



## Partner Agencies Newsletter

### Events/Media

#### **Hunger Action Month**

September is historically observed as Hunger Action Month (HAM).

The month is packed with activities to raise awareness about hunger issues. For more information on any of the following events contact Melissa Marts at 719-434-4677 or Tom Ramirez at 719-434-4672.

August 23 - September 19:

**Paper Plate Campaign.** Feeding America will be presenting people's stories from across the country at Congress' opening session on Sept 26, via paper plates. Fill out and return yours to Care and Share by Sept. 19.

September 10:

**Hawks Against Hunger Run** starting in Pueblo and running through the San Isabel National Forest. Proceeds go to Care and Share (see below).

**All Pikes Peak Reads *Hunger Games*** kick-off celebration with the What If? Celebration in Downtown Colorado Springs.

**Mr. Biggs and Harbor House food drive and bowl-a-thon** kick off for Best Christmas Ever.

September 12:

***Hunger Games*** reading group meets. RSVP with Melissa Marts by 9/7 at 434-4677. The Pikes Peak Library District will be hosting *Hunger Games* and many food drives as the *All Pikes Peak Reads* selection beginning in September and coinciding with HAM.

September 12-16:

**SNAP (Supplemental Nutrition Assistance Program) Food Stamp Challenge** - join *Independent* writer Adrian Stanley and KRDO newsperson Tak Landrok as they see how they can eat on \$35.41/week. To sign up contact Alegra Roybal, Food Assistance Coordinator, at 719-434-4602.

9/15 - Care and Share hosts a "One Stop Shop" for local families in need of resource assistance to stop by between 3-6:00 PM (see below).

September 17-24 (Local Food Week):

9/18 - Cooking Matters and LiveWell co-host **Gadzooks Got Zukes!, cooking with fresh herbs and kid friendly recipes** 1:30-4:40 at Harrison Urban Garden.

9/23 - Care and Share hosts **complimentary agency BBQ and screening of *What's Organic About Organic***, 6-9:00 PM at Colorado Springs Warehouse. Get your tickets from Agency Relations by September 19.

Much more is happening this week - see Peaktoplains.com for more information.

On-going

**Urban Experience**, hosted by the Pikes Peak Justice and Peace Commission, is an immersion experience in homelessness and poverty in Colorado Springs. This is a great opportunity to increase awareness and sensitivity in your parish or supporter population. Contact [econjjustice@ppjpc.org](mailto:econjjustice@ppjpc.org).

### **Food Resource Assistance**

Because of the economic crisis, middle class people who are unfamiliar with assistance programs are finding themselves in need of help navigating the cumbersome application process. Care and Share is working to help these individuals. We are making a concentrated effort in the month of July in support of Hunger Action month.

Care and Share will be hosting a "One Stop Shop" for local families in need of resource assistance on **Thursday, September 15<sup>th</sup> from 3 - 6pm** at Care and Share Food Bank. In addition to providing access to food assistance resources, we will also be encouraging families to pick fresh produce from our gardens. We hear from many of these individuals that they are unable to access resources because they do not have enough time to "run all over town" trying to access information and get signed up. The main goal of this event is to provide a neutral, stress-free environment for people to learn about resources that exist in our community and potentially sign-up for assistance on-the-spot without the stress and time involved in running all over town.

We will be advertising this event through Care and Share Partner Agencies and our fabulous partners like you!

We would like to invite your agency to participate in this great event!

We are sending invitations to the following agencies. Peak Vista, LEAP, Employment First, Cooking Matters, Consumer Credit Counselors, DHS, and United Way. If you can think of an organization that should be attending this event, please forward this invitation on to them and personally invite them to participate. There is **NO COST to participate** in this event. Tables will be provided. Please plan on bringing materials about your organization and resources

and ways for people to sign up or make appointments with you to get assistance.

**Please RSVP** to Alegra Roybal, Food Assistance Coordinator by **Tuesday, September 6<sup>th</sup> by 5 pm**. If you have questions, please send an e-mail to [Alegra@careandshare.org](mailto:Alegra@careandshare.org) or call Alegra at 719-528-1247 X4602 or Jennifer Mariano, Director of Programs at [jennifer@careandshare.org](mailto:jennifer@careandshare.org)

## **Hawgs Against Hunger Run**

**When: September 10, 2011**

**Where: I-25/Hwy 96**

Registration at Colorado Springs Care and Share warehouse: 8:00AM ... leave at 9:00AM for Pueblo Care and Share warehouse.

Registration at Pueblo Care and Share warehouse 9:00AM ... leave at 10:00AM with folks from Colorado Springs for the run.

The run goes south on I-25 for 21 miles to Exit 74 (Colorado City), then west through Rye, CO, past Lake Isabel, and to Bishop's Castle. It will continue 13 miles further north to Hwy 96, and then back to Pueblo along the south side of Pueblo Reservoir.

For Colorado Springs riders the trip will be a total of 199 miles back to Colorado Springs. For Pueblo riders it will be a total of 103 miles.

## **What: Food and Fun**

On our return we will have door prizes and raffles beginning at 1:15 PM. We will have Dad's Barbecue and Grill and another vendor on site at the Pueblo warehouse for you to purchase food and soft drinks if you choose. We will start the drawings promptly at 1:15 PM and riders will need to be present to win.

Each rider and partner will get a pin with registration, and we will have tee's available for \$15.00, and \$17.00 for larger sizes (2x or larger).

## **Cost:**

Entry fee (a donation) will be \$15.00 per rider and \$5.00 for your two-up. We would be grateful for any donation amount higher than the entry fee. Each entry fee will include two tickets each for door prizes. Raffle and 50/50 split tickets will be sold separately for \$1.00 each and yes, we can accept food donations at that time as well (although we cannot accept them in lieu of a registration fee).

For more information contact: Don Lloyd at (719) 528-1247, or [Don@careandshare.org](mailto:Don@careandshare.org).

**ABC News exclusive coverage of Map the Meal Gap: Child Food Insecurity 2011**

Feeding America is excited to announce that ABC News launched a series of reports the week of August 22 about food insecurity called *Hunger at Home: Crisis in America*.

The series launched on August 24, with a full day of reports based on the findings of our new "Map the Meal Gap: Child Food Insecurity 2011" report, which was released exclusively to ABC that day.

ABC plans to run features and stories on "Good Morning America," "World News Tonight with Diane Sawyer" and "Nightline" as well as on ABC News Radio and ABCNews.com. **Follow-up stories are planned for the coming weeks and months on ABC.**

The reports will provide a close look at how hunger is affecting a growing number of American families and the ways viewers can help fight hunger in their communities.

In addition to the reports, the special will include a text-to-give campaign. Viewers can text "**FEED**" (**50555**) to make a donation to Feeding America.

The program also offers an opportunity for the public to submit the ways they fight hunger in their communities for possible feature on "World News". This is a fantastic chance for Feeding America members through Care and Share to promote the network and their efforts to fight hunger in their own communities. We encourage staff and volunteers from every Partner Agency to visit [Hunger in Your Community: How Are You Helping?](#), and submit your experience.

ABC News will promote the series over the weekend. Please share this news with your supporters, partners and elected officials to raise awareness of the problem of hunger in our nation.

*\*This is scheduled to run on ABC News pending breaking or urgent news.*

### **Care and Share hires Front Range Coordinator**

We are pleased to add Tom Faudree to the Agency Relations team working out of the Pueblo and Colorado Springs offices. This is a new position working with agencies in El Paso, Pueblo, Huerfano and Las Animas Counties. He will be conducting site monitors as well as working with agencies to help build capacity as nonprofit organizations.

Helping people in need has been a recurrent theme throughout Tom's professional career, which began immediately after finishing his undergraduate degree. He has worked as a summer counselor for Upward Bound, followed by work as a field counselor for the U.S. Department of Education. In Oklahoma, Tom helped organize a local Bread For the World chapter as well as volunteer work for a nonprofit organization that educated the public about the perils of an unbridled nuclear arms race. Still in Oklahoma, Tom accepted a position as a classroom teacher/coach where he served secondary students and their families for fifteen years. While there, Tom completed his Master of Arts in History (Summa Cum Laude) at the University of Central Oklahoma.

Tom then moved to Colorado Springs where he worked as a substitute teacher in School District 11 while completing his Master of Social Work degree with

Colorado State University. With his social work degree in hand, Tom has worked at Faith Partners as a Mentor Coordinator and Instructor under an El Paso County DHS contract. He completed internships at the Center on Fathering and Rocky Mountain Health Care Services.

You may reach Tom Faudree by phone (719) 528-1247, or e-mail [TomF@careandshare.org](mailto:TomF@careandshare.org).

Melissa, Tom R., and Paul are happy to welcome Tom F. to the team!

## News You Can Use

### **Grants for Gardens available**

Mini-grants are available through the **UGARDENS** Project at the Pueblo City-County Health Department. Applications are currently available at the Health Department and due Thursday, September 29, 2011 by 11:00a.m. Funding opportunities range from \$1,000 to \$5,000.

The UGARDENS project is a three-year grant through the Colorado Health Foundation that focuses on health education through the development of community and school garden projects in the Pueblo community. The purpose of the UGARDENS Project is to address obesity and health behaviors through increased access to and consumption of fresh fruits and vegetables, as well as boost physical activity opportunities to underserved youth and families through community and school gardens. This will be accomplished by 1) community/school gardens with evidence based nutrition programs; 2) physical education curriculum; and 3) gardening activities.

The application process is open to any school/organization located in Pueblo, Colorado. All organizations must be non-profit. Only one application per school/organization will be accepted. Applications can be picked up at the Pueblo City-County Health Department at 101 W 9<sup>th</sup> Street, Pueblo in the Budget and Finance Office on the first floor.

Proposals are due on Thursday, September 29, 2011 by 11:00am. Late applications will not be accepted. For more information contact Roz White, Purchasing Agent at the Pueblo City-County Health Department 719-583-4523 or [roz.white@co.pueblo.co.us](mailto:roz.white@co.pueblo.co.us).

### **SNAP Education**

As you know, the need for food in our service area is up and donations are down. One way to address this gap and take some pressure off of your agency is to assist eligible clients to get signed up for Food Assistance. Food Assistance or "SNAP" (Supplemental Nutrition Assistance Program) is the old Food Stamp program, which was changed in 2008. Instead of "stamps" the person receiving benefits can use an EBT card in grocery stores, and it looks just like a debit card! Right now, only about half of those eligible for Food Assistance benefits are enrolled in the program. Food Assistance also benefits our communities: Every \$5 given out with

food assistance puts in an extra \$4.20 in the local economy. So using food assistance benefits the entire community, not just the individual.

In an effort to help both Care and Share and agencies stretch valuable resources, Care and Share has launched a **Food Assistance Outreach program**. We are currently looking for interested agencies to participate. We will be teaching agencies to conduct eligibility screenings, provide application assistance, as well as provide nutrition information at your agency's location. We can also help set up phone interviews for clients so they do not have to go directly to DHS for an interview. If you believe this program can benefit your clients, please contact Alegra Roybal at [Alegra@careandshare.org](mailto:Alegra@careandshare.org) or 719-528-1247 Ext. 4602.

## Kudos Korner

We'd like to congratulate all our Partner Agencies that participated in the *Independence from Hunger* food drive. Independence from Hunger news. Way to go partner organizations! You all brought in 32,645 pounds in just one month. King Soopers was a great resource for those of you who hosted a barrel; it really helped with the pounds.

The largest amount brought in was 12,225 pounds hauled in jointly by the Westside Cares 3 pantries and their work at Kings! The Durango Food Bank brought in 3157 pounds and Open Bible Baptist in CS raised 2954 pounds. These are the overall big numbers, but looking at who most exceeded their goal - well, WSC still holds the record at 7 times their goal, but Custer Community Share Program (in the tiny towns of Westcliffe and Silver Cliff) came in at 6 times their goal, Open Bible Baptist was at 5 times their goal. Congrats to the winners of the prizes, top 3 agencies that most exceeded their goal!

**First Prize - Westside Cares**, 25 one-pound packages of Ranch Foods Direct ground beef (hormone and antibiotic free)

**Second Prize - Custer County Community Share Center**, BBQ Grill (Steve Brown, ED of Westside Cares, wanted the grill to go to Westcliffe), and 25 one-pound packages of Ranch Foods ground beef.

**Third Prize - Open Bible Baptist**, 25 one-pound packages of Ranch Foods ground beef.

We will be reaching out to begin planning for the November drives soon. Thanks again partner agencies.

## From the Warehouse Floor

1. Please check orders, if there is a problem contact Ron in the Colorado Springs warehouse or Rhonda in the Pueblo warehouse for local orders, and Oleta for out-of-town orders.
2. Remember to pick up your orders on the day of your scheduled pick up.
3. Please try to bring your own boxes or bags when shopping in both Colorado Springs and Pueblo.
4. Please NO OPEN TOED SHOES. It is a safety hazard and you could hurt your feet. Thank you!

## The Nutrition Corner

## Sugarless Oatmeal Cookies

Serving Size: 2 cookies    Yield: 15

### Ingredients:

3 ripe bananas	
1/3 cup margarine	1/4 cup skim milk
2 cups uncooked quick-cooking oats	1/2 cup raisins
	1 teaspoon vanilla extract

### Instructions:

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.
9. Move the cookies to wire racks or a towel. Let them cool completely.

Total Recipe Cost: \$2.25

Calories: 110, Total Fat: 4.5 g, Carbs: 17g, Sugar: 7g , Protein: 2g

SNAP-Ed Connection Recipe Finder  
<http://recipefinder.nal.usda.gov/index.php>

## Care and Share Shopping Lists

Care and Share shopping lists can be found here: [Shopping Lists](#)  
Please ensure you are ordering from the most recent shopping list.

For any ideas you feel would benefit other Care and Share agencies through this newsletter, please contact Tom Ramirez at [Tom@careandshare.org](mailto:Tom@careandshare.org).

Enjoy a great and safe Labor Day weekend!

Tom Ramirez

Director of Partner Agency Development

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Colorado Springs, CO 80915

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Pueblo, CO 81004