



Food insecurity can affect anyone at anytime. At Food Bank of the Rockies, we put the power of community to work to end hunger and nourish all of our neighbors experiencing hunger. / Photo by Caitlyn Barnett

Serving with Strength in 2023

“By coming up with innovative solutions to help our partners, we can help them more equitably serve their communities and get food to anyone who needs it.”

During this last year of historic inflation and, before that, an unprecedented global pandemic, Food Bank of the Rockies accomplished a feat we once would have deemed impossible: We met the increased need across our communities. The reason we were able to do that? Thanks to the inspired support of people like you.

Keeping the momentum of 2022 going, we are looking ahead at 2023 with optimism and determination. We invite you to join us in our excitement for the upcoming year, which we will dedicate to continuing to

serve our community with equity, dignity, and care. Here are a few of the ways we plan to do that this year across our programs and service areas. Thank you for joining us in our mission to end hunger.

FOOD FOR KIDS

We look forward to doing more community outreach to find areas of need to expand our services and continue to provide support to our current partners to ensure everyone has what they need to succeed.

CULTURALLY RESPONSIVE FOOD INITIATIVE

We are excited to offer our Hunger Relief Partners and mobile pantries a new visual food preference survey to create site-specific Community Food Preference Reports. Being able to measure Community Responses will help us identify and address barriers to access.

WESTERN SLOPE

We opened and began operating out of the brand-new Western Slope Etkin Family Distribution Center in Grand Junction in December and are looking forward to increasing the amount of food distributed through our programs by 140% in the coming years.

WYOMING

Food Bank of Wyoming (the Wyoming-based distribution center of Food Bank of the Rockies) is focused on listening to the state's 150+ Hunger Relief Partners and being responsive to the challenges they face. By coming up with innovative solutions to help our partners expand their capacity, grow their volunteer bases, and improve their financial resources, we can help them more equitably serve their communities and get food to anyone who needs it, no matter where in Wyoming they call home.



As we embark on 2023, the team at Food Bank of the Rockies is doubling down on finding innovative solutions to source and provide the most nourishing, fresh, and culturally respectful foods possible for every person in our service area experiencing hunger. / Photo by Scott Streble

From the Operation's Team

I like to use January to reflect on progress made in the prior year and dreams for the new year. 2023 seems especially important to me, as we are far enough away from the depths of the COVID-19 crisis to be setting a direction that builds on the "new normal."

Looking back, we have weathered a very challenging time through working in tandem with our 800+ Hunger Relief Partners, being creative, and persisting in the face of great difficulties. Looking forward, our neighbors continue to be confronted with economic and health challenges that require our assistance and continued commitment. Inflationary impact on prices, supply chain disruptions, shortages of available products (anyone seen eggs at the grocery store lately?), and escalating housing prices are challenging all of us and driving up demand at our Mobile Pantries and partner sites.

The team at Food Bank of the Rockies is doubling down on finding innovative solutions to the challenges facing us. We have added staff to the Grocery Rescue team to increase store visits and data analysis to understand where there might be additional opportunities to capture donated food. Other members of our sourcing team are working to locate and source produce and other nutritious products from agricultural and retail partners to ensure the people we serve are getting the highest quality and biggest variety of food options possible. And, as always, we continue to listen to our partners and clients to see where there are opportunities to adjust our practices in order to meet needs wherever they occur.

As we enter this new year, all of us at Food Bank of the Rockies would like to say thank you. It's because of your steadfast support and generosity that we're able to do this work. We look forward to facing the challenges of the coming year together.



Steve Kullberg
Chief Operating Officer
Food Bank of the Rockies

Distribution Centers

Denver

10700 E. 45th Ave.
Denver, CO 80239
303-371-9250

Western Slope

698 Long Acre Drive
Grand Junction, CO 81505
970-464-1138

Wyoming

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

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This institution is an equal
opportunity provider.



From economic challenges to systemic racism, there are several complex factors leading to food insecurity among older adults. / Photo by Caitlyn Barnett

Food Insecurity and Older Adults

Aging gracefully is difficult enough, and trying to do it on an empty stomach is that much harder. For older adults, food insecurity is a major concern. In 2020, one out of every 15 adults over the age of 60 experienced food insecurity, according to the USDA.

The root causes of food insecurity are complex, often involving an overlapping array of societal conditions. Older adults with disabilities are more than twice as likely as their peers to be food insecure, according to Feeding America, and living with a disability can make the shopping, transporting, and preparing of groceries daunting. To complicate matters further, a lack of proper nutrition can exacerbate the chronic health conditions experienced by some people with disabilities.

Housing and income level are also significant factors in food insecurity for older adults. Adults over the age of 60 who identified as renters were four-times more likely to be food insecure than their home-owning counterparts, according to Feeding America, and a lack of affordable housing has been identified by the National Council on Aging (NCOA) as a contributing factor to food insecurity.

Systemic racism and racial discrimination greatly increase the likelihood of food insecurity, according to NCOA. Black older adults are four-times more likely to experience food insecurity compared to white older adults, and older Latino adults are three-times more likely.

Hunger can cause a variety of harmful health effects. Adults over 60 that experience food insecurity are 65% more likely to be diabetic, according to NCOA, and are also more likely to suffer from heart failure, high blood pressure, and asthma.

Thankfully, our neighbors don't have to overcome these challenges alone. At Food Bank of the Rockies, we are working hard to meet the needs of all people of all ages and backgrounds experiencing hunger. Thanks to support from individuals like you, we will continue to do whatever it takes to ensure all our neighbors have the nourishment they need to thrive.

People of color aged 60+ are up to four-times more likely to experience food insecurity than white older adults

Help Alleviate Difficult Decisions

No one should have to choose between paying the bills or buying food. This winter, provide relief and hope to our neighbors experiencing hunger. \$1 helps provide enough food for 3 nutrient-rich meals, and removes one more difficult decision from peoples' lives. **Donate today at foodbankrockies.org/give.** Thank you!

Giving Back However Possible

After she was honorably discharged with a back injury from the U.S. Air Force in the 1990s, Melanie lived on the edge of hunger. When her circumstances improved and she was able to help others, she did so in part by donating to Food Bank of the Rockies.



Due to her injury, Melanie was unable to work after she was discharged. She received temporary assistance from the V.A., but it was barely enough to survive. Things changed when the V.A. finally determined she had an 80% disability, which provides her with adequate — though not extensive funding — to live on. She's been finding ways to help others ever since.

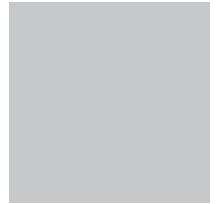
Melanie made her first visit to Food Bank of the Rockies' Western Slope location nine years ago with a friend who utilized the resources. That's when she realized she could give back through the gift of food.

"To anyone looking for a way to help, please donate to Food Bank of the Rockies," shared the Grand Junction resident. "People are going hungry and they really need you."

Inspired by Melanie to help our neighbors experiencing hunger? Donate today at foodbankrockies.org/give.

FOOD BANK OF THE ROCKIES™

10700 E. 45th Ave.
Denver, CO 80239



Mailing Address
City, State Zip

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 nourishing communities in our newsletter.

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

