



# SHARING THE HARVEST

SUMMER 2014 NEWSLETTER

[www.careandshare.org](http://www.careandshare.org)

## PARTNER AGENCY HIGHLIGHT



### ANTIOCH COMMUNITY CHURCH

Antioch Community Church was founded in 1910 in support of the farming and ranching communities in southeast El Paso County. The staff and volunteers have been providing uninterrupted service for more than 100 years. They continue to serve the Truckton area by providing religious services, fellowship and community activity.

The church's community outreach includes partnerships with Care and Share Food Bank, Peak Vista's Community Health Homeless Rural Medical Van, Springs Rescue Mission, and Catholic Charities. The church's fellowship makes resource information available concerning SNAP benefits, LEAP, tax information, and free GED instruction and testing when requested.

The pantry was formed in 2009 and initially served 28 families out of a closet in the church facility. Today, the pantry serves approximately 192 families.

The pantry is run by one part-time unpaid church member and approximately 20 volunteers. Funds to operate the pantry come from both church and non-church sources which truly makes this a community project.

*Dear Friends,*

You can play a key role in a child's life this summer. I would like to introduce you to Roman and his sister Ashley; they are ordinary kids living in extraordinary times.

182,000 school-aged children in Southern Colorado are at risk of losing access to nutritious, affordable meals during the summer. At a time when most children are enjoying swimming pools, vacations, and time with their friends and family, more than 1 in 5 Southern Colorado children are at risk of hunger, which equates to more than 58,000 children who need our help. Where will Roman and Ashley eat?

Research has shown that even mild under-nutrition experienced by young children during critical periods of growth may lead to reductions in physical growth and adversely affect brain development. Proper nutrition is vital to the growth and development of all children.

The Summer Food Service Program provides low-income children with free, nutritious meals during the summer months when school is not in session. Last summer, nearly **26,000** meals and nearly **34,000** snacks were served through Care and Share's Summer Food Service Program. Help us fight hunger this summer – become a Hunger Action Hero!

Your support will:

- Provide nutritious meals and snacks to children and teens that would otherwise go hungry.
- Help a child stay healthy – cognitively and physically.
- Help parents stretch food dollars.
- Be invested wisely. \$3.25 feeds one child per day.

Help us fight hunger this summer – become a Hunger Action Hero and keep children like Roman and Ashley from going hungry. For more information about how to get involved, please visit [www.careandshare.org](http://www.careandshare.org).

Together we can solve hunger.

*Lynne*

Lynne Telford  
President and CEO



# PROGRAM EDUCATION

## Summer Food Service Program

Each summer, children wait for the last bell of the school year. Summer is an exciting time for children to enjoy friends, a family vacation, or swimming at the pool. However, for many children who receive free and reduced-price meals at school, summer can mean hunger. Just as learning doesn't end when school lets out, neither does a child's need for good nutrition.

*This summer, meals will be served at 40 sites throughout Care and Share's 31-county service area.*

Care and Share Food Bank provides free meals to children during the summer as part of the USDA Summer Food Service Program. This summer, meals will be served at 40 sites throughout Care and Share's 31-county service area. There are no income requirements or registration. Any child under age 18 may come to eat.

***We encourage you to make a donation before your vacation to help us fight hunger this summer.***



### BE A HUNGER ACTION HERO!

The cost to feed a child this summer typically costs \$97.50 for an average 30-day program. In Care and

Share's 31-county service area, the more than 58,000 children who are at risk of hunger and need our help, would benefit from this program.

For questions, program examples and information, please contact: Jennifer Mariano, Programs Director at [Jennifer@careandshare.org](mailto:Jennifer@careandshare.org), 719-434-4676 or visit [www.careandshare.org](http://www.careandshare.org).



## HOW WE FIGHT HUNGER IN THE WESTERN REGION OF COLORADO

Last year, Care and Share provided more than 771,305 meals in the western region.



1 in 7 neighbors in the western region are food insecure.



Care and Share partnered with 2 Send Hunger Packing sites to distribute 3,055 backpacks last year.



Care and Share partners with 44 agencies in these 10 counties.



## Cooking Matters

Families on a tight budget report that the cost of healthy groceries is their biggest barrier to making nutritious meals at home. Building on its proven success of teaching families how to cook and eat healthy on a budget, **Share Our Strength's Cooking Matters®** has created a line of tools called **Cooking Matters at the Store** to help families make



at the  
**STORE**

healthy and affordable choices at the supermarket.

During **Cooking Matters at the Store** tours, participants practice key food shopping skills like buying fruits and vegetables on a budget, comparing unit prices, reading food labels, and identifying whole grain foods. Within the last two months, the **Cooking Matters at the Store** program has assisted 297 participants in Southern Colorado.



Clients from Care and Share partner agency, Loaves and Fishes, participated in the most recent tour at the local Safeway

in Canon City. **Cooking Matters** facilitators spoke to participants about utilizing their local food pantry and incorporating a portion of their food budgets to make the healthiest choices in preparing meals. Eating healthy does not cost a fortune and it can be very simple to make a change in purchasing and eating habits.

**Cooking Matters** at the Store participants take home a booklet with recipes and shopping tips, a reusable grocery bag, and receive a \$10 gift card to purchase healthy food items that they learned about in the tour. Visit [ShoppingMatters.org](http://ShoppingMatters.org) for more information.

# School's Out Summer Food Drive Hunger Never Takes a Vacation

Summer vacation is just around the corner for children all across Southern Colorado. Many of us recall these times in our childhood with fondness. Summer is indeed a time of enjoyment for many young people. However, for more than 58,000 food insecure children who will be losing the meals they count on at school, it can be a time of worry. Many families are left struggling to stretch already limited food budgets even further during these summer months. You can make a difference to these families who know all too well that hunger doesn't take a vacation.



**On June 14th at Care and Share Food Bank, from 9:00am to 5:00pm we will be hosting our School's Out Summer Food Drive.**

We need your help to put food on pantry shelves of families facing food insecurity throughout Southern Colorado this summer. Please come by our warehouse and drop off nonperishable food items, such as canned fruit, canned vegetables, peanut butter, canned tuna or chicken, and oatmeal or cereals. Say hello to the Care and Share staff and volunteers while ensuring that our community's children have the food this summer they need to thrive and grow.

**We look forward to seeing you on June 14th!**



## Welcome Amber

Care and Share Food Bank is welcoming a new staff member, Amber Coté as the new Volunteer

Services and Community Outreach Director beginning March 24, 2014.

Amber is an enthusiastic community leader and over the past several years Amber has invested her talents in a number of Pikes Peak area nonprofits. She brings a wealth of experiences from her work at CASA of the Pikes Peak Region, FutureSelf, Pikes Peak United Way and TESSA.

## Volunteer Appreciation

Volunteers are truly the lifeblood of the work we do at Care and Share. **Last year alone, our volunteers gave more than 30,000 hours of their time** to help us bridge the gap between hunger and abundance. We simply couldn't do our work without the commitment and caring of this exceptional group of people.

On April 7th we took time to celebrate our volunteers and recognize several outstanding contributors. The volunteer appreciation reception was attended by more than 80 guests and staff members.

During the event, forty-nine volunteers were recognized as Presidential Service Award recipients for giving from 100 to more than 500 hours of their time throughout the year.

Ernie Lynkins, who recently retired as a Care and Share volunteer after more than 14 years of service, received the Presidential Lifetime Service Award. Ernie has given more than 5,000 hours of his time to Care and Share throughout his career.

Other award recipients included Dorothy Nelson as Individual Volunteer of the Year, T. Rowe Price as Group Volunteer of the Year, and Linda Elliott was the recipient of the Ernie Lykins Excellence in Volunteerism Award.

**Care and Share volunteers are the best in the world. We are grateful for their service and all that they make possible for people at risk of hunger throughout Southern Colorado.**

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

### 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](mailto:development@careandshare.org)

## STAMPOUTHUNGER

On **Saturday, May 10th** fill a

bag or box full of non-perishable food items. Place by your mailbox for your letter carrier to deliver to Care and Share Food Bank.



Visit [www.careandshare.org](http://www.careandshare.org) to view the Stamp Out Hunger video. Please share the video with your friends, family and co-workers. Together we can Stamp Out Hunger!

## Are you a Business Champion?

Donations from businesses for general support are important in 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 up 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!**

**Sunrise to Sunset Supporter (\$15,000 and above)**  
CraftWorks Restaurants (Old Chicago, Rock Bottom Restaurant & Brewery)

**After School Heroes (\$6,000 to \$14,999)**  
Cypress Semiconductor Corp.  
Cypress Peform  
D.P.R. Investments  
Envision Management LLC  
Red Rock Church

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

## Pallet Partner Opportunities for Corporate Supporters

Did you know that for only \$500 a year you can sponsor a pallet position in the Care and Share warehouse, thereby helping us to distribute more than 4,500 meals annually to people at risk of hunger in Southern Colorado? That's right!

Businesses play a meaningful role in supporting those in need throughout our community through the Care and Share Pallet Partner program. Your business will be assigned your very own pallet position, complete with your company's name proudly displayed. Any time you visit the warehouse you can see the food your pallet position holds and understand the reach your gift will have throughout Southern Colorado.

To learn more about becoming a Pallet Partner or other Business Champion opportunities, please visit our website at [careandshare.org](http://careandshare.org) and click on Get Involved. For questions, please contact Stacy Poore at [stacy@careandshare.org](mailto:stacy@careandshare.org) or 719-434-4679.

## Feed Our Neighbors Circle: Fight Hunger Year-Round

Become a member of the Feed Our Neighbors Circle, Care and Share Food Bank's recurring monthly donor giving program. This is the most sustaining force in individual giving. It helps us to 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 gifts at [www.careandshare.org](http://www.careandshare.org)! If you prefer to enroll by email or phone, or for more information, contact Allan Siracusa at [allan@careandshare.org](mailto:allan@careandshare.org) or 719-434-4680.

## Thanks to our Funders!

Care and Share Food Bank for Southern Colorado seeks to strengthen ongoing relationships with businesses, individuals, corporate, and foundation partners who believe in the work we are doing. 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 services and only \$0.05 goes towards administrative costs.

### March Grant Makers

- Darden Restaurants, Inc. Foundation – Children's Nutrition Initiative
- E.M. Christmas Foundation – Pueblo County
- Myron Stratton Home – Children's Nutrition Initiative

## CONTACT US

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To learn more or to make a donation to Care and Share Food Bank visit [www.careandshare.org](http://www.careandshare.org).

