

Supporting. Growing. Building.

UPLIFTING COMMUNITY THROUGH FOOD



Since 1982, LIFT-UP has been a grassroots organization born out of the meaningful and genuine mission to help others in our neighboring towns survive hardship: Lifting Up those in Need!

LIFT-UP is a non-profit 501(c)(3) organization dedicated to providing humanitarian essentials while creating a bridge to personal empowerment and self-reliance. LIFT-UP's name is an acronym derived from the words "Life-Inter-Faith-Team-On-Unemployment-Poverty."



FOOD DISTRIBUTION

Food is distributed from mobile sites and/or Pantry-of-Choice locations in Aspen, Basalt/Willits, Carbondale, Glenwood Springs, New Castle, Rifle and Parachute.



FARM TO FOOD PANTRY & FRESH OPTIONS

Through grants and generous donations, LIFT-UP purchases fresh produce and meat from local farmers & ranches, providing healthier food options and supporting our local economy.

In addition, in 2020 LIFT-UP picked up more than 351,000 pounds of fresh produce from local grocery partners and re-distributed to those in need.



MEAL MONKEY Rifle

The Meal Monkey lunch program was created when the Garfield County RE2 School District went to a 4-day school week resulting in no school on Fridays. LIFT-UP, in partnership with the RE2 School District, Food Bank of the Rockies and the River Center provides meals on Fridays throughout the year at no charge to children (18 & under).



EXTENDED TABLE Glenwood Springs • Rifle

Since 1998 in Glenwood Springs and since 2012 in Rifle, Extended Table (soup kitchens) have been providing meals.

- More than 30 groups make our Extended Table possible by planning, preparing and serving meals.
 - Since the beginning of the COVID-19 pandemic, more than 5,000 To-Go meals have been distributed.
- GLENWOOD SPRINGS:** Monday - Friday • 5–6 p.m. • @ First United Methodist Church
RIFLE: Tuesdays & Thursdays • 5–6 p.m. • @ Rifle United Methodist Presbyterian Church



THRIFT STORE

Shop. Save. Support. The LIFT-UP Rifle Thrift Store is filled with tremendous bargains for value-conscious shoppers, and all sales help to support LIFT-UP's programs for local families in need. The LIFT-UP Thrift Store is also a great place to bring your gently used clothing, furniture and other household items. Donations are tax deductible.

Support Through [Financial Donations](#) • [Volunteering](#) • [Food Drives](#)

Learn more at LIFTUP.org