

**Page 2**

The Power of Community

**Page 3**

Words of Thanks Made Possible by You

**Page 4**

Mark Your Calendar

## From the Director

Dear Friends,

It has been a year since we changed our name to Community Table and so much has happened. We've added new services such as Living Well Showers that are bringing health and dignity back to our homeless neighbors. We've helped more families find affordable housing. We've established emergency food pantries at many of our Feeding the Future schools and at both Head Start locations in Jefferson County. We've distributed nearly 1.5 million pounds of food through our Client Choice and Mobile Food pantry programs. We've helped keep the lights and heat on for hundreds of families. And, we've helped hundreds of people improve their lives with job coaching, GED preparation, obtaining public benefits and more. But most of all, we've given hope to thousands of families throughout Northern Jefferson County.

We've also spent this year planning and working with partners such as the Physician Assistant program at Red Rocks Community College to open an onsite health clinic for people without

healthcare coverage. When open later this year, the clinic will provide blood pressure and diabetes screening and monitoring, flu shots, diagnosis and treatment of infections and other basic health services.

None of this would be possible without community support. Whether through financial contributions, volunteer support or food donations, we are able to help our friends and neighbors in need because of YOU. We are truly grateful. Thank you.

With gratitude,

Sandy Martin  
Executive Director

P.S. Throughout this newsletter, you can read more about all you've helped us accomplish as well as the grateful words from people we have helped with your support.

# The Power of Community

Here's what you've helped us accomplish over the last year (2017-2018 Fiscal Year Statistics)

**10,801**

People served (unique/unduplicated)



**3,507**

Households served



**306**

Veterans assisted



**1,313**

People with disabilities helped



**2,211**

Households headed by women helped  
(7,165 household members)



**34,381**

Weekend sacks of food distributed to schoolchildren (110,073 pounds of food)

People enrolled in GED Classes and tutoring

**112**



**468**

Homeless persons assisted

Clients who found employment



**12**

**29**

Families referred for housing



**1,442,872**



Pounds of food distributed

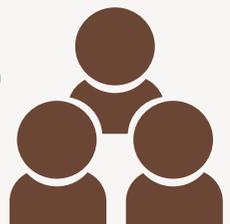
**29,715**

Volunteer hours provided



**\$745,847**

Value of volunteerism to the community



You can help us have an even bigger impact on fighting hunger and poverty in the coming year by donating today!

# Words of Thanks Made Possible by You

“

Thank you so much for the service you provide for so many people. I am a grateful recipient of food bank items as well as the Thanksgiving gift card, which was truly a blessing. I have used it with a grateful heart. Thank you to all who make the “table” possible.



”



“

Thank you for everything that you do! If it wasn't for your help, it would be very hard to make sure my son can eat on the weekends. We appreciate everything that you work hard for.

”

“

It was really hard for me to come to the food bank after having worked all my life but then getting laid off after 12 years at my former employer. It was very difficult for me at my age to find another position and very depressing when the bills kept coming in but not much to pay them with. Thank you for being there at one of the most difficult times in my life and not making me feel like the loser I felt like I was. Slowly turning things around and wanted to let you know how much it was appreciated!



”



“

As a victim of domestic violence, there are days that I still tread water to keep my head up and not give up. I sincerely thank you for all the amazing help you offer those who come to you.

”

# Colorado Hunger Facts

- 24% of Colorado households receiving federal nutrition assistance have at least one member over the age of 60.
- In a room of 50 older adults, three of them (6%) are facing hunger in Colorado and forced to make choices between purchasing groceries or medication.
- About 21,000 veterans in Colorado live in a household that participated in food stamps at some point during a 12-month period.
- Of food stamp recipients in Colorado, almost 3 in 4 (72%) live with children, 1 in 4 (27%) live with an elderly or disabled resident and almost half (48%) are members of working families.
- In our service area along the I-70 corridor from Sheridan Boulevard to Ward Road, 16% of the population lives below the federal poverty level.
- More than 9% of Coloradans struggle with hunger and do not always have enough money to buy food.
- More than 1 in 10 Coloradans (10.3%) struggle financially, living below the federal poverty line. This includes more than 1 in 8 children (13%) with those under the age of five most likely to live in poverty.
- Nearly 1 in 7 Colorado kids (14%) may not always know when or where they will get their next meal.

**Help ensure that no one goes hungry in Northern Jefferson County by donating today!**

## Mark your Calendar for these events that benefit Community Table

# 2019

### Prairie Dog Half + 10k & 5K

April 14, 2019

Visit [3wrraces.com](http://3wrraces.com) to register

### Taste of Olde Town

May, 2019 Date TBD

Olde Town Arvada

It's the foodie crawl to beat them all!

Presented by Distinct Real Estate

### Stamp Out Hunger Food Drive

Saturday, May 11, 2019

Coming to your mailbox this spring.

This vital food drive by the National Association of Letter Carriers in Arvada and Wheat Ridge provides us with the food we need to feed the hungry all summer long.



### Father's Day Classic

5K • 10K • Fun Run

June 16, 2019

Visit [3wrraces.com](http://3wrraces.com) to register



### 5th Annual Top Hats & Ball Caps Gala

Saturday, August 17, 2019

Arvada Events at the Arvada Center

Music-Dancing-Food-Drinks-Fun

Silent Auction and Surprise Boxes

Become a Sponsor!

For more information contact Leanne at 720-437-6394

### Arvada Community Food Bank Foundation Charity Golf Classic

Monday, August 19, 2019

Fossil Trace Golf Club, Golden

Become a Sponsor! Come Play!

For more information contact Leanne at 720-437-6394



Your gift to Community Table is in good hands and comes with a wholesome return.

With each \$1 you donate, we can provide enough food for three nutritious meals. Community Table has a "4-Star" rating on Charity Navigator, a "Gold Seal of Transparency" on GuideStar and we are a Better Business Bureau "Accredited Charity", which means you can trust that your donation will be used to help those in need in your community.



@ArvadaCommunityFoodbank

@ArvadaFoodBank

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