

SHARING THE HARVEST

A CHANCE TO LIVE A DIFFERENT STORY

Shawn Gullixson did not grow up with much.

Much of his childhood was a story of scarcity, instability, and even hunger at times. His mom had three boys under the age of 3 by 21, and was a single mom soon after. She worked hard to make ends meet, and most of the time she did.

“My mom was not one to accept help easily, and she only did so when the situation was truly beyond her control and she couldn’t provide on her own,” recalls Shawn.

And while his mom did her best to make sure those situations were as infrequent as possible, their story was not without the darker shadows of domestic violence, losing their home to a fire, and being homeless overnight, and other unpredictable events that led Shawn’s mom to seek the services of organizations like Care and Share.

Whenever Shawn’s mom came home with a box of food, he says, “it taught me that total strangers could care about the meal on our table and the resources to help guide my family through difficult times.”

Shawn could not have dreamed at a young age that he would grow up to have two beautiful, talented daughters, an exciting career in economic development through banking, and a chance to sit on the board of Colorado Springs’ largest school district.

“Where those possibilities all started,” he says, “was a warm meal and some milk, provided by people like you. Those meals symbolized a chance to live a different story, a chance to do something different for my daughters and their futures.”



“It taught me that total strangers could care about the meal on our table...”



PARTNER PROFILE: LAS ANIMAS HELPING HANDS

A Care and Share partner since 2008, **Las Animas Helping Hands** is a critical ally in the fight against hunger in Southern Colorado. Their mission is to provide emergency assistance to individuals and families in Bent County and the surrounding area in a compassionate and trust-building environment, while also providing opportunities to develop self-sufficiency.

Helping Hands, one of our two partners in Bent County, was formed in 2004 by members of the community concerned about alleviating the suffering caused by several years of drought in southeastern Colorado. They initially focused on helping keep utilities on for struggling families, but in short time, learned that families in crisis faced many more challenges. Assistance programs have since expanded to include prescription costs, gasoline, clothing, income tax preparation, a community



garden, a food pantry, and the administration of USDA food programs.

Over the past 15 years, Helping Hands food pantry has seen a steady increase in the number of families, seniors, and other vulnerable neighbors they have served. **Last year, their food pantry provided food for 1,715 people across 572 households.** As the local administrator of The Emergency Food Assistance

Program (TEFAP) in Bent County, **Helping Hands served 4,942 people with nutritious TEFAP food last year.** They now host USDA food distributions in two separate locations to reach more neighbors in need through TEFAP and CSFP (senior boxes).

Passionate volunteers are the heartbeat of Helping Hands. Whether the temperature outside is in the single digits or over 100 degrees, their amazing group of volunteers show up to serve the community at their Mobile Food Pantry distributions. On those days, 25-30 volunteers help with set-up, sort and separate produce into bags, greet guests, assist with paperwork, and carry food to neighbors' cars. **We are grateful for partners like Helping Hands, and their volunteer family for helping ensure neighbors in Bent County have the food they need to thrive!**



HELP US SPREAD THE LOVE



We're always in need of peanut butter at the food bank because it's an easy and nutritious source of protein for hungry kids and families. During the week of Valentine's Day, February 10th-14th, stop by our distribution centers in Colorado Springs or Pueblo to drop off a jar of peanut butter (and jelly to make it a perfect pair).

For more information visit
[careandshare.org/spreadthelove.](http://careandshare.org/spreadthelove)

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.

Albertsons Companies Foundation
 CA, Inc
 Daniels Fund
 El Pomar Foundation
 Ent Credit Union
 Inasmuch Foundation
 Pueblo School District 60
 Red Nose Day through
 Feeding America

Security Service Federal Credit Union
 Spectrum AMT
 Starbucks FoodShare
 T. Rowe Price Foundation
 The Sperry S. and Ella Graber
 Packard Fund
 USAA
 William J. Grierson Trust
 Yardi Systems, Inc.

**For more information about donating to Care and Share Food Bank,
 contact Becky Treece, Philanthropy Director, at 719-434-5729 or
 at BeckyT@careandshare.org.**

Heirloom Society

MEMBER PROFILE: PAM BURNELIS

I choose to support Care and Share for a variety of reasons, both personal and private. Today, I am fortunate enough to be in a place in my life to help others who are facing food-insecurity. My hope is that through volunteering, donating, and leaving a legacy as an Heirloom Society member, I will help support another person — whether they need help with only one meal or with a lifetime of meals. No one should have to feel hungry. No one should have to wonder, “When will I eat again?” I want to be here to help bridge that gap.

I believe in not only supporting Care and Share in the present, but also providing for the future, by including them in my will. Care and Share is an amazing non-profit. Professionally, I have seen

them thrive over the years. They have an efficient organization with a solid message and strong ability to serve so many lives. I know when I give them my time, effort, and money to Care and Share, it is spent with purpose and meaning.



Join Pam and others in our Heirloom Society: Feed our neighbors now and later!

The Heirloom Society helps to feed our neighbors through gifts both now and later (such as a bequest by will). Including Care and Share in estate planning can produce an ideal mix 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.**

For more information about joining the Heirloom Society, contact Becky Treece, Philanthropy Director, at 719-434-5729 or at BeckyT@careandshare.org.

HARVEST SOCIETY

By giving a gift of \$1,000 or more annually, you join the ranks of fellow major donors by providing 8,000 meals to our neighbors.



CARE AND SHARE
FOOD BANK FOR SOUTHERN COLORADO

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



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

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