

## HOW TO APPLY

Apply online using our Customer Kiosk, scan the QR code below, or the link can be found on our website - [www.nekcap.org](http://www.nekcap.org). 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 ~ [www.nekcap.org](http://www.nekcap.org)

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

North Brown County (Hiawatha/Sabetha)  
Early Head Start & Head Start Center: 785-300-0109

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

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

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

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

Leavenworth County (Lansing)  
Early Head Start & Head Start Center: 913-651-5692

Marshall County (Marysville)  
Early Head Start: 785-562-2941

Nemaha County (Seneca)  
Early Head Start & Head Start Center: 785-336-2927

Pottawatomie County (Wamego)  
Early Head Start & Head Start Center: 785-508-2120

AT, BR, DP, JF & LV Counties (Hiawatha)  
Outreach Office: 785-742-2222 ext. 170 or 106

JA, MS, PT, NE, RL & WS Counties (Westmoreland)  
Outreach Office: 785-851-0707

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



Updated 3/6/2024

# 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



NEK-CAP, Inc. Administrative Office  
Northeast Kansas Community Action Program  
PO Box 380 ~ 1260 220<sup>th</sup> Street  
Hiawatha, KS 66434  
Phone: 785-742-2222 ~ Fax: 785-742-2164  
[nekcap@nekcap.org](mailto:nekcap@nekcap.org) ~ [www.nekcap.org](http://www.nekcap.org)

## 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 North Central 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. [Feeding America](#) found that 1 in 7 Kansas children (i.e., 93,960 children) face food insecurity -

- **Jewell County:** 17.7% of children are food insecure (110 children)
- **Mitchell County:** 12.9% of children are food insecure (170 children)
- **Osborne County:** 12.5% of children are food insecure (90 children)
- **Republic County:** 13.9% of children are food insecure (150 children)
- **Smith County:** 11.2% of children are food insecure (80 children)
- **Washington County:** 11.6% of children are food insecure (140 children)

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, participate 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.

*Limited availability per site, based on a first come, first served basis for those who qualify.*

When applying for Filling the Gap Program, applications are accepted online at <https://www.nekcap.org/menus/family-community-resources.html> - *Applications for are due by April 6<sup>th</sup>.* Dates and locations of distribution will be announced prior to the end of the school year.



For more information, please contact:

NEK-CAP, Inc.  
1112 N. Independence Ave.  
Beloit, KS 67420  
Phone: 785-547-7136  
Email: [ktran@nekcap.org](mailto: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).*