

# UPLIFTING *community*

## KUM & GO GALLONS FOR GROWTH

Visit Kum & Go locations in the Roaring Fork Valley on **August 19** and LIFT-UP will receive 5 cents for every gallon on gas sold! Purchase a PepsiCo 20oz. product **any time in August** and PepsiCo will donate 5 cents to LIFT-UP.



## SEPTEMBER CARBONDALE FIRST FRIDAY

**Friday, September 3 • 5:30 p.m.**

Food for All Food Drive – bring nonperishable cans, boxed and bagged items for LIFT-UP.



## COLDWELL BANKER MASON MORSE

**September**

Valley-wide food drive & fundraiser for LIFT-UP.



GLOBAL  
LUXURY

MASON MORSE

## FALL HARVEST FOOD DONATIONS

Are you a gardener, part of a community garden or have fruit trees with too much produce? Please consider donating your fruit, carrots, onions, cabbage, peppers, potatoes or other fresh produce. Please bring in gallon ziplock bags to any LIFT-UP Pantry during operating hours.



## LIFT-UP BOARD UPDATES

Anita Bineau, *President* • Ryan Gearhart, *Treasurer*

Soira Ceja  
Christine Dolan  
Tinker Duclo

Klaus Kocher  
John Murray  
Matthew Smith

Minette Stapleton  
Jim Tarr  
Kent Wilson

## THANK YOU!

- East West Hospitality for choosing LIFT-UP as your 2021-2022 charity of choice!
- Thank you Connie Calaway, Alpine Bank and everyone who donated food during the June Calaway Giveback.
- Thank you River Valley Ranch residents for your amazing donated items from the Community Garage Sale to the Rifle LIFT-UP Thrift Store. All proceeds help fund LIFT-UP food programs. Thank you to Jules King and Kim Rogers for your wonderful coordination.



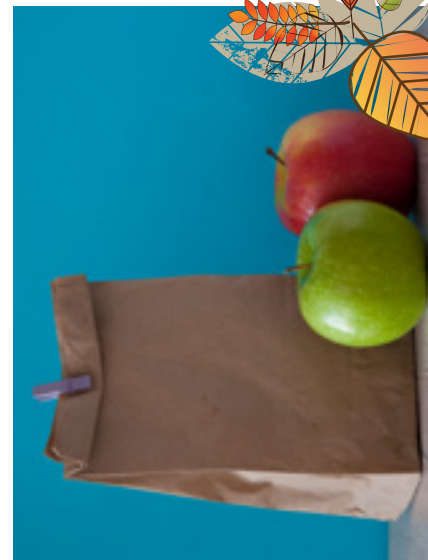
Non Profit Org  
US Postage  
**PAID**  
Salt Lake City, UT  
Permit No 982

Life Inter Faith Team on  
Unemployment & Poverty

P.O. Box 1928 • Rifle, CO 81650



FOOD • SUPPORT • EMPOWERMENT



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

LOOK INSIDE FOR IMPORTANT NEWS!



Providing humanitarian essentials  
from Aspen to Parachute.

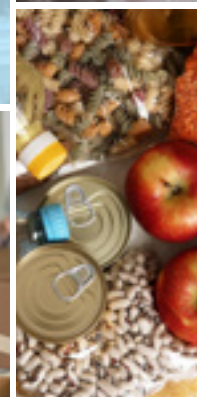
Food Distribution  
(Mobile & Pantries)

Extended Table  
(Soup Kitchens)

Farm to Food Pantry  
(Fresh Produce & Meat)

Meal Monkey  
(FREE Student Lunches)

Thrift Store



## Emerging from the COVID-19 Pandemic

LIFT-UP, like every organization, business and individual, never anticipated the magnitude, duration and impacts of the COVID-19 pandemic on our community, operations, volunteers and staff. That said, LIFT-UP has continued to evolve, grow and learn about new options to better provide relief from food insecurity while deepening partnerships and stretching resources.



For more information or  
to make a donation, go to:

**LIFTUP.org**



# WHAT LIFT-UP HAS *done*

## INVESTED IN OUR INFRASTRUCTURE

Thanks to amazing partners and supporters like you, LIFT-UP was able to expand our infrastructure to meet the nearly **600% growth** in clients during COVID and the sustained **300% growth** in food security needs as compared to pre-pandemic demand.

## EXPANDED THE FARM TO FOOD PANTRY PROGRAM

LIFT-UP increased access to fresh, local produce, meat and dairy while helping to sustain our local economy by sourcing from over **25 regional farms and ranches**.

## ADJUSTED FOOD DISTRIBUTIONS

LIFT-UP made adjustments based on client and partner feedback to offer various days, including **Saturdays and evening hours** to provide better options for those in need to access food.

## INCREASED WAREHOUSE & LOGISTICS CAPACITY

LIFT-UP added additional staff to support operations, fundraising, volunteer management and food distribution oversight.

“  
**LIFT-UP’s Farm to Food Pantry program is a model within the state of Colorado, providing fresh, nutritious food to the communities that need it most. By sourcing from local farms and ranches, LIFT-UP helped build a more sustainable food system from Aspen to Parachute.**  
– Gwen Cameron, Regional Food Systems Coordinator for Hunger Free Colorado.



“  
**Now I can get food after work to feed my family. I don’t know what I would have done without LIFT-UP’s food during the pandemic.**  
– Susana, LIFT-UP mobile client

# WHAT LIFT-UP HAS *learned*

- 1 LIFT-UP is a resilient and trusted organization that is blessed with passionate support from every community.
- 2 Fast, responsive and effective change during the middle of a pandemic that explodes demand while stifling capacity of volunteers and staff is hard, but LIFT-UP did it.
- 3 Partnership, coordination and collaboration are the only way our region can sustainably meet the needs of those experiencing food insecurity regardless of the cause.



## WHERE LIFT-UP IS *going*

LIFT-UP is happy to share that we are **re-opening** our fixed pantries-of-choice, meaning that clients will be able to return to pantries to choose their nonperishable and fresh items. In addition, we have learned that many clients also like the convenience of the drive-thru mobile sites, so we are continuing to offer both methods for accessing food.

The Aspen, New Castle and Carbondale pantries are now open and Glenwood Springs and Rifle will re-open in September.

LIFT-UP is continuing to expand its fresh food options for a healthier community.

“  
**I am so happy to be able to go back and see the wonderful volunteers at the New Castle pantry. Not only do I get food, both basics and fresh, I get to visit and have social interaction and that is just as important to me.**  
– Susan, LIFT-UP pantry client



# HOW YOU CAN *help*

**SUPPORT** our imminent infrastructure investment to enable LIFT-UP to continue to increase the distribution of healthy, fresh and nutritious locally-sourced produce & meat that will also support our region’s economy.

Increase healthy fresh food options with supported infrastructure:

- New refrigeration van
- Outdoor refrigeration/freezer unit
- Warehouse retrofitting including shelves and flooring
- Carbondale Pantry expansion with shelving and refrigeration

**VOLUNTEER** individually or with your favorite group to help with food bag packing, sorting and distribution or work in the Rifle Thrift Store a few hours a week. You are on the ground uplifting our community!

“  
**Uplifting community means extending a helping hand to ensure everyone has what they need to be healthy and safe.**  
– Christine, Carbondale volunteer



**JOIN** the LIFT-UP Board or Committee to help further our strategic work in a sustainable and equitable manner.

- Programs & Services
- Fundraising committee

“  
**I am honored to be the Board President for LIFT-UP. We are at the heart & soul of our community and I continue to be amazed by the giving hearts of our volunteers, staff and donors. We couldn’t do it without you!**  
– Anita Bineau, LIFT-UP Board President

