



CARE AND SHARESM
FOOD BANK FOR SOUTHERN COLORADO

A member of
FEEDING AMERICA

SHARING THE HARVEST

FALL 2014 NEWSLETTER

www.careandshare.org

PARTNER AGENCY HIGHLIGHT

In July 2013, High Plains Helping Hands (HPHH) had an idea to provide weekly education classes that would empower their patrons by teaching them certain life skills, including healthy cooking and gardening. Along with the idea, HPHH envisioned a garden. That July, HPHH received three raised-garden beds from generous sponsors, which made it possible for HPHH to grow fresh vegetables every summer for their pantry patrons.

Anne Yager, a volunteer in HPHH's pantry, was asked by Rose Mizer, Director at HPHH, to help with the gardens. Anne, who leads the efforts of planting and tending to the garden beds, is an avid gardener.

In the first year, the gardens grew lettuce, herbs, and various other vegetables such as beans, broccoli, and cabbage leaves. Pantry patrons have enjoyed salads and said, "It's nice to have fresh vegetables straight from the garden." With those comments, Anne smiles and agrees that having healthy food to eat is important.

The seedlings are planted at intervals from May through October so that plenty of vegetables can be provided to families who visit HPHH's pantry each Friday. The weekly harvest provides fresh produce to fifteen families to supplement what they received at the pantry.

Thank you Anne, Rose, and all associated with HPHH. Your garden is an inspiration to our community.



Faces of Hunger

David and Alex

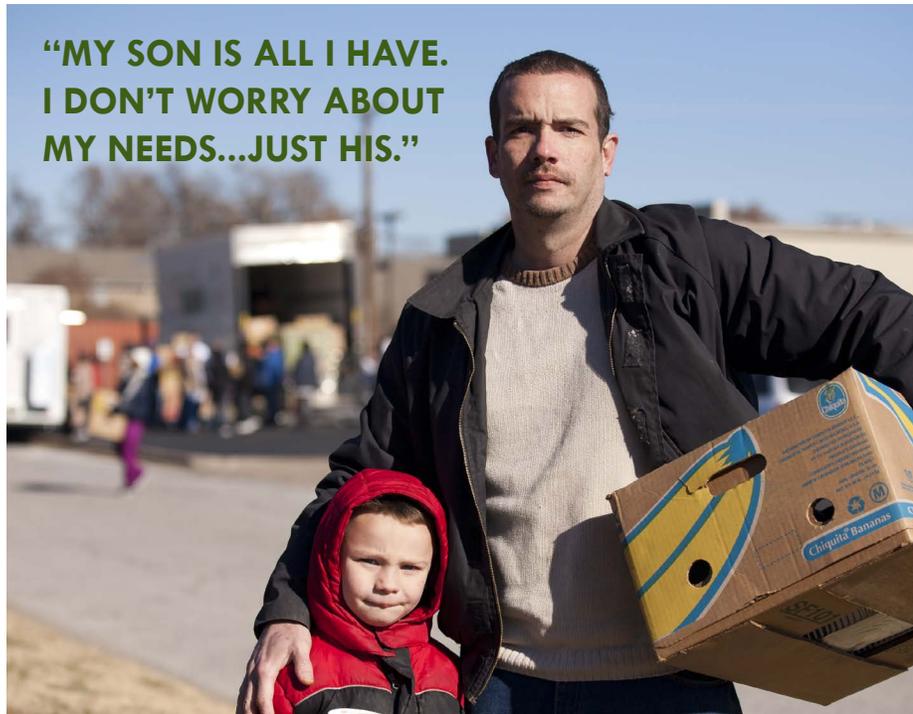
Getting a job was never this hard. I've found work before, but for the past few years, I've been struggling to find anything at all.

It would be easier if I was only providing for myself, but I have my son as well. I'm a single father of a three year old, and I want my son to get enough to eat. I first visited a food pantry a year ago, and I've been using it on and off since then. I receive food stamps, but not enough to feed us both for a month, so this helps supplement what we have.

The food pantries are a tremendous help. If I didn't have places like these to help me – to give me food – I honestly don't know where I would be. I'm afraid I wouldn't be able to take care of my son, to feed him.

I am so grateful I don't have to worry about that though; grateful that food pantries exist to help me ensure that my son has enough to eat. My son is all I have. I don't worry about my needs, just his. As long as he has everything he needs, I'll be fine too.

**"MY SON IS ALL I HAVE.
I DON'T WORRY ABOUT
MY NEEDS...JUST HIS."**





September is Hunger Action Month

Every September, Care and Share Food Bank in conjunction with Feeding America recognizes **Hunger Action Month**.

There are a variety of ways you can get involved. The 30 Ways in 30 Days Calendar provides 30 unique things you can do every day of the month to learn more about hunger, spread the message, or get involved.



The third week of the month is designated for the **Food Assistance Challenge** week, when we ask you to live on the budget of someone receiving SNAP benefits (formerly known as food stamps). Mark your calendar for September 15-19, 2014.

Visit www.careandshare.org/NewsAndEvents to learn more about these events and how you can participate.

Together we can solve hunger. Hunger's Hope Awards 2015 Call for Nominations

The Hunger's Hope Award recognizes one individual, one organization, and one business for their extraordinary level of commitment to securing and/or providing resources in support of Care and Share's work to bridge the gap between hunger and abundance.

Make a nomination today to recognize an individual, an organization, and a business for their commitment and enormous difference they make in the lives of Southern Coloradans right now and for tomorrow. Each nominee and award recipient will receive recognition at the January 2015 Care and Share Board meeting. Please help Care and Share Food Bank give much deserved recognition by completing all information on the Nomination Form.

Visit www.careandshare.org, News and Events section to learn more about the Hunger's Hope Award and download an award nomination form. Submit complete nominations to Donna Gibson at 2605 Preamble Point, Colorado Springs, CO 80915 or email it to development@careandshare.org.

Nominations are due Monday, November 24, 2014!

Community Makes

2014 Springs Beer Fest

Thank you to The Craftworks Foundation for their partnership in

the fight against hunger.



This year's Beer Fest was a

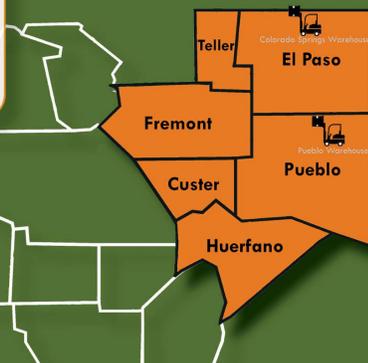
fun-filled day with more than 3,800 in attendance who enjoyed samplings from 60 notable craft brewers, an afternoon of live music, games, and local fare from food trucks and area restaurants. All proceeds raised from the 2014 Springs Beer Fest will benefit the programs of Care and Share Food Bank for Southern Colorado.

HOW WE FIGHT HUNGER IN CENTRAL SOUTHERN COLORADO

Last year, Care and Share provided more than 8,706,256 meals in Central Southern Colorado.



1 in 7 neighbors in Southern Colorado are food insecure.



Care and Share partnered with 34 Send Hunger Packing sites to distribute 17,444 backpacks last year.



Care and Share partners with 184 agencies in Southwest Colorado.



Create a **Hunger-Free Southern Colorado** through a **Charitable Bequest**

Through your donations to Care and Share Food Bank for Southern Colorado, you're making a difference in the fight against hunger today. Did you know that you can help people facing hunger tomorrow by leaving a bequest to Care and Share Food Bank in your will?

The benefits are far-reaching.

Your bequest to Care and Share Food Bank for Southern Colorado will support programs that reach men, women, and children at risk of hunger. Plus, you may be able to exclude some of your estate or inheritance taxes. Speak to your attorney or financial advisor to learn how a bequest to Care and Share can positively impact your estate.

Please call Stacy Poore, 719-434-4679 or you may email us at development@careandshare.org



a Difference

Panerathon to Fight Hunger



Runners, walkers, adults, kids, strollers, and friendly dogs once again partnered in the fight against hunger by supporting us in the 2014 Panerathon 5K & 10K to Fight Hunger.

THANK YOU for making it a success! All proceeds raised from the race will benefit our programs. Your generosity with our following sponsors truly makes a difference for those struggling with hunger in Southern Colorado. Together we can solve hunger!

PENRAD Imaging
Dr. Ron Pelton
Benefit Services Group
Garden of the Gods Club and Resort
Kaiser Permanente

Penrose St. Francis
Freedom Chiropractic
Pikes Peak Asthma and Allergy
University of Colorado Health

Upcoming Events

Cooking for a Cause

A series of Chefs Table cooking experiences that bring us together around fabulous food and the most talented chefs in our community. Events are held monthly in our beautiful Community Kitchen. Demonstrations by expert chefs are followed by a multi-course meal with the chef and event participants. Wine pairings are woven throughout the cooking and dining experience.



- **September 11 features Chef Corey Wilson of A Personable Chef**
- **October 9 features Chef Jay Gust of TAPateria**

Events are from 6:00 – 8:00 p.m. at 2605 Preamble Point, Colorado Springs, 80915

\$40 per person, per session. Space is limited.

Call 719-434-4679 or events@careandshare.org for more information and to reserve tickets.



CARE DRIVE

November 1 – December 31: CARE DRIVE

Have a business and would like to join in our community effort to raise money and food for Care and Share? Join CARE Drive! For more information, contact shannon@careandshare.org



HARVEST of LOVE

November 1-22: NewsChannel 13 Harvest of Love

Participating schools in Southern Colorado will be joining efforts with KRDO to raise money and food for those in need this holiday season. For more information, contact shannon@careandshare.org



November 17-23: A Gobble for All Turkey Drive-Panera Bread

Drop off your frozen turkey at any of the five Colorado Springs Panera Bread locations: Southgate Rd., N. Nevada Ave., First and Main Town Center, Academy Shops, and Briargate Parkway.

Are you a **Business Champion?**

Donations from businesses for general support are vital to our effort to feed our neighbors at risk of hunger. Becoming a Business Champion provides a quality venue for your business to be recognized for the work you do, as well as for your generous support of people living with food insecurity throughout Southern Colorado. Opportunities range in cost from \$500 for our Pallet Partner program to \$15,000 to become a Sunrise to Sunset supporter and help us operate our business for a day. All support opportunities come with a wide array of benefits for your organization. To see a complete list of Business Champions, as well as the various giving levels and benefits, please visit <http://careandshare.org> >Get Involved>Business Champions.

Many thanks to these fantastic Business Champions who are ensuring families, children, the elderly, and others have enough food to eat because no one should go hungry!

After School Heroes (\$6,000 to \$14,999)

CenturyTel
Farm Credit
Woodford Manufacturing Charities, Inc.

For more information about how you too can become a Business Champion, please contact Stacy Poore at stacy@careandshare.org or 719-434-4679.

CONTACT US

Colorado Springs
2605 Preamble Point
Colorado Springs, CO 80915
Phone: 719-528-1247
Hours: Mon-Fri, 8am to 5pm

Pueblo
100 Greenhorn Drive
Pueblo, CO 81004
Phone: 719-296-6995
Hours: Mon-Fri, 9am to 3pm

To learn more or to make a donation to Care and Share Food Bank visit www.careandshare.org.



Feed Our Neighbors Circle: Fight Hunger Year-Round

Every day, more than 171,000 children, individuals, seniors and struggling families count on food provided by Care and Share to get by when times are tough.

Become a member of the **Feed Our Neighbors Circle**, Care and Share Food Bank's recurring monthly donor program. This is the most sustaining force in individual giving and helps us bridge the gap between hunger and abundance and makes so many of our programs possible.

You can become a member by making a recurring monthly or quarterly gift. There's no easier way to help fight hunger.



Get Started! You can join by establishing recurring monthly or quarterly gifts at www.careandshare.org! If you prefer to enroll by email or phone, or for more information, contact Allan Siracusa at allan@careandshare.org or 719-434-4680.

Thanks to our Funders!

The generosity of our grant makers is integral to the work that we do every day to bridge the gap between hunger and abundance. Without their dedication to the betterment of our community, we could not provide nutritious food to the working adults, children, seniors, the ill, and others facing food insecurity throughout Southern Colorado. We truly appreciate each gift and are proud to maintain that for every \$1.00 we receive, \$0.95 goes towards direct services and only \$0.05 goes towards administrative costs.

April Grant Makers

Ent Federal Credit Union's Youth Endowment Series
Pikes Peak United Way
The Gazette
The Myron Stratton Home

May Grant Makers

The Gazette
The Marson Foundation

June Grant Makers

Nutrition Camp School Foundation, Inc.
Ameriprise Financial
National Dairy Council

To learn more or to make a donation to Care and Share Food Bank visit www.careandshare.org



We're launching a blog!

It will launch in **September** in conjunction with **Hunger Action Month**. Visit www.careandshare.org to learn more.

We are happy to share our adventures with you.