Over the past year of the COVID-19 pandemic, LIFT-UP has been a go-to for relief in food insecurity.

For more than 38 years LIFT-UP’s has been a non-profit dedicated to providing humanitarian essentials while creating a bridge to personal empowerment and self-reliance. Helping people find relief from the worry of food insecurity was never more important than in the past year when so many people found themselves unemployed amid business closures. LIFT-UP has always relied on the kind and giving hearts of our volunteers – your help is needed more than ever to assist our community!

### FOOD DISTRIBUTION
- Aspen, Carbondale, Glenwood Springs, New Castle, Rifle & Parachute

### THRIFT STORE – Rifle
- All proceeds support LIFT-UP food programs

### EXTENDED TABLE
- Glenwood Springs & Rifle
- 7,675 meals served

### FARM TO FOOD PANTRY
- A dynamic economic system supporting local farms and ranches while providing fresh produce, meat and dairy to those in need

### MEAL MONKEY – Rifle
- Student lunch program
- More than 1,500 lunches served

### FOOD DISTRIBUTION
- **Give Smiles, Give Food**
  - The heart of what we do
  - Opportunities in Aspen, Mid-Valley, Carbondale, Glenwood Springs, New Castle, Rifle & Parachute

### FOOD BAG PACKING
- **Groups, Individuals, Teams Needed**
  - Parachute: Monday – Friday
    9 a.m. – 4 p.m.
  - Rifle: Mon., Wed. & Fri.
    10 a.m. – 2 p.m.

### SIGNING UP TO VOLUNTEER IS EASY!
- **LIFTUP.org/volunteer**
- EMAIL: volunteer@liftup.org • VOLUNTEER HOTLINE: 970.456.2804

### LIFT-UP BOARD UPDATES
- Anita Bineau, President
- Ryan Gearhart, Treasurer
- Ashley Eberly, Secretary
- Soira Ceja
- Christine Dolan
- Klaus Kocher
- John Murray
- Matt Smith
- Minette Stapleton
- Jim Tarr
- Kent Wilson

The William & Lynda Steere Foundation is generously offering $10,000 in matching funds. Each dollar you donate will be doubled! Thank you for helping people in need from Aspen to Parachute. Thank you to Chris Steere and his entire family for their on-going support of this challenge.
FOOD DISTRIBUTION
LIFT-UP switched to drive-thru mobile food distribution from brick and mortar food pantry locations at the beginning of the COVID-19 pandemic.
After careful evaluation, LIFT-UP has converted all distribution of non-perishable food, as well as fresh produce, meat and dairy, through mobile distribution with added Saturday hours & once-a-week per community drive-thru sites.

EXTENDED TABLE
The Extended Table (soup kitchens) program in Glenwood Springs and Rifle switched from hot meal preparation and service to grab-n-go meals. This program is made possible by the amazing volunteer groups who plan, prepare and serve these meals. More groups are needed! Please consider a once a month commitment with your favorite group of friends!

MEAL MONKEY
More than 1,500 student lunches were distributed in 2020 from four sites in Rifle to students (children 18 & under) on Fridays when there is no school in session in the RE-2 school district.

FARM TO FOOD PANTRY
The Farm to Food Pantry expansion during the height of the past year’s COVID-19 pandemic was a win-win for our community economically and in providing healthier food options to those struggling with food insecurity. This economic system offered improved food offerings, from more producers, through LIFT-UP food distribution sites to the underserved.

PROGRAM RESULTS

<table>
<thead>
<tr>
<th></th>
<th>IN 2020</th>
<th>IN 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local Farms Supported</td>
<td>20</td>
<td>5,700</td>
</tr>
<tr>
<td>Local Ranches Supported</td>
<td>4</td>
<td>9,863</td>
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<tr>
<td>Households Served</td>
<td>16,182</td>
<td>400</td>
</tr>
<tr>
<td>Pre-paid Allocations</td>
<td>$54,000</td>
<td>$36,000</td>
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</tbody>
</table>

LIFT-UP CONTINUES TO EVOLVE TO MEET THE NEEDS OF OUR COMMUNITIES
Throughout the ever-changing protocols and challenges during the past year of the COVID-19 pandemic, LIFT-UP learned and experienced new ways to get MORE food to MORE people through MORE efficient methods.
LIFT-UP developed new partnerships and strengthened old ones. We saw a shift from brick & mortar pantries to drive-thru mobile sites. We listened to clients’ need for more culturally diverse food items and continued to expand our Farm to Food Pantry program offering healthier fresh produce, meat & dairy.
More than 1 million pounds of food was distributed across three counties from Aspen to Parachute. Over 16,187 families were provided food since the start of COVID-19 in March of 2020 and we are still serving 3-4 times more people each week than prior to the start of the pandemic.

WE ASK FOR YOUR CONTINUED SUPPORT OF OUR COMMUNITY THROUGH FINANCIAL DONATIONS, VOLUNTEERING AND FOOD.
We are uplifting lives, spirits and hearts throughout our region.

BUILDING FOUNDATION
In order to serve the increased number of people, provide more fresh food options and maintain programs, LIFT-UP also needed to upgrade infrastructure.

FORKLIFT:
A Forklift was needed to move pallets of food around for food bag packing. Waldorf School on the Roaring Fork generously hosted a schoolwide fundraiser and donated more than $16,000 towards the purchase of a new forklift!

REFRIGERATOR TRUCK:
A refrigerator truck was needed to move and preserve fresh and non-perishable food to mobile distribution sites, as well as for picking up Grocery Rescue donations. Thanks to Western Colorado Foundation and the Stone Foundation, LIFT-UP was able to purchase a pre-owned refrigerator truck.

WAREHOUSE FOR FOOD STORAGE & FOOD BAG PACKING:
To manage capacity, the LIFT-UP Parachute Thrift store was converted to a warehouse facility for storage and food bag packing. The following updates and improvements have been completed:
- New HVAC (underwritten through grants – CLEAR/CORE)
- New roofing (underwritten through grants & reduced rates from Umbrella Roofing)
- Cement pads poured to provide a stable base for delivery trucks (more concrete is needed – grant pending)
- Garage doors for delivery process
- Electrical hook up for refrigerator trucks at Rifle & Parachute locations
- Additional freezer and cooler storage of fresh product

LIFTUP.org

Supporting COMMUNITY
Growing OUR IMPACT

In Glenwood Springs where 50% of all proceeds benefit LIFT-UP.

Defiance Thrift Store in Glenwood Springs where 50% of all proceeds benefit LIFT-UP.

SHOP. SAVE. SUPPORT.

- Clothing • Furniture • Toys • Housewares & More!
- DONATIONS WELCOME

End of document.