

# SHARING THE HARVEST

## AN EXPRESSION OF LOVE

For Kimberly, a wife and mother of three boys, food means family, and she considers feeding her family an expression of love. After spending 26 years as missionaries in Russia, a change in laws unexpectedly forced Kimberly and her husband to return to the United States. The abrupt transition was difficult, and after years of helping feed children overseas, Kimberly now found herself struggling to feed her own family.

When Kimberly first visited the food pantry at Tri-Lakes Cares, one of Care and Share's partners, she was surprised by how amazingly kind the staff were, and the variety of fresh food available. **With three growing boys who can drink gallons of milk, it means a lot to her that she can provide them with staples like milk, eggs, yogurt, and other vital items to support their healthy growth.** With access to nutritious Care and Share food at our partner food pantries, neighbors like Kimberly don't have to make the choice between paying bills and buying food when unexpected life events happen.



**"We eat very well because of the food pantry."**

**-KIMBERLY**



## COMCAST CARES

Now in its 18<sup>th</sup> year, Comcast Cares Day is one of the largest corporate commitments to volunteerism and service in the nation. For the seventh year in a row, Care and Share benefited from Comcast employees and their family members volunteering through the initiative in Colorado Springs and Pueblo. **More than 65 individuals joined in our work, helping with everything from sorting donated food, to packing family boxes for our neighbors in need.**

We are incredibly grateful to the team at Comcast for selecting Care and Share as a host site for such an important and impactful event. We are thrilled to announce that they will be back again next year for Comcast Cares 2020!



## GLEANNING FOR FOOD

Fresh, healthy produce is highly important to our work at Care and Share, and it means a great deal to the families, seniors, and children that we serve. **Last fiscal year, 80 percent of the food we distributed was classified as highly nutritious, much of which comes from local farming partners, such as Colorado State University Extension.**

CSU Extension's farms grow delicious produce of unique shapes and sizes which result from crop testing they conduct for medical advancement. While oddly shaped produce is difficult to sell in supermarkets, it is perfect for providing nutritious food for our neighbors who are otherwise at risk of hunger.

**Since our relationship began, we've secured 244,109 pounds of food from CSU Extension's farm in Center, primarily in the form of potatoes. From CSU Extension's Rocky Ford farm, we've secured 47,988 pounds of primarily onions.** At this location, we can harvest the crop for ourselves in a process called *gleaning*. Gleaning offers a highly satisfying volunteer opportunity that is typically available in September and October. Ultimately, the crops that our volunteers help glean end up on the plate of a neighbor facing hunger. **If you are interested in gleaning volunteer opportunities, please contact Eric Pizana at [eric@careandshare.org](mailto:eric@careandshare.org).**

Many thanks to the farms for their continued commitment to serving our neighbors in need!





ON AN EMPTY  
STOMACH, I CAN'T  
*Make a difference*

HUNGER ACTION MONTH | FEEDING AMERICA

## SEPTEMBER IS HUNGER ACTION MONTH



HUNGER  
ACTION  
MONTH™

You know that feeling of being hungry? Being so hungry that you can't focus? Maybe you didn't have time for breakfast, you had to attend

a meeting that was booked during lunch, or you didn't have time to grocery shop so there's not enough food in the pantry to make a meal.

This feeling of running on empty is a frequent reality for thousands of our Southern Colorado neighbors who often don't know where their next meal is going to come from. Without adequate nutritious food, people — especially kids — don't have the energy to focus, learn, grow, and thrive.

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

September is Hunger Action Month!

Throughout the entire month, join us and our

200 Feeding America network food banks across the country and raise YOUR voice around the issue of hunger.

**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)." 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.**

LEARN MORE AT

[careandshare.org/hungeractionmonth](https://careandshare.org/hungeractionmonth)

## FEED OUR NEIGHBORS CIRCLE

Join our sustaining donor society, *Feed Our Neighbors Circle!* Hunger is a year-round challenge for our neighbors in need. Through your monthly support, we can continue to provide consistent access to food for them. Payments can be set up through our website and automatically withdrawn from your bank. **Just \$10 a month can provide 80 meals.**

VISIT

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

## THANKS TO OUR MEAL MAKERS

We'd like to thank this quarter's Meal Makers — foundations, corporations, and organizations that rally around our work — for their essential role in helping us provide thousands of meals to our neighbors in need.

**Anschutz Family Foundation**  
**The Anschutz Foundation**  
**The Colorado Health Foundation**  
**The Faricy Boys**  
**G.E. Johnson Construction Co**  
**The Great American Milk Drive**  
**through Feeding America**  
**H. A. & Mary K. Chapman Charitable Trust**  
**High Valley Land Company, Inc**  
**Kahala Fund of the Pikes Peak**  
**Community Foundation**  
**Western Digital Corporation Fund**  
**Whole Foods Market Feed4More Campaign**

*Heirloom Society*

## HELP FEED OUR NEIGHBORS NOW & LATER

One of the most rewarding strategies for bringing to fruition your belief that no one should go hungry is through a gift now and later, such as a bequest by will. Including Care and Share in your estate planning can result in an ideal combination of retirement income, tax benefits, and recognition of your generosity.

A bequest is a promise, written into your will or living trust, to give a portion of your estate upon your death. You may change your bequest at any time. **By making your intent known to Care and Share, we can plan for the future and recognize your generosity in your lifetime through membership in our Heirloom Society.**

## CONTACT US

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