DONATE to PLATE

Thank you for celebrating the Holiday season and beyond by considering a donation of your time, financial resources and/or food items to our families in need.

Hunger is a year-round challenge for many in our valley, from Aspen to De Beque. LIFT-UP's dedicated staff, board and volunteers along with our donors, sponsors and generous community work together to provide humanitarian essentials while empowering many to a new start.

This December, a holiday food gift will be given to families and individuals to help them celebrate the season.

Special thanks to Holy Cross, Bristlecone Sports and John & Jan Haines for their amazing financial support that allows LIFT-UP to provide this Gift.







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Life Inter Faith Team on Unemployment & Poverty Po. Box 1928

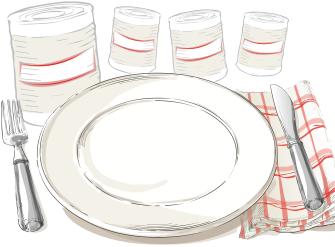
Rifle, CO 81650

HOW YOU CAN HELP

Visit **LIFTUP.org** for ideas including how to host a food drive, make a secure online donation, volunteer or to learn mor about our Thrift Stores and programs.







YOU **CAN** MAKE A DIFFERENCE!

7 FOOD PANTRIES

- Aspen
- Rifle
- Carbondale
- Parachute
- Glenwood Springs
- De Beque
- New Castle

EXTENDED TABLES

Glenwood Springs & Rifle

THRIFT STORES

Rifle & Parachute

LIFT-UP is a non-profit dedicated to providing humanitarian essentials while creating a bridge to personal empowerment and self-reliance.

FOOD DRIVES

DI EASE SLIPPORT OLIR FOOD DRIVE HOSTS.

PLEASE SUPPORT OUR FOOD DRIVE HOSTS:		
	THRU NOV 15	Community Banks Aspen, Basalt & Glenwood Springs
		• Holland & Hart Aspen
		• Aspen Board of Realtors Multiple Offices – Aspen, Basalt & Snowmass
	NOV 16	Colorado Mountain Express: Fill the Van 9AM – 3PM, City Market El Jebel & Glenwood
	NOV 16 & 17	Cub Scout Pack 221 New Castle City Market
	NOV 21	Basalt & Carbondale Chambers Business After Hours 5:30 – 7PM, at Coventure in Carbondale
	NOV 24	Town of Snowmass Village, Snowmass Chapel & Snowmass Rotary Community Picnic at the Westin Ballroom in Snowmass
	NOV 29	Town of Snowmass (4 drop-off locations) Town Hall, Transportation Center, Snowmass Housing & Snowmass Recreation Center
	THRU NOV 30	Murray Dental Group Glenwood Springs
	THRU DEC 16	Two Rivers Community School Glenwood Springs
	NOV 21 – DEC 24	Cooper Wine & Spirits Glenwood Springs
	NOV 25 – DEC 12	Rifle Middle School Support your students!
	DEC 4 – 17	Cub Scout Pack 224 Clark's & City Market in Aspen

SUBARU **share the love**" EVENT

Purchase or lease a new Subaru during Subaru Share the Love Event between Nov. 14, 2019 and Jan. 2, 2020 and Subaru will donate \$250 to LIFT-UP or your choice of selected national charities AND Glenwood Subaru will donate an additional \$50 to LIFT-UP, their hometown charity. Glenwood Springs

See GlenwoodSubaru.com

for details.



GONDOLA GIVING



Kick Off Winter on the Mountain at Glenwood Caverns Adventure Park

Saturday, November 23

- 2 6 p.m.
- Bring non-perishable food items & ride the Gondola to the top for FREE.
- Bring a \$20 grocery gift card and receive up to 4 FREE Gondola rides to use on Nov 23rd.
- One entry per gift card into a drawing for an Annual Thrill Pass.
- Santa, tree lighting (@ 6 p.m.), music, Coca Cola bear, and snacks.

AVSC WINTER KICK OFF RAIL JAM

At Aspen Highlands Saturday, December 7

- 9 a.m. 4 p.m.
- FREE registration with at least 3 cans of non-perishable food.



Hosted by Aspen Film & The Wheeler Friday, December 20

- 5:30 p.m.
- Bring non-perishable food items for FREE entrance to the movie.



December 20-31

•\$1 OFF FINES with each Non-perishable food donation

WHAT A TREAT!

EXECUTIVE DIRECTOR ANGELA MILLS HEARTSTRING STORIES

One of the best parts of our jobs is receiving daily reminders of how very special the simple things in life really are. Below are a few amazing stories of the impact LIFT-UP has on our communities. Our volunteers, donors and staff have giant hearts of gold but we couldn't do any of this without the generous donations of our supporters like you.



A SCARF... While working in our Aspen pantry, one of our clients noticed a bright yellow scarf in our donation box while waiting for his turn to pick some groceries from our shelves. I asked, "Friend, do you see anything in there you could use?" His eyes widened and he lifted the scarf from the pile. "This, may I really have this?" "Yes!" I said and he quickly wrapped it around his neck. The smile on his face was a beautiful gift.

A HUG... During a recent visit to one our pantries to choose his groceries, a young man shared a bit about how he loves his job working in construction and feels very happy to have work. He said pop top cans would be best because he is currently living out of his vehicle while he saves money for housing. We found items he could easily store in his cooler and heat with his small camp stove. Once he loaded up his

food he returned to say thank you. I asked if I could give him a hug and his arms flew open and he squeezed tight. In his eyes I saw hope, kindness and determination. Connection, acceptance and love are equally as important as housing and food.

A BROWN BAG LUNCH... Last month in Rifle, during Meal Monkey (our student lunch program), a little boy who was about eight, asked what was inside his sack lunch. We told him, "A sandwich, a bag of chips, carrots, a peach, milk and a cookie," and he said, "WOW, what a treat!" and gently took the bag. How beautiful that he found such delight in what many may think of as a simple lunch.

Three stories and just think, from January through September 30, 2019 LIFT-UP has had 7,093 visits...all with stories of their own. Thank you for making that happen.

