

FALL
2021

FOOD FOR THOUGHT



MEMBER OF
 FEEDING AMERICA

From Surviving to Thriving

Residents keep Elder Share distribution afloat

Fear and isolation are effects of the pandemic we've all had to navigate, but for many of our older neighbors, fear swelled to terror while isolation threatened their health. Here in Boulder, residents at Golden West Senior Living remained connected through one of the best connectors of them all: food.

Linda Johnson volunteers to help coordinate our food bank's Elder Share program at Golden West, a low-income community for seniors. She and 60 other residents look forward to the distribution because both transportation and high food costs can limit their access to the food they need.

When COVID-19 hit, the distribution shut down. "We just didn't know what to do with all the regulations," Linda recalls. "I would get phone calls saying, 'Are we ever going to get the food back?'" Residents had access to the community's dining room, but at \$8-12 per meal, many couldn't afford it while living on fixed incomes. "These people would literally live on a small meal a

day, and that's not healthy for 60-, 70-, and 80-year-old people. They need to have nutrition just to survive and hopefully thrive. And we had lots of people who were not thriving."

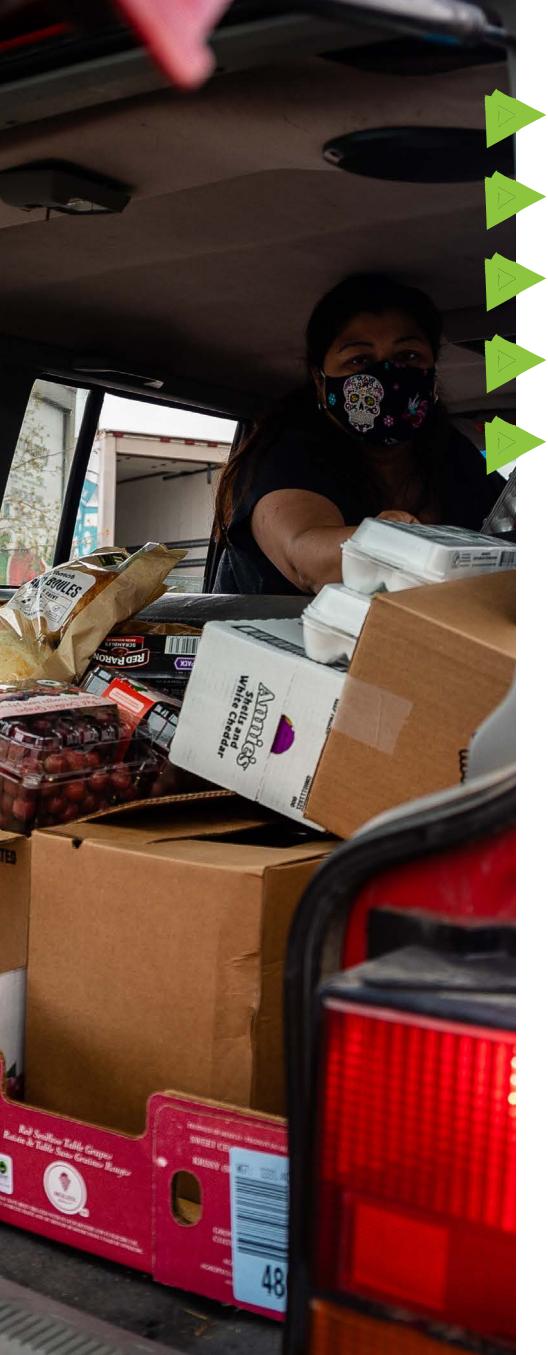
While nutrition problems mounted, so did the impact of isolation: "People would just stay in their room. Period. And we couldn't let that happen." Linda, along with a handful of other residents, approached Golden West's administration about bringing Community Food Share back. Together, we adjusted the distribution to limit contact and accommodate social distancing — a feat made possible with Linda's help. "I called every single person, every single time to see if they were coming. We would assign them a 15-minute appointment so that nobody would be within six feet of the next person. The team came together to make this happen — to be perfectly honest, they were just as scared as everybody else was — but they put that aside and said, 'You know, for two hours or three hours every week, we can do this, and it will make a difference.'"

Though none of us were immune to the pandemic's emotional, physical, and economic side effects, seniors were some of the hardest hit.

Linda's courage and determination — combined with your support — meant dozens of seniors quickly regained access to the nutritious food they needed to thrive. To learn more about Elder Share, turn to page 5.



Caroline Colvin Photography



A NOTE FROM KIM

While many of us were eager to put 2020 in the rearview mirror, 2021 brought its own unique challenges; Just as we were reaching the light at the end of what we thought was a straight tunnel, we found ourselves in the middle of a maze.

The truth is the pandemic wasn't the beginning of our fight against hunger, and it won't be the end. Thankfully, we've never been alone in this work — and with your support, we've been working harder than ever before.

Included in this newsletter is our 2021 Annual Report, highlighting our greatest accomplishments over the past year. You'll read about how we continued to meet the rising needs of our community by putting out more food to help even more people. You'll see how the evolution of the pandemic allowed us to bring back food choices. And last but not least, you will learn how we're scaling up to meet the needs of our elder neighbors like Linda, giving them the resources they need to age with dignity.

We hope to never face a crisis like this pandemic again. But to ensure no one in our community has to choose between skipping a meal or paying their bills when the next tragedy strikes, we need to make the investment in our hunger-relief network today that will make our community stronger tomorrow.

With Gratitude,




Kim Da Silva
CEO

Volunteer Spotlight



BVSD Transitions

The Boulder Valley School District Transition Center provides volunteer opportunities for 18- to 21-year-old students with disabilities to build job skills, independence, and confidence. BVSD Transitions volunteers are longtime supporters of Community Food Share and they are ready for anything! Students have helped us sort fruits and vegetables, they've built food orders for our Feeding Families drive-through pantry, and they've hunted through our aisle of donated bread for the best loaves to distribute. We couldn't be happier to partner with such a great organization. Thank you, BVSD Transitions!

Annual Report

2021

Your support made an impact on the lives of so many this year, in ways that cannot be quantified on paper. In this mere snapshot of your meaningful partnership, we've bundled 2021 highlights by Community Food Share's six core values: nutrition, service with excellence, community partnership, compassion and trust, sustainability, and education and awareness.



NUTRITION

Pounds of food distributed

12.6m



13%



71%

Fresh produce, dairy, meat, and other proteins

29%

Canned and dry goods, breads, beverages, and non-food items

30,000

Provided enough groceries for 30,000 meals a day

20%

Expanded our warehouse by 20%, including cold storage to hold even more fresh foods

7

Seven staff and community members formed our new nutrition committee



SERVICE WITH EXCELLENCE



All programs resumed the "choice model," allowing participants to select their own groceries.



100% of Partner Agencies reported that our food bank meets or exceeds their customer service expectations in a November survey.

“ We appreciate you so very much. Without this service, we would not be making ends meet, but with your generosity — and the kindness and non-judgmental attitude of everyone there — we are making it work and slowly getting our feet under us again. ”

– Program Participant



COMMUNITY PARTNERSHIP

\$14.7m

worth of food donated to our network of 40+ food pantries and meal programs — at no cost to them

1,300

volunteers donated 23,000 total hours

9,183

financial donors supported our mission



11 full-time staff



an all-time record

BOULDER STRONG

King Soopers entrusted our food bank with the entire Table Mesa store's inventory in the wake of the mass shooting tragedy. The legacy gift represented the single largest product donation in our history: 17 truckloads.



COMPASSION AND TRUST



As part of our commitment to participant engagement, our new community liaisons interviewed and surveyed participants to learn how we can best meet their food needs and improve food access.



We continued to invest in staff education and growth through diversity, equity, and inclusion training; leadership development; and one-on-one coaching.



SUSTAINABILITY

7.5M

We prevented 7.5 million pounds of food from going to waste.

56%

Our facility is 56% solar-powered; the annual savings in energy costs translate to 161,000+ meals.

3

We added three Garden Share sites and hired a farmer to oversee growing, harvesting, and volunteer engagement.



EDUCATION AND AWARENESS



In a year when grocery prices rose at a record pace, we've added a new service to help community members make their budgets go further: SNAP education, outreach, and application assistance. Our staff helped 100+ households apply!



Community Food Share was featured on BBC World News, VICE News, and in the New York Times — sharing our mission and impact with more people than ever before.

A Lifeline for Seniors

Founded in 1988, the Elder Share program ensures adults ages 60+ in our community access the food they need to live healthy, self-sufficient lives. It's designed specifically for the needs of seniors because aging adults have unique challenges when it comes to food access.

Though we are making progress, a recent report from Feeding America shows Colorado has one of the worst rates of senior hunger in the US. See how we're expanding our Elder Share program to meet the growing needs of older adults in our community.

NAVIGATING THE SENIOR HUNGER CRISIS



INCOME

Many seniors rely on limited, fixed incomes that make meeting their basic needs — like food and medicine — hard to accomplish.

Community Food Share waived income requirements for our Elder Share program, allowing any adult in need (ages 60+) to enroll in the program. Previously, all Elder Share recipients had to qualify for the federal Commodity Supplemental Food Program (CSFP).



TRANSPORTATION

Some older adults may be homebound due to lack of transportation or health issues, making it difficult to visit a grocery store or food pantry.

We moved Elder Share distributions from public sites like churches and community centers to senior living communities to meet participants where they are. We offered home deliveries to more individuals who are homebound, thanks to delivery volunteers.



NUTRITION

We created a new position dedicated to the Elder Share program to improve food selection for our participants, both in terms of the nutritional value of the food as well as ensuring it is easy to prepare.

Loss of dexterity and fine motor skills can make cooking meals from scratch difficult, meaning quick (but generally unhealthy) meals are often more achievable.



ISOLATION

Research shows loneliness can negatively impact seniors' physical and emotional health. Many seniors struggle with social isolation, which the pandemic has only intensified.

Elder Share distribution sites like Golden West (on page 1) help create a sense of community for its residents, while delivery recipients count on our volunteers' weekly visits to not only bring food, but also friendship.

Delivering Food and Friendship



Laura Hickey decided to start volunteering with Community Food Share because it combined her greatest passions: food and helping others. As a dietitian, Laura is passionate about making sure the food we distribute is as nutritious as it is plentiful. Her favorite part of volunteering, however, isn't the food: it's the friends she makes along her delivery route. "The group of ladies I have now, I could tell you their kids' names, what they did before they retired...we just chat," Laura shared. "While I might just be seeing a handful of people, it helps me feel like I'm making a difference."

Your Holiday Shopping Means Meals for our Neighbors



Upcoming Events

NOV
25

Louisville Turkey Trot

The Turkey Trot is back! By participating, you are helping our neighbors experiencing hunger this Thanksgiving. Not a runner? Consider volunteering!

DEC
7

Colorado Gives Day

Remember us on Colorado Gives Day. Join the statewide movement that celebrates philanthropy in Colorado. Visit coloradogives.org/communityfoodshare to schedule your gift.

DEC
1-31

Tap Out Hunger

During the month of December, local craft breweries will be holding benefits for Community Food Share. Dates and opportunities vary between locations.

Visit communityfoodshare.org/events for more details.

