

a little giving goes a long way...



Food *for thought*



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THE NEWSLETTER OF COMMUNITY FOOD SHARE

303.652.3663



Our Mission:

To ensure that no one in

Boulder and Broomfield

Counties goes hungry.

Community Food Share is Honored with "Local Hero" Award

Community Food Share was awarded the "Local Hero" award at the 2009 Naturally Boulder Conference in September. Our organization received this prestigious award because of the significant impact Community Food Share has had in ensuring that no one in Boulder and Broomfield Counties goes hungry.

The Naturally Boulder Conference is part of Naturally Boulder Days, a collaborative effort of the City of Boulder, the Boulder Economic Council, and Boulder's natural and organic business community, that aims at strengthening Boulder's position as a national center for entrepreneurship in the natural and organic products industry.

Recession Fatigue? — *Maybe so, but the Challenges Continue*

A year ago this time the impact on all of us due to the recession felt acute and overwhelming as every news outlet seemed to cover nothing but hardship. As time has passed, a kind of "recession information fatigue and overload" has set in. While there are some economic indicators showing improvement, the impact of the hard times begun this time last year are still being lived daily by many people in our community, and will continue to be felt for some time to come. This is especially true for those living in poverty, most of whom are working people with families who often hold down more than one job, at minimum wage or slightly higher. For those who were laid off in the last two years, the economy has far from rebounded enough to provide them with employment opportunities.

So need as well as the challenges are still great for Community Food Share. Since the beginning of January we have distributed 23% more food than

in 2008. That's over 800,000 more meals. We project a year-end distribution of well over 6 million meals, 1 million meals more than last year. Our 58 Member Agencies, who receive most if not all of their food from Community Food Share, continue to report at least a 20% increase in the demand for food assistance from their clients. These are food pantries, soup kitchens, shelters and emergency food box programs serving those in need.

A generous community has allowed us to keep up with the rising demand, which shows no signs of abating anytime soon. We are confident that you will continue your support of our work to ensure that no one goes hungry by donating what you are able of your financial resources, volunteer time, and food. As we are fond of saying here, "a little giving goes a long way."

\$1 = 4 meals

Face of Need — *One Woman's Story*

Audrey has been a participant in Feeding Families program since 2007. On a weekly basis Audrey receives food from Community Food Share. Receiving food through our Feeding Families program and several of our Member Agencies has enabled Audrey to put food on the table for her family of seven.

Due to unfortunate and unforeseen circumstances, Audrey became a single mother in early 2006. Having to start over from scratch, Audrey was able to enroll her children in the school district's free lunch program and subsequently our Feeding Families program. After her monthly bills are paid there is very little money, if any, left to buy nutritious food. Her children are excited on Thursdays when they know Audrey selects food from our warehouse, because they know they will have a great dinner that night. Audrey has an optimistic outlook and she thinks of "the glass is always half-full," and she commented that



she "greatly appreciates the assistance of Feeding Families program and all of the donors to Community Food Share that allow the families to access fresh produce, dairy and meat on a weekly basis!"

Let's Bag Hunger Food & Fund Drive — November 15-25

It's that time of year once again... it's food and fund drive time! This year's 25th Annual *Let's Bag Hunger Food & Fund Drive* sponsored by the *Camera* will occur from November 15th - 25th at local grocery stores in Boulder, Broomfield, Louisville, Superior, Lafayette, Gunbarrel, and Niwot. This vital food drive helps restock our shelves. Last year's drive raised a record 126,000 pounds of nutritious food and \$16,600 and enabled Community Food Share to distribute the equivalent of over 192,000 meals!

Currently we are recruiting "friendly greeters" to encourage shoppers to donate and help ensure this year's drive is a success. The fact is 2 greeters for 2 hours will generate enough food donations for a family of 4 for 2 weeks. Please contact Sue Ericson, Volunteer Manager, at 303.652.FOOD (3663) ext. 202 if you would like to be a "friendly greeter" this year!

From the CEO What is Abundance?

Abundance, especially of late, is not a word we often hear and it is, to be sure, a feeling defined differently by each of us. For many, it brings a sense of warmth and security; for others it is a reminder of what their life is lacking, in spirit or in the basic necessities of life. Definitions of abundance include:

- Fullness to overflowing
- Sufficient in life's necessities
- Prosperity
- Ample quantity

A person may be abundant in spirit, experiencing "fullness to overflowing", but lacking in the most basic needs, such as food and shelter. We are entering the Thanksgiving and holiday seasons, a time most associated with abundance and joy. However, in Community Food Share's world, staff and volunteers meet people daily who clearly are not "sufficient in life's necessities." Indeed, we know that folks living in poverty, most of whom are families with at least one working adult, will choose to put a roof over their family's head, pay for heat, and pay for medical care over food; one can choose



to spend less on food, but what landlord will accept less than the rent due?

While the recession has hit all of us, for those living in poverty, 50,000 in Boulder and Broomfield Counties, every day is a struggle to balance paying this bill over that bill and to put enough food on the table. Over time, the constant stress of living in poverty can destroy feelings of spiritual abundance, no matter how strong the human spirit. I ask you to help us continue to meet the increased need we are facing to provide more and more food assistance. For every dollar donated, Community Food Share can distribute four meals. So, your gift, no matter what the size, will be abundant. The size of a gift isn't as important as the *act of giving*. A little giving truly does go a long way and allows all of us to live more abundantly.

Jim Baldwin, CEO

Volunteers of the Month — Thanks!



June — Lynn Newth

Lynn has been volunteering with Community Food Share for about three years. He's done a variety of jobs including: delivering Elder Share to homebound Members, conducting the Hunger Study, and Lynn has even gone out as a Driver's Assistant! Currently, Lynn helps stock the warehouse shelves on Wednesday afternoons in preparation for the Feeding Families program. He also volunteers with the City of Boulder Parks and Recreation Department counting bats in south-eastern Boulder with the help of a high frequency meter. What a versatile person we are lucky to have!
Thanks, Lynn!



July — Lois Poggensee

Lois is the best grandmother that Community Food Share has ever seen! Her 13-year-old granddaughter, Heather, was complaining about how bored she was this summer, so Lois said to her, "Just come with me. I can guarantee that you will not be bored!" Lois did not simply drop her granddaughter off at the warehouse, Lois also volunteered alongside Heather an average of two times a week. Boredom doesn't seem to be a problem now that school has started for Heather. Nevertheless Lois has continued coming by herself one afternoon a week to help in the warehouse. *Thanks for everything Lois!*



August — Robin Guilford

Robin has been volunteering with us for over 3 years and has accumulated over 400 hours of service! In fact, Robin is the first guy that we call when one of our drivers is out of the office. Robin has driven each of the different driver's routes and he has memorized all the locations of each grocery store and Member Agency. Community Food Share is just one of Robin's volunteer activities. Robin is also a mentor for the *I Have a Dream Foundation* and helps at his church, St. Mary Magdalene Episcopal. Simply stated, Robin is a lifesaver! *Thanks for all your help, Robin!*



September — Marj Breeden & Lockheed Martin

Marj is our contact for the volunteer group from Lockheed Martin. A group of employees has volunteered with Community Food Share one Tuesday evening a month for the past nine years. Marj organizes the group and somehow miraculously always knows when we need physical help, food donations or financial donations. Marj makes it fun for her fellow employees by offering pizza for their evening of volunteering! Employees have been "friendly greeters" during food drives and collected frozen turkeys in November for "Take Your Turkey to Work Day." The employees of Lockheed Martin are great friends of ours, helping us at every turn and it's Marj that organizes everything!
Thanks for everything Marj!

20th Annual Quiznos Tee Up! Against Hunger Golf Tournament — Tremendous Success!

On Friday, September 4, 2009, golfers, volunteers, and staff gathered at Coal Creek Golf Course in Louisville to enjoy a beautiful late summer day and support Community Food Share's efforts to ensure that no goes hungry in Boulder and Broomfield counties. The 20th Annual Quiznos *Tee Up! Against Hunger* Golf Tournament began with a catered breakfast by Bay Window Catering which was sponsored by Earth Balance and Rudi's Organic Bakery. In addition, specialty coffee drinks by Starbucks Coffee of Inside FlatIron Crossing were enjoyed by all before the shotgun start at 8 a.m.

At the end of play, a delicious lunch was once again prepared by Antonio Laudisio with wine donated by Giuliana Imports. The 20th Annual Quiznos *Tee Up! Against Hunger* Golf Tournament raised \$64,000 and will help us to distribute over 240,000 nutritious meals. The combined revenue from this tournament over the past 20 years has resulted in over \$1,000,000 of net revenue and enabled Community Food Share to distribute the equivalent of over 4 million meals! **Thank you to all the sponsors, players and volunteers for another tremendously successful tournament!**

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Member Agency Profile — The Boulder Shelter for the Homeless

The Boulder Shelter for the Homeless has been a Member Agency of Community Food Share since 1987. The Shelter's mission is "to provide safe shelter, food, support services, and an avenue to self-sufficiency for homeless adults in our community."

As the only overnight shelter for homeless adults between Fort Collins and Denver, the Boulder Shelter for the Homeless annually provides 37,000 bed nights and nearly 83,000 hot meals to over 1,000 men and women. Without the Shelter, homeless individuals would have no place to turn, and could be at risk to suffer debilitating frostbite, hunger, the violence of life on the street, or death.

To date, the Boulder Shelter has received over 45,000 pounds of nutritious food from Community Food Share, an 11% increase over this same period in 2008.

In addition to supporting the Shelter's breakfast and dinner meals program, this year Community



Food Share is supporting the Shelter's newest program, Housing First, which is a new approach in addressing chronic homelessness in Boulder County. While current homeless programs are effective for some people, they do not typically work for everyone; in particular, the most chronically homeless individuals who live on the streets. The Housing First program provides permanent housing, with intensive case management, for these individuals. Once these individuals have stable housing and access to nutritious food, they can then begin to work on the other hurdles in their lives.

Check Out Community Food Share On Facebook!

Community Food Share now has its own Facebook page! Become a "fan" of our organization and read about what's going on, here at the food bank, as it happens! In addition, check out photos of our programs and read about upcoming events in the community that support Community Food Share.



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Turley's Turkey Trot — November 26

The Boulder Road Runners and Rich Castro will once again host their annual *Turley's Turkey Trot* on Thanksgiving Day, November 26th, at the University of Colorado Potts Field. This 19th Annual 5K Run/Walk benefits Community Food Share and participants are asked to bring a canned food item to donate. At last year's event over 1,000 pounds of nutritious food were donated. For more information about this year's *Turley's Turkey Trot* checkout the Boulder Road Runners website, www.boulderroadrunners.org or contact Rich Castro at 303.499.6650 or Richard.Castro@colorado.edu.

Staff Profile: Abe Ramirez

Abe Ramirez joined Community Food Share in January as our newest driver. At the beginning of 2009, Community Food Share was undergoing a major expansion of the food procurement program with the addition of six Super Walmart stores, and we needed to hire a new driver to handle our expanded



routes. Abe was just the guy for the task! Through the Feeding America's National Store Donation and Pick-Up program, Abe now picks up donations of frozen meat, fresh produce, dairy, bakery, canned goods, and prepared meals from five Walmart stores.

Before arriving at Community Food Share Abe worked at Safeway and was in charge of receiving for the Camera. When asked what he likes best about working here, Abe remarks "*I especially enjoy the variety of people including store donors, volunteers and, of course my fellow staff members!*"

If you get a chance be sure to welcome Abe and ask him about the "*Rock en Español band, KEOS,*" that he plays bass for.

