

HOW TO APPLY

Visit our website - www.nekcap.org or contact your local NEK-CAP, Inc. office for additional information. Each grant administered by NEK-CAP, Inc. has different standards for determining eligibility, including level of income and geographic location (*services may vary according to county*).

Our 16-county Service area includes Atchison (AT), Brown (BR), Doniphan (DP), Jackson (JA), Jefferson (JF), Jewell (JW), Leavenworth (LV), Marshall (MS), Mitchell (MC), Nemaha (NM), Osborne (OB), Pottawatomie (PT), Republic (RP), Riley (RL), Smith (SM), and Washington (WS) Counties.

THE PROMISE OF COMMUNITY ACTION

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

NEK-CAP, Inc.'s VISION

One by one all individuals, families and communities become self-reliant.



NEK-CAP, Inc. is an equal opportunity provider and employer.

NEK-CAP, Inc. Offices:

Administrative Office (Hiawatha)
785-742-2222 or 888-904-8159
www.nekcap.org

Atchison County (Atchison)
Early Head Start & Outreach Office: 913-367-7114
Head Start Center: 913-367-7848

North Brown County (Hiawatha)
Early Head Start, Head Start Center & Outreach Office: 785-742-2222 x 113 or 116

South Brown County (Horton)
Early Head Start, Head Start Center & Outreach Office: 785-486-2965

Doniphan County (Troy)
Early Head Start & Outreach Office: 785-985-2619

Jackson County (Holton)
Early Head Start & Head Start Center:
785-364-2109
Outreach Office: 785-364-4055

Jefferson County (Meriden)
Head Start Center & Office: 785-484-3317
Early Head Start: 913-547-1362

Leavenworth County (Lansing)
Head Start Center & Office: 913-651-5692
Early Head Start: 913-702-4787 or 913-702-2411

Marshall County (Marysville)
Head Start Center: 785-562-2941
Early Head Start & Outreach Office: 785-562-1014

Nemaha County
Early Head Start, Head Start Center & Office (Sabetha): 785-300-0109
Early Head Start, Head Start Center & Office (Seneca): 785-336-2927

Pottawatomie County
Early Head Start (Westmoreland): 785-457-0122

JW, MC, OB, RP, RL, SM & WS Counties (Beloit)
Outreach Office: 785-547-7136

Updated 3/23/2021

NEK-CAP, Inc.

We provide comprehensive education and social services to low-income community members through collaborative partnerships focused on promoting the development of individuals and families, empowerment, and economic security.



NEK-CAP, Inc. Filling the Gap



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FILLING THE GAP Summer Youth Food Program

NEK-CAP, Inc., and Kansas Food Bank collaborate to offer Filling the Gap, a youth summer food program, for eligible youth (ages 1 to 18) during the summer when school is out. With the help of local health departments and hunger advocates, we are able to Fill the Gap and provide missing summer meals to children at risk of going hungry. Over 100 youth are served through this program offered in the six Northcentral counties of Jewell, Mitchell, Osborne, Republic, Smith and Washington.



One mother said, "This makes a big difference to my children and our family!"

Filling the Gap Summer Youth Food Program provides free shelf-stable, pre-packaged meals to eligible youth each week that are participating in the program. This program was created to ensure that low-income youth continue to receive balanced and nutritious meals while school is not in session. Summer is a time when children who rely on free and reduced meals at school struggle the most. Meals that they depend upon daily are not available to them.

Summertime is a time when children and families are most at-risk of hunger. Nearly one in five children in our state faces hunger on a daily basis -

- **Jewell County:** 22.8% of children are food insecure (120 children) - 2020 Projected Child Food Insecurity Rate: 26.4%
- **Mitchell County:** 20.8% of children are food insecure (290 children) - 2020 Projected Child Food Insecurity Rate: 24.1%
- **Osborne County:** 20.8% of children are food insecure (160 children) - 2020 Projected Child Food Insecurity Rate: 23.8%
- **Republic County:** 18.9% of children are food insecure (170 children) - 2020 Projected Child Food Insecurity Rate: 22.5%
- **Smith County:** 23.1% of children are food insecure (170 children) - 2020 Projected Child Food Insecurity Rate: 26.0%
- **Washington County:** 21.2% of children are food insecure (270 children) - 2020 Projected Child Food Insecurity Rate: 24.1%

School's out,
HUNGER'S NOT!

Based on community assessment, Filling the Gap will provide daily and/or weekend meals to low-income, food insecure children throughout the summer months. Meals include lunch and breakfast along with shelf stable milk to ensure complete nutritious meals are served meeting children's dietary needs.

Studies have found that food insecurity may hinder children's ability to function normally, participant fully in school and other activities; may be at higher risk of behavioral

issues and social difficulties. With increased nutrition children should have decreased hospitalization, decreases in asthma and anemia, and increased social functioning.

When applying for Filling the Gap Program, applications are accepted online at <https://www.nekcap.org/menus/family-community-resources.html> - deadline to apply is April 1st. Dates and locations of distribution will be announced prior to the end of the school year.



For more information, please contact:

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Email: ktran@nekcap.org



NEK-CAP, Inc. administers government and private grants such as Administration for Children and Families/Department of Health & Human Services; Kansas Housing Resources Corporation (KHRC); the State Department of Education (KSDE); United States Department of Agriculture (USDA); and Housing & Urban Development (HUD).