

SHARING THE HARVEST

SEPTEMBER is Hunger Action Month

You know that feeling of an empty stomach. Maybe you didn't have time for breakfast, or you had to attend a meeting that was booked during lunch, or you didn't have time to go grocery shopping and there's not enough food in the fridge to make a meal. The feeling of running on empty is too often a reality for 161,000 of our Southern Colorado neighbors who do not always know where their next meal is going to come from. Without adequate fuel and nutrition, people—kids especially—don't have the energy to focus, learn, grow, and thrive.

We need to make sure that no child, adult, or senior in Southern Colorado ever runs on empty.

Throughout the entire month of September, join us and our 200 Feeding America network food banks across the country and raise YOUR voice around the issue of hunger during Hunger Action Month.

- **The easiest, most meaningful way you can get involved is to take to your favorite social media channel and post a plate selfie.** Find a paper plate and write, "On an empty stomach, I can't (fill in the blank)." On the reverse write, "But I can (fill in the blank) to help end hunger."
- **Post it, tag us** @careandsharefb and use #HungerActionMonth. Tell your friends that you're helping raise awareness for our Southern Colorado neighbors struggling with hunger.
- Also, **mark your calendars for Hunger Action Day®** 2017 on September 14th. We invite you to wear orange all day to draw attention to this issue!
- **Watch our Facebook page for information** all month long, or visit careandshare.org/hungeractionmonth for more ways to get involved in the fight against hunger.



Nothing runs on empty.

The feeling of running on empty is too often a reality for **161,000** of our **Southern Colorado** neighbors who do not always know where their next meal is going to come from.





Photo courtesy of Cayton Photography



PROGRAM SPOTLIGHT

Feeding Hungry Children

Children's Nutrition Initiative is aimed at alleviating childhood hunger when kids are out of school. Since hungry kids are part of hungry families, many of our children's programs target the family as a whole. We partner with schools, community centers, school districts, and cities to reach kids when they are most vulnerable: after school, during the weekend, and in the summer.

Zodok's Story

Zodok is a student at Atlas Prep High School. He and his family have had struggles, like many others, but Zodok doesn't like to look at his past as a sob story because it isn't. Zodok says that growing up, it was tough for his parents to feed a pack of hungry kids every day, three times a day, not including snacks. "There have been many times in the past when we would get our food stamps, get a load of groceries, and still not have enough to last the month," said Zodok. There were days when they got to eat at restaurants, but there were also times when they had to be happy with beans and rice for dinner.

When Atlas Prep opened a School Pantry, Zodok and his mom stopped by. They picked up some fruits and vegetables, but they also left with an extra special treat... some

Goldfish! "This may not seem like much," he said, "a few small bags of Goldfish, but that little snack after school helped make my day so much better because my family doesn't get Goldfish. This may not have been the difference between me going to bed hungry, but it provided an amazing treat. Sometimes it's these little things that make someone feel good."

Although he and his family have visited the School Pantry more than once, they are "better off now" and Zodok gives back to his school community by volunteering at the pantry every week. When he helps students and families, it brings a smile to his face. **"The food pantry means a lot to me personally because it makes me feel safe, and I get the added bonus of feeling great when I help give a family food."**

Quarterly Tours and Open Houses Coming Soon

Join us for a tour and open house- even if you've already been to our distribution center, you'll want to come back! Our series takes a deep dive into our hunger relief programs and how we operate throughout Southern Colorado.

Thurs, August 17th, 5pm Cooking Matters™

Eating healthy on a limited budget is a hard thing to do, and many of us don't know how to do it. Our Cooking Matters program is a six-week course that teaches low-income families how to shop for and create healthy, affordable meals.

Weds, October 18th, 5pm Children's Nutrition Initiative

Who wants kids to go hungry? Not us and not you! CNI programs—Send Hunger Packing, Healthy Kids Club, Summer Food Service Program, School Pantries, Summer Mobile Pantries — get food to kids and their families so they can learn and grow. It's just that simple.

RSVPs are requested to Mandi Dillon, Individual Giving Director, at Mandi@careandshare.org or 719-434-5729 one week prior to tour.



BUSINESS CHAMPIONS

Gifts from organizations of every size are essential to feeding the one in seven people in Southern Colorado who struggle with hunger.

THANK YOU! We are sincerely grateful for the partnership of our Business Champions.

Sunrise to Sunset Supporters

Breads of the World
Woodford Manufacturing

After School Heroes

Ent Credit Union
Kaiser Permanente
CA, Inc.
Farm Credit of Southern Colorado
Costco Wholesale Corporation

THANKS TO OUR GRANT MAKERS

The support of our grant makers is vital to the work that we do. We would like to thank the following grant makers, who help us feed thousands of our neighbors in need every day. Thank you for your trust and generosity.

February

Joseph Henry Edmondson
Foundation
The Bruni Foundation
The Gazette-El Pomar
Foundation Empty
Stocking Fund
The Moniker Foundation
TJX Foundation
Wells Fargo

March

The City of Pueblo and County of Pueblo
Costco
The Packard Foundation Fund for Pueblo
Starbucks
The Anschutz Foundation

April

Brown Legacy Fund of Foundation of the Heart
Pueblo Day Nursery Children's Foundation
Torch Technologies
Walmart Foundation

For more information about donating to Care and Share Food Bank, contact Shannon Brice, Chief Development Officer, at Shannon@careandshare.org or 719-434-4682.

VOLUNTEER SPOTLIGHT

A PASSION TO FEED THE HUNGRY

Before retirement, Patricia was a school teacher for 35 years. Right before her retirement, Patricia had the realization that she wanted to continue to make a positive difference in the lives of children. Patricia tells us that her most memorable moment at her school was when it was dark in the morning and she saw the outlines of kids waiting by the lunch room for school breakfast. This sparked her curiosity and interest. It didn't take very long for her to notice that the lines were getting longer and longer, which made Patricia feel compelled to help in some way.

From then on, Patricia made helping and volunteering here at Care and Share one of her main priorities. She has been helping with programs that serve children, such as Send Hunger Packing, for more than seven years now. She describes our children's programs as necessary, wonderful, and effective. Send Hunger

Feed Our Neighbors Circle

Hunger is a year-round challenge for those who face food insecurity. Donations from members of Feed Our Neighbors Circle help us provide access to nutritious food in Southern Colorado through their committed support. Any amount helps, and the payment can be set up through your credit card or an automated withdrawal from your bank.

Make a Monthly Gift
www.careandshare.org



**"I've always had
a passion to feed
the hungry"**
 – Patricia Dennison
 Volunteer



Packing is especially important to Patricia because she knows the food she is packing is going to feed children and their families.

Although Patricia does not get to meet these children directly, she is still overwhelmed with happiness that the kids receiving these packs have food to eat during the weekends throughout the school year. **Thank you, Patricia, for making a difference with all of your hard work and dedication!**

CONTACT US

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

