

# DONATE <sup>to the</sup> 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.



## A NEW KIND OF ADVENT CALENDAR

Create a special box to place near your dining area. Each night place one non-perishable food item – a can of food, bag of rice, box of cereal, package of cookies or other item – into your advent box leading up to Christmas Eve and then donate your box to your nearest LIFT-UP Food Pantry. Take a moment to reflect.



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Permit No 982

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 more about our Thrift Stores and programs.



## YOU CAN MAKE A DIFFERENCE!

### 7 FOOD PANTRIES

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

### 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

### 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



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.

See [GlenwoodSubaru.com](http://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.

## POLAR EXPRESS MOVIE AT THE WHEELER

Hosted by Aspen Film & The Wheeler

**Friday, December 20**

• 5:30 p.m.

• Bring non-perishable food items for FREE entrance to the movie.

## PITKIN COUNTY LIBRARY

**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 of 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.