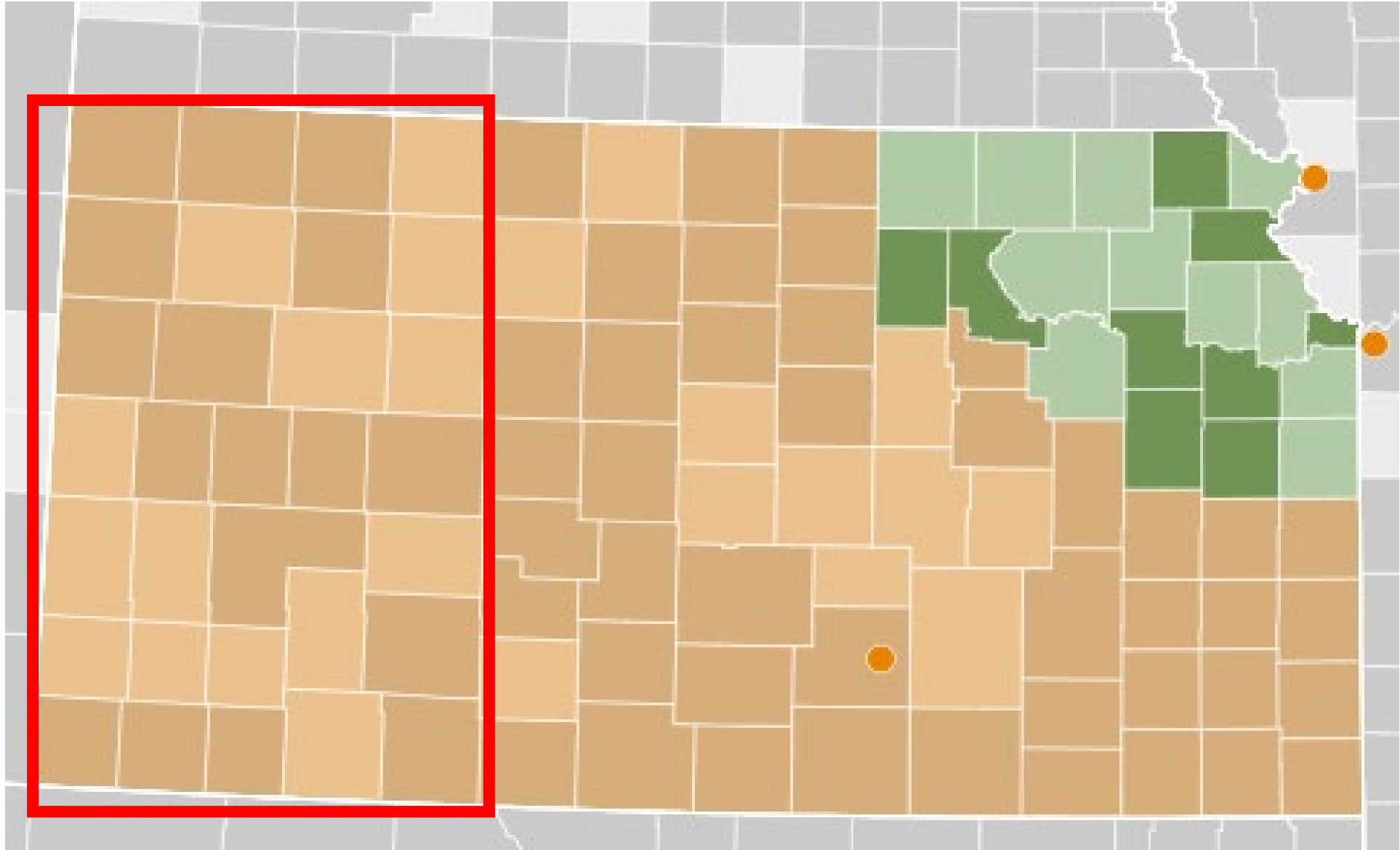
Kansas Food Bank Service Area

85 Counties



Kansas Food Bank Service Area

31 Counties in Western Kansas



Need

State	County	Food Insecure Population	Annual Food Budget Shortfall	Insecurity Rate	Below SNAP Threshold
KS	Finney	3,120	\$1,854,000.00	8.1%	50.0%
KS	Seward	1,700	\$990,000.00	7.7%	55.0%
KS	Ford	2,480	\$1,473,000.00	7.2%	59.0%
KS	Clark	190	\$112,000.00	9.4%	39.0%
KS	Thomas	600	\$358,000.00	7.6%	41.0%
KS	Stevens	490	\$285,000.00	9.2%	43.0%
KS	Kearny	360	\$211,000.00	9.1%	58.0%
KS	Cheyenne	270	\$170,000.00	10.3%	56.0%
KS	Wichita	210	\$125,000.00	10.0%	48.0%
KS	Decatur	310	\$194,000.00	11.2%	46.0%
KS	Norton	390	\$243,000.00	7.1%	35.0%
KS	Hodgeman	150	\$89,000.00	8.3%	39.0%
KS	Ness	210	\$131,000.00	7.8%	44.0%
KS	Sherman	620	\$371,000.00	10.5%	46.0%
KS	Stanton	190	\$112,000.00	9.3%	62.0%
KS	Greeley	110	\$65,000.00	8.5%	49.0%
KS	Grant	450	\$264,000.00	6.0%	45.0%
KS	Haskell	250	\$145,000.00	6.5%	48.0%
KS	Morton	280	\$163,000.00	10.4%	48.0%
KS	Gove	210	\$133,000.00	7.7%	31.0%
KS	Logan	280	\$166,000.00	10.1%	52.0%
KS	Scott	400	\$239,000.00	7.8%	57.0%
KS	Lane	130	\$77,000.00	8.7%	53.0%
KS	Gray	260	\$154,000.00	4.5%	31.0%
KS	Hamilton	160	\$95,000.00	6.1%	57.0%
KS	Graham	190	\$119,000.00	7.9%	66.0%
KS	Wallace	150	\$89,000.00	9.8%	43.0%
KS	Trego	210	\$132,000.00	7.4%	40.0%
KS	Meade	290	\$168,000.00	7.0%	47.0%
KS	Rawlins	280	\$183,000.00	11.0%	55.0%
KS	Sheridan	180	\$114,000.00	7.5%	34.0%
	31	15,120	\$9,024,000.00	\$596.83	
		(4,990)	(\$2,977,920.00)		

Kansas Food Bank - Pounds Distributed by County

2022

State	County	TOTAL	Produce		Agencies	Produce	Increase	New Total	Total Increase
KS	Finney	915,561	354,646	39%	5	709,292	100%	1,624,853	77%
KS	Seward	244,831	38,731	16%	7	77,462	100%	322,293	32%
KS	Ford	204,249	18,237	9%	4	36,474	100%	240,723	18%
KS	Clark	92,755	33,954	37%	3	67,908	100%	160,663	73%
KS	Thomas	96,032	10,197	11%	1	20,394	100%	116,426	21%
KS	Stevens	54,560	10,357	19%	2	20,714	100%	75,274	38%
KS	Kearny	31,739	25,565	81%	2	51,130	100%	82,869	161%
KS	Cheyenne	47,883	1,983	4%	2	3,966	100%	51,849	8%
KS	Wichita	36,351	10,124	28%	1	20,247	100%	56,598	56%
KS	Decatur	32,065	13,655	43%	3	27,310	100%	59,375	85%
KS	Norton	38,840	1,989	5%	4	3,978	100%	42,818	10%
KS	Hodgeman	27,312	10,954	40%	3	21,908	100%	49,220	80%
KS	Ness	25,993	5,872	23%	3	11,744	100%	37,737	45%
KS	Sherman	27,102	3,491	13%	2	6,982	100%	34,084	26%
KS	Stanton	20,658	8,419	41%	1	16,838	100%	37,496	82%
KS	Greeley	22,676	4,163	18%	3	8,326	100%	31,002	37%
KS	Grant	19,222	7,059	37%	3	14,118	100%	33,340	73%
KS	Haskell	16,282	7,027	43%	1	14,054	100%	30,336	86%
KS	Morton	15,088	2,813	19%	2	5,626	100%	20,714	37%
KS	Gove	15,506	2,118	14%	2	4,236	100%	19,742	27%
KS	Logan	14,813	1,698	11%	2	3,396	100%	18,209	23%
KS	Scott	11,954	4,131	35%	1	8,262	100%	20,216	69%
KS	Lane	13,980	1,481	11%	2	2,962	100%	16,942	21%
KS	Gray	14,139	946	7%	2	1,892	100%	16,031	13%
KS	Hamilton	11,663	3,257	28%	1	6,514	100%	18,177	56%
KS	Graham	10,973	2,583	24%	4	5,166	100%	16,139	47%
KS	Wallace	8,998	1,913	21%	2	3,826	100%	12,824	43%
KS	Trego	7,810	-	0%	1	-		7,810	0%
KS	Meade	5,023	641	13%	2	1,282	100%	6,305	26%
KS	Rawlins	4,308	857	20%	2	1,714	100%	6,022	40%
KS	Sheridan	-	-	0%	-	-		0	
	31	2,088,366	588,861	28%	73	1,177,721	100%	3,266,087	56%

Planning

- Develop Plan
- Partner Agency Needs Assessment
 - Agency Gathering May 2023
 - Ft Hays State University
 - Hays, Kansas
- Adjusted Plan
- Case for Support Developed & Gift Table Adjusted
- Fundraising begins September 2023
 - \$2.9M raised December 2023
 - \$6.3M raised December 2024
 - \$8.5M raised December 2025

Budget

Western Kansas Expansion Budget

Garden City HUB		
Building Purchase	\$ 1,400,000.00	
Building Renovation	\$ 2,500,000.00	
Equipment	\$ 1,000,000.00	
Sub Total	\$ 4,900,000.00	49%
Network Expansion		
Pantry Upgrades	\$ 4,900,000.00	
Sub Total	\$ 4,900,000.00	49%
Planning & Administrative Cost	\$ 200,000.00	2%
Grand Total	\$ 10,000,000.00	100%

Western Kansas Expansion

73 agencies in western Kansas service area

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graph TD; A[73 agencies in western Kansas service area] --> B[Anticipate 52 agencies will engage in campaign.]; B --> C[Produce will increase 100% per year.]; C --> D[Outcome - distribution will increase 56%];
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Anticipate 52 agencies will engage in campaign.

Produce will increase 100% per year.

Outcome - distribution will increase 56%

Western Kansas Expansion Budget

Garden City HUB		SqFt	Western Kansas Network Expansion			
Receiving	500		Partner Agency Upgrades			
Dry Storage	8,000		Small	30	\$ 50,000.00	\$ 1,500,000.00
Refrigerated Space	4,500		Medium	14	\$ 100,000.00	\$ 1,400,000.00
Pantry	3,000		Large	8	\$ 250,000.00	\$ 2,000,000.00
Welcome Center	500		Total	52	\$ 94,230.77	\$ 4,900,000.00
Office Space	2,500					
Total	19,000					
Renovation Cost	\$ 2,500,000.00					
\$SqFt	\$ 131.58					
Parking Spaces	50					
Dock Doors	3					

Fundraising Plan

Gift Table

Kansas Food Bank Capital Campaign - Western Kansas

Phase	Dates	Gift Range	Gifts	Cumulative	%	Total	Cumulative	%
Lead Gift		\$2,000,000	1	1	2.78%	\$ 2,000,000.00	\$ 2,000,000.00	20%
Leadership Phase		\$1,000,000	2	3	8.33%	\$ 2,000,000.00	\$ 4,000,000.00	40%
		\$ 500,000	4	7	19.44%	\$ 2,000,000.00	\$ 6,000,000.00	60%
		\$ 300,000	5	8	22.22%	\$ 1,500,000.00	\$ 5,500,000.00	55%
		\$ 200,000	6	13	36.11%	\$ 1,200,000.00	\$ 7,200,000.00	72%
General Phase		\$ 100,000	8	21	58.33%	\$ 800,000.00	\$ 8,000,000.00	80%
		\$ 50,000	10	31	86.11%	\$ 500,000.00	\$ 8,500,000.00	85%
Total			36			\$ 10,000,000.00		

Fundraising Outcomes to Date

**Kansas Food Bank Western Hub
Capital Campaign Status Report
5/29/2026**

Gifts in Process				
	Donors	Commitments Received	Verbal Commitments	Outstanding Solicitations
Individuals	7	\$260,000	\$5,000	\$0
Foundations	9	\$5,585,000	\$0	\$45,000
Corporations	16	\$490,000	\$160,000	\$0
Organizations	6	\$2,136,611	\$0	\$0
Board Members & Advisory Council	0	\$0	\$0	\$0
Committee Members	0	\$0	\$0	\$0
TOTAL	38	\$8,471,611	\$165,000	\$45,000
TOTAL COMMITMENTS		\$8,636,611		
Progress Towards Total Goal		86.37%		
Progress Towards Phase 1 Goal		176.26%		
Amount Remaining to Raise		\$1,363,389		
Amount Remaining for KHF Match		\$32,000		

5/29/2026

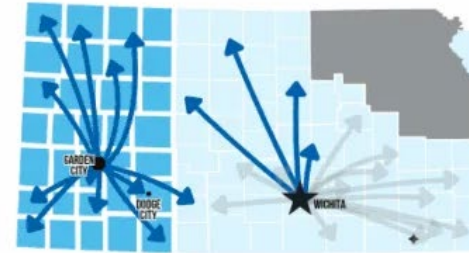
Typ	Date Receiv	Amou
F	10/7/2025	\$2,000,000
F	12/26/2023	\$2,000,000
O	1/1/2023	\$1,331,111
F	1/1/2023	\$1,000,000
O	9/22/2023	\$600,000
F	1/12/2024	\$450,000
C	7/11/2024	\$250,000
O	11/21/2024	\$150,000
I	5/22/2024	\$100,000
I	6/28/2024	\$100,000
C	1/30/2025	\$100,000
C	11/6/2024	\$75,000
F	4/21/2025	\$50,000
C	3/15/2024	\$50,000
C	11/21/2024	\$50,000
C	11/6/2024	\$30,000
C	11/6/2024	\$30,000
C	12/18/2025	\$30,000
C	12/18/2025	\$25,000
F	12/10/2024	\$25,000
F	12/16/2024	\$25,000
F	12/16/2025	\$25,000
I	5/22/2024	\$25,000
C	11/6/2024	\$15,000
C	6/17/2024	\$15,000
I	6/2/2025	\$15,000
C	9/11/2025	\$15,000
I	6/18/2024	\$10,000
I	6/17/2025	\$10,000
F	10/31/2024	\$10,000
C	11/6/2024	\$7,500
I	1/15/2026	\$5,000
C	2/10/2025	\$5,000
O	12/5/2024	\$5,000
C	6/2/2025	\$2,500
O	6/27/2024	\$500
		\$8,636,611

Top 11 donors have given \$8M+ or 80% of goal

Donor Growth

- In addition to raising the \$10M for the capital campaign BCA is assisting in growing the base of annual support in western Kansas
- 20,000 identified prospective donors in western Kansas area
 - 42 new donors in FY 2025-2026
 - \$4,019 raised
 - \$100.46 Average Gift
- 82 new donors total FY 25-26
 - \$158,953 lifetime giving * does include some capital gifts
- 835 donors total in database
 - \$838,587 lifetime giving

Outcomes to Date



Distributing from the Garden City facility to partners in **all 31 westernmost counties**.

This allows us to deliver **fresh produce** more frequently to rural pantries!

759,293 pounds of food was distributed in the 2024-25 fiscal year from Garden City.

22% of all pounds distributed was fresh produce!



2,725 households were served per month last year through **36 partner agencies**, **9** monthly mobile distributions, **12** Bob Box & **6** CSFP sites!

9,636 Food 4 Kids packets were distributed, providing **1,071 kids** every Friday with easy to open & eat foods across **59 schools** in **22 cities**.



762 volunteers donated **1,228 hours** of their time, helping us build Food 4 Kids packets, prepare fresh produce for our partners and more!



Sunflower Foundation



Planting the seeds for Food is Medicine in Kansas

The potential of medically-tailored food
assistance for tackling persistent health challenges



In 2022, Sunflower Foundation launched the Kansas Food is Medicine Initiative, which targets patients in the primary care safety net system who are suffering from chronic conditions and are lacking proper nutrition.

Through a partnership with Sunflower Foundation, Kansas Food Bank, Harvesters – The Community Food Network, and six FQHCs spread across the state, the initiative provides patients with such items as medically tailored groceries, nutritious food and meal ingredients, and cooking educational opportunities – all with the purpose of helping them better manage their chronic disease.

The following clinics are participating in the Kansas Food is Medicine Initiative:

- The Community Health Center of Southeast Kansas (Pittsburg)
- Genesis Family Health (Dodge City/Garden City)
- HealthCore Clinic (Wichita)
- Health Ministries Clinic, Inc. (Newton)
- Heartland Community Health Center (Lawrence)
- Hoxie Medical Clinic (Sheridan County)

KFIMI Clinical Outcomes at 3 months	Phase 1 (n=175)	Phase 2 (n=204)
Patients Experiencing Improved A1c levels	60%	62%
Greatest A1c reduction	↓ 7%	↓ 8%
Average A1c reduction among those with baseline >9%	↓ 1.3%*	↓ 1.7%*
Average A1c reduction overall	↓ 0.7%*	↓ 0.9%*
Average A1c reduction among those with hypertension	↓ 5.75/3.07 mmHg*	↓ 5.23/3.52 mmHg*
KFIMI Mental Health Changes at 3 months		
Depression (PHQ9) +	No change	↓ Depression
Depression (scale 0-27)	↓ 0.4	↓ 1.44*
Quality of life (vitality score)	No change	↑ Vitality
Vitality (scale 0-100) #	↑ 2.9	↑ 6.26*
Quality of life (flourishing scale) #	No change	↑ Flourishing
Flourishing (scale 1-21) #	↑ 0.15	↑ 0.2*
<p><i>A1c = Hemoglobin A1c, a marker for average blood sugar over the last three months</i></p> <p><i>* Denotes statistically significant differences, p<0.001</i></p> <p><i>+ Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. J Gen Intern Med. Sep 2001;16(9):606-13.</i></p> <p><i># Conner TS, Brookie KL, Carr AC, Mainvil LA, Vissers MCM. Let them eat fruit! The effect of fruit and vegetable consumption on psychological well-being in young adults: A randomized controlled trial. PloS one. 2017;12(2):e0171206-e0171207.</i></p>		

Elements

- Develop a plan with clear outcomes
- Create a compelling case for support
- Develop a gift table
- Obtain “buy-in”
 - Board
 - Staff
 - Partners
 - Funders
- Schedule meetings
- Track and report on progress
- Celebrate!!
- Follow-up

Questions???

Brad Cecil

A S S O C I A T E S

