

## HOW TO APPLY

*Filling the Gap has limited availability per site, based on a first-come, first-served basis for those who qualify.*

Apply online using our  
Community Services Pre-Application ~  
<https://www.nekcap.org/menus/community-services.html>

*Applications for are due by March 31<sup>st</sup>. Dates and locations of distribution will be announced prior to the end of the school year.*

Apply for agency programs online using our Customer Portal, 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.

**NEK-CAP, Inc.'s VISION**  
*One by one all individuals, families and communities become self-reliant.*

### 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 (Oskaloosa)  
Early Head Start: 913-547-1362  
Head Start Center: 785-338-1752

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, & LV Counties  
Community Services: 913-367-7114

JA, JF, MS, NM, & PT & Counties  
Community Services: 785-851-0707

JW, MC, OB, RP, SM & WS Counties  
Community Services: 785-547-7136

Riley County (Manhattan)  
Community Services: 785-741-9134



Updated 1/20/2026

# 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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Northeast Kansas Community Action Program  
PO Box 380 ~ 1260 220<sup>th</sup> Street  
Hiawatha, KS 66434  
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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 seven children in our state faces hunger on a daily basis -

- **Jewell County:** 24% of children are food insecure (150 children)
- **Mitchell County:** 22% of children are food insecure (290 children)
- **Osborne County:** 20% of children are food insecure (150 children)
- **Republic County:** 24% of children are food insecure (260 children)
- **Smith County:** 19% of children are food insecure (120 children)
- **Washington County:** 16% of children are food insecure (210 children)

[Feeding America](#) found that 18.4% of Kansas children (i.e., 126,260 children) face food insecurity.

*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.



For more information, please contact:

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Holton, KS 66434  
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Email: [tweley@nekcap.org](mailto:tweley@nekcap.org)



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

*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).*