



For their individual mitzvah projects, Evan (left), Russell (middle), and Bryn (right) chose to find ways to donate to Food Bank of the Rockies and help alleviate hunger in their communities. // Photo credit from left to right: Miguel Zlot Photography, Caitlyn Barnett, Lauri Exley

Philanthropy at All Ages

When it came time for Evan to choose the focus of his bar mitzvah project, the 13-year-old didn't hesitate: He wanted to help feed others.

"I love food, and I wanted to help put food on the table for everyone in our community," Evan said. "It's important for everybody to have a warm meal, and I wanted to provide that to others."

For his project, Evan hosted a food drive and a virtual fundraiser. To generate attention for both, he posted fliers around his neighborhood, recruited friends to help him unload cars full of donations, emailed family members encouraging them to donate, and posted a video on Facebook. He even created a raffle system through which donors received a ticket for each item donated and were entered to win a \$20 Amazon gift card.

Similarly, Russell, age 13, also chose Food Bank of the Rockies for his bar mitzvah project. "I chose Food Bank of the Rockies because of all the hungry people on the planet, which makes me very sad," Russell explained. "Food is important in celebrating Jewish holidays and cultural events [and] I want others to be able to eat like I can."

Bryn, age 13, took a different approach for her bat mitzvah project. One weekend in April, she and her mom baked 350 hamantaschen pastries. Packed in boxes of 12, Bryn quickly found buyers for all of the treats, and even ended up baking more to fill additional orders.

"I chose the Food Bank as my mitzvah project because I wanted to help make sure everyone in my community can eat," Bryn said. "It's only fair that people have food. Everyone needs to eat."

"I wanted to help put food on the table for everyone in our community."

Contributions from individuals like Evan, Russell, and Bryn prove that while age is often perceived as a barrier to giving back to one's community, it is not and should not be. In total, the combined efforts of the three mitzvah projects was \$4,996 — enough to help provide 19,984 meals.

Together, we can eliminate food insecurity once and for all. Together, we can ensure no one in our community goes hungry.

**Inspired by these young supporters?
Start your own fundraiser today at
support.foodbankrockies.org/fundraiser**



So far in 2021, volunteers have donated more than 59,000 hours in our distribution centers and at our mobile pantries so that food can get to the people who need it most. // Photo by Caitlyn Barnett

From the CEO's Desk

As we enter the final quarter of 2021, it feels necessary to reflect back on the past nine months and begin the long journey of trying to process the countless highs and lows 2021 has brought thus far.

From the low of a sustained increase in need for food assistance, to the high of vaccines and decreasing COVID-19 rates, back to the low of the Delta variant roaring in and reinstating the chaos that first emerged alongside the virus, it's been a wild ride, and there's no telling what might be just around the corner, high or low.

For the thousands of people facing food insecurity in our communities across Colorado and Wyoming, this year has been especially taxing. Hunger is a cruel companion, affecting the physical, mental, emotional, and developmental wellness of those who experience it. And with the holiday season approaching, things can feel even heavier for those who worry about how they'll put food on the table for themselves and their loved ones.

However, there is hope, and it comes from individuals like you. Individuals who take the time to volunteer in our distribution centers and at our mobile pantries so that food can get to

the people who need it most. Individuals who donate whatever amount of money they're able to knowing that with every dollar donated, we're able to help provide the equivalent of four meals. Individuals like Evan, Russell, and Bryn who, at 13 years old, harnessed their creativity and compassion to make sure that children in our community have food to eat (see "Philanthropy at All Ages").

Through the many highs and lows, know that all of us at Food Bank of the Rockies are dedicated to the mission of ending hunger in our community. And we are grateful to you for supporting Food Bank of the Rockies' mission, however you choose to do so. From the bottom of our hearts, thank you. Together, with your support, we are igniting the power of community to nourish people facing hunger. We wish you and yours a joy-filled holiday season.

Gratefully,

Erin Pulling
President & CEO
Food Bank of the Rockies



Distribution Centers

Denver

10700 E. 45th Ave.
Denver, CO 80239
720-473-6323

Western Slope

120 N. River Road
Palisade, CO 81526
970-464-1138

Wyoming

5150 Reserve Drive, Ste. 2
Evansville, WY 82636
307-265-2172

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[foodbankrockies.org](https://www.foodbankrockies.org)

This institution is an equal
opportunity provider.



Monte Reichenberg (right) hands William, a client-turned-volunteer, a box of grapes to load into a client's truck. Many individuals drive over an hour to the mobile pantry in Moorcroft, Wyoming, to get food for themselves and others in their community. // Photo by Caitlyn Barnett

Making Nutritious Food Accessible to All

When Monte Reichenberg first learned that Moorcroft, Wyoming, didn't have a plan to access and distribute food in case of an emergency, he felt called to address the issue, just as years earlier he'd been called to move there to pastor First Presbyterian Church. "I love it here," said Monte. "I love rural areas. I lived in a rural area in Illinois, but there were still more people per square foot than there were animals. Here, I like it the other way around."

Located in the northeastern corner of Wyoming, Moorcroft is home to 1,122 people, eight churches, and one grocery store. It is also where upwards of 2,000 families come each month from as far away as Montana and South Dakota to get food from Moorcroft Interfaith Community, a Hunger Relief Partner.

"We're serving a major part of Crook County, which has a population of around 7,500," said Monte. "We're also drawing from Weston and Campbell counties. We don't turn anyone away. If they want food, we give it to them."

Crook and Weston counties face the highest rates of food insecurity in Wyoming, which was another driving factor for Monte and other community faith leaders to start Moorcroft Interfaith Community.

Since 2019, Moorcroft Interfaith Community has grown from serving 12 families once a month to serving 352 families on its busiest day. They operate the first three Thursdays of every month in various capacities.

"We have people who pick up and deliver boxes to their neighbors in all of the outreaching areas," said Monte. "We just try to make food available wherever we can in whatever ways we can."



Meet Sue Ellen Rodwick, Director of Food Bank of the Rockies' Western Slope Distribution Center

When Sue Ellen Rodwick applied to be the director of Food Bank of the Rockies' Western Slope Distribution Center, she knew it was the perfect position for her. Not only because of her professional experience, but also because of her personal experience: When her son was a few months old, Sue Ellen went from being a co-parent to a single parent. In the process of raising a child alone, she eventually found herself in need of food assistance.

Approaching her role from a place of genuine understanding allows Sue Ellen to connect with partners and clients while also being innovative in serving the Western Slope community.

Since late 2018, Sue Ellen and her team have increased distributions to partners, more than doubled their mobile pantry operation, and found new ways to utilize local resources.

"In all we do, I encourage my team to be nimble," said Sue Ellen. "We want and need to be aware of what's happening in each community and to be a resource. My staff and the people we serve are what keep me going."



"I love being connected with the community and to be in a position where I'm the voice and face of the Food Bank here. It's my job to find out and understand what each community needs from us," said Sue Ellen Rodwick. // Photo by Matt Simpson

End-of-Year Giving

Make a donation in honor of a friend or family member this holiday season, and we will notify them of the gift we received in their name. Or take advantage of tax benefits and donate from your IRA. To learn more about making a meaningful end-of-year gift, visit foodbankrockies.org/smartways



10700 E. 45th Ave.
Denver, CO 80239



Mailing Address
City, State Zip

A photograph of a woman and a young boy sitting on a swing set in a park. The woman, on the right, has blonde hair tied in a bun with a blue scrunchie, wears glasses, a pink shirt, and a gray cardigan. She is looking down at a white bag on her lap. The boy, on the left, is wearing a blue jacket and is looking at a small container he is holding. They are surrounded by green foliage and trees in the background.

FOOD BANK OF THE ROCKIES™

Hunger challenges our neighbors every day. With support from individuals like you, we are able to provide help to anyone who finds themselves in need. Discover inspiring stories of how together we are igniting the power of community in our newsletter.

We ignite the power of
community to nourish
people facing hunger.