



**COLORADO SPRINGS FOOD RESCUE'S**

**2018**

**ANNUAL REPORT**

**CELEBRATING 5 YEARS**

# A QUICK NOTE FROM OUR EXECUTIVE DIRECTOR

Following the previous year of sticky note-laden strategic planning, 2018 came and went in a livelier fashion than any of us could've imagined over at CSFR. This past year found CSFR in the driver's seat of a variety of new initiatives, including a composting social enterprise, expanded food access partnerships, and the acquisition of a 3.5 acre parcel of land that we'll be developing into a neighborhood food center in the years to come.

But none of this could be possible without your support. Whether you navigate a weekly food rescue shift, invest in our work through a foundation, help operate a no-cost grocery program, grow some extra vegetables in your backyard, or participate in our Friends of CSFR campaign, it is an honor to work alongside you in cultivating a healthier, more equitable community.

In deepest gratitude,



Zachariah Chapman  
Executive Director

# MISSION

To cultivate a healthy, equitable food system in the greater Colorado Springs community.

We believe in building healthier communities through a healthier food system, and accomplish our mission through three integrated pillars of action: Increasing Nutritious Food Access, Food Education & Food Production.

## OUR TEAM

Zac Chapman - Executive Director  
Shane Lory - Director of Operations  
Patience Kabwasa - Director of Programs  
Elissa Salama - Communications & Development Manager  
Rachel Followill - Volunteer Coordinator  
Cordelia Fees-Armstrong - Program Coordinator  
Natalie Avila - Food Systems Assessment Community Coordinator  
Nat Stein - Composter-in-Chief  
Deb Rector - Contract Chief Financial Officer  
Angel Baeza - FLY Food Coordinator @ Atlas  
Zanya Sewell - FLY Food Mentor @ Atlas  
Beatrice Soto- FLY Food Coordinator @ Atlas  
Carlos Buendia FLY Food Mentor @Atlas  
Alexa Tomazin FLY Food Mentor @ Atlas  
Monica Black - CC Volunteer Coordinator  
Landis Hackett - Operations Assistant  
Noah Smith - Graphic Designer  
Audrey Mack-Westby - Administrative Assistant  
Fiona Herzig - Compost Start-Up Assistant  
Marissa Oves - Events Coordinator

## OUR BOARD OF DIRECTORS

Elsa Kendall - Interim Board Chair  
Corina Hurst - Interim Board Vice-Chair  
Julie Nambiar - Board Treasurer  
Tori Castro-Roybal - Board Secretary  
Shahera Shalabi - Governance Committee Chair  
Victoria Stone  
Ty Nagamatsu

# FOOD ACCESS IN 2018

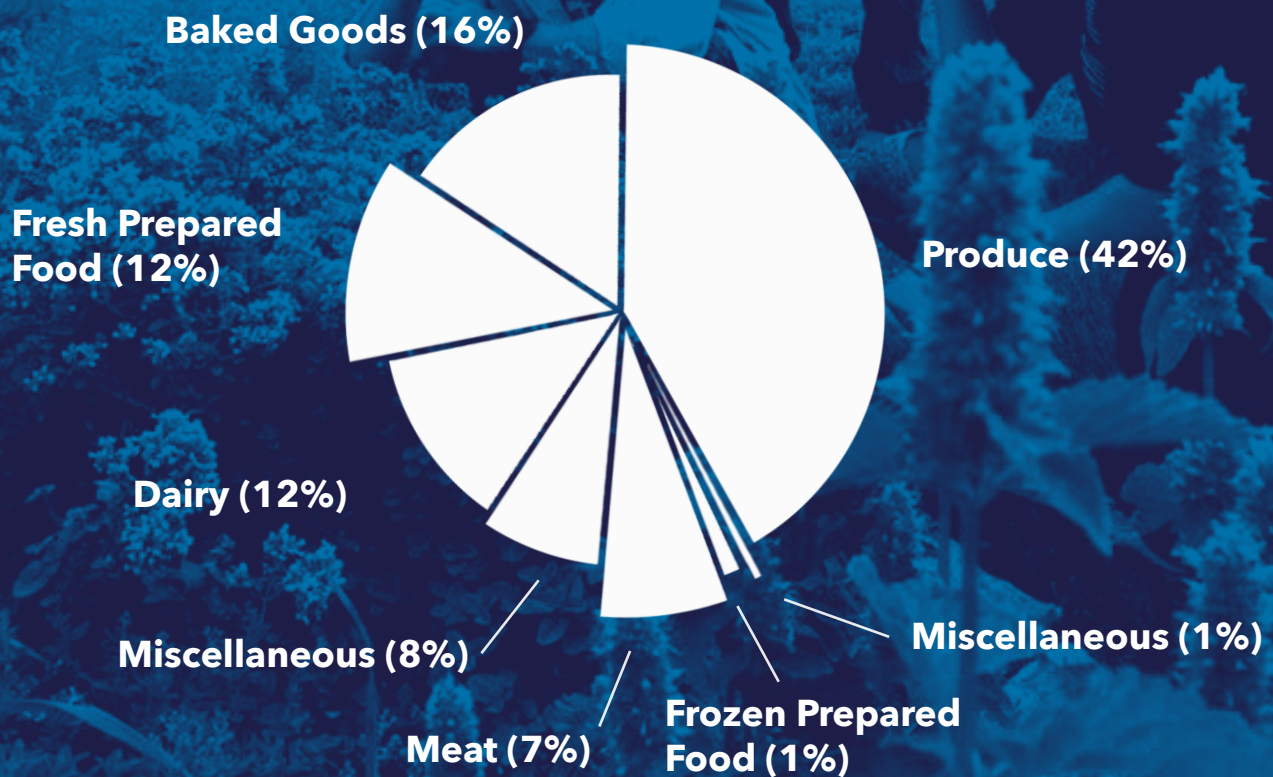
## FOOD RESCUE

In our biggest year yet, we rescued over **371,000 pounds of nutritious foods**- a value of \$1,357,900!

**15%** of food was redistributed to our partners by bike and trailer!

Over **160 volunteers** clocked in over **5,000 hours** of service!

Over **13,000 unduplicated people** served!



# WHERE'S THE FOOD COMING FROM?

## Supermarkets / Distribution Partners

Asia Pacific Market  
FoodMaven  
Natural Grocers (North)  
Natural Grocers (South)  
Luna Market  
Peak to Plains Distribution Center  
Ranch Foods Direct  
Save-A-Lot (Academy & Circle Locations)  
Switchback Coffee  
Safeway (Wahsatch Ave)  
Sprouts Farmers Market  
Trader Joe's  
Whole Foods Market

## School Food Rescues

Bon Appetit - Rastall Cafe @ Colorado College  
Challenger Middle School  
Fountain Valley School  
Fox Meadows Elementary  
General William J. Palmer High School  
Sierra High School  
University of Colorado - Colorado Springs  
Stratton Meadows Elementary School

## Seasonal Food Donors

Backyard Gardens Such as Yours!  
Academy for Advanced and Creative Learning  
Arkansas Valley Organic Growers  
Ahavah Farms  
Bear Creek Garden Association  
Casa Verde Co-Housing Garden  
Downtown Sunday Market  
Foot Hills Elementary School  
Frost Farm  
Little Roman Farm  
Miller Farms  
New Roots Farm LLC  
Peak City Gardens LLC  
Pikes Peak Urban Gardens  
Sourdough Boulangerie  
Vermijo Community Garden

# WHERE'S THE FOOD GOING?

## Neighborhoods

Deerfield Hills  
Downtown  
Hillside  
KnobHill  
Meadows Park  
Old Colorado City  
Pikes Peak Park  
Stratton Meadows  
Venetian Village

“

One of CSFR's volunteers brought us food one day and was so inspired by the work we do for LGBTQA+ youth that they came back with make-up and other gender affirming donations for our young people. It takes a community for all of us. Thanks for being part of that community.

”

- Inside/Out Youth Services

# CENTERING THE VOICES OF OUR PARTNERS

Because of our direct redistribution model, we rescue nutritious, perishable foods that often fall by the wayside in emergency food assistance sites. With over 1 in 4 grocery program families report receiving “most” of their consumed fresh fruits and vegetables from their program, and an additional 1 in 5 reporting they receive “all” consumed fresh fruits and vegetables from their program, we know that direct access to healthy food is an issue. According to our no-cost grocery program co-creators/participants, fresh produce, fresh fruits, and meat items are the most valued and important foods. By sourcing from partners such as farmers markets and healthy grocers, we increase access to these crucial food items.

“

**There has always been a great need for our “locked in” community, we are surrounded by 4 major city streets not crossable on foot, for more access to fresh, nutritious food. CSFR meets that need and we are very excited for another year of helping our community with them!**

”

- Debby Fazekas - Deerfield Hills Community Center’s No Cost Grocery Program

## PARTNERS

A Kidz Hope  
Atlas Preparatory School - Harrison School District 2  
Connections 4 Life Center  
Deerfield Hills Community Center  
Ecumenical Social Ministries  
Greccio Housing - Plaza on Platte Community  
Highland Mobile Home Park’s  
“Amor a la Comunidad” Grocery Program  
Hillside Community Center  
Jack Swigert Aerospace Academy  
Inside/Out Youth Services  
Marian House Soup Kitchen

Meadows Park Community Center  
Colorado House - Partners in Housing  
Sleepy Valley Mobile Home Park Grocery Program  
Springs Rescue Mission  
Street Supplies  
Relevant Word Christian Cultural Center  
Rocky Mountain Kids  
Urban Peak  
Westside Community Center

# NO COST GROCERY PROGRAMS

9 community-led grocery programs

Combined, these programs distribute an average of **over 5,000 lbs of healthy groceries** to **over 600 families** each week, serving **over 11,000 neighbors** in 2018



**11,000+**  
**NEIGHBORS**



**5,000+**  
**LBS**

**64.6%** of participating neighbors reported attending the grocery program every week

**37%** report receiving **4-6 fruits or vegetables** of their daily amount from the weekly grocery program

Participating neighbors report eating an average of **4.6 vegetables** per day



**Over 1 in 3 participating neighbors** report receiving **“most”** of their household consumed fruits and veggies from the grocery program

**An additional 1 in 5 participating neighbors** report receiving **“all”** of their household consumed fruits and veggies from the grocery program

# THE “FARMACY”



The Farmacy program connects local physicians with surplus healthy produce from both seasonal producers and grocery store retailers, ensuring that primary care providers have on-hand resources to provide to Medicaid patients that are suffering from or at-risk of nutrition related illnesses.

In 2018, our pilot partners Sunrise Health Care PC and Matthews-Vu Medical Group provided **150 patients** with on-site healthy produce.



## 2 MEDICAL CENTERS

Sunrise Health Care PC  
Matthews-Vu Medical Group



**150 PATIENTS**



This “point-of-care” resource allows individuals and families convenient access to healthy food paired with diet and nutrition recommendations from their physicians.





# FOOD EDUCATION IN 2018

## F.L.Y (FOOD SYSTEMS LEADERSHIP FOR YOUTH)

F.L.Y. is our youth development initiative that engages food literacy training alongside community-building projects for a healthier Colorado Springs. We believe that a just food movement must center the voices of youth, and specifically youth who are most impacted by food injustices.



Due to this partnership, over 20 students have an increased awareness of the food supply of Colorado Springs and how to have a positive impact on it. Not only that, these students have learned several professional skills from being in this program including customer service and professional speaking. Without CSFR, we would not be able to provide this unique opportunity that enhances our students' high school experience.

- Denise Montano from Atlas Preparatory School



### Schools participating:

Atlas Preparatory School  
Fountain Valley School  
Community Prep School  
Sierra High School  
Panorama Middle School  
Challenger Middle School  
McLaren Middle School  
North Middle School  
Fox Meadows Middle School

**137** students engaged

**12** Atlas Prep student interns

**4** Atlas Prep employees

**33,000+ lbs** of healthy food distributed by FLY teens

**17 class credits** received by high school students participation



**137 STUDENTS**



**33,000+ LBS**

# COMMUNITY EDUCATION

In 2018 CSFR hosted **17 community education opportunities**, ranging from community cooking classes to conferences.

## Some Highlights:

We co-hosted the 5th Annual Forward Food Summit. The theme of the 2018 Forward Food Summit was the intersection of Food and Gentrification.

**Over 300 people** participated in an interactive, full day food justice conference focusing on race and class equity and community-based solutions.

**125+ community members** attended our “Rooting Out Hunger” event, featuring nationally-renowned food security expert Andy Fisher, the author of BIG HUNGER: The Unholy Alliance Between Corporate America and Anti-hunger Groups.

Partnered with the Pikes Peak Library District to host **2 community food fairs**, engaging **150+ residents** of the Knob Hill & Meadows Park neighborhoods.

Partnered with Cooking Matters, Empowerment Solidarity Network and Organic Soul to pilot cooking classes in the Deerfield Hills and Hillside community that **over 30 residents** participated in.



**600 + PEOPLE SERVED**



**17 COMMUNITY EDUCATION OPPORTUNITES**

# FOOD SYSTEMS ASSESSMENT

In partnership with El Paso County Public Health & the Colorado Springs Health Foundation, CSFR is conducting El Paso county's first Food Systems Assessment, the purpose of which is **to identify policy, systems, and environmental changes that will increase fresh food access in 4 key neighborhoods**. In service of this, CSFR hired Natalie Avila as our Community Food Education Coordinator in the fall of 2018. Natalie's work the community entails neighborhood engagement, policy audits, focus group facilitation, market analysis, individual interviews, leadership development, creation of neighborhood food councils, community food fairs and other educational opportunities.

## FAST FACT—HUNGER

It's about far more than just food

Our partners tell us a lot about how hunger is about far more than just food. **Over 1 in 3** of our partners have expressed a need for rental assistance, and **over 1 in 5** have expressed a need for medical assistance.

Chronic evictions for renters, stagnant wages, ICE raids in immigrant communities, & inflated medical expenses have all proven to have a strong correlation to higher rates of food insecurity in marginalized communities (Fisher, 2017).



**1 IN 3 NEED RENTAL ASSISTANCE**

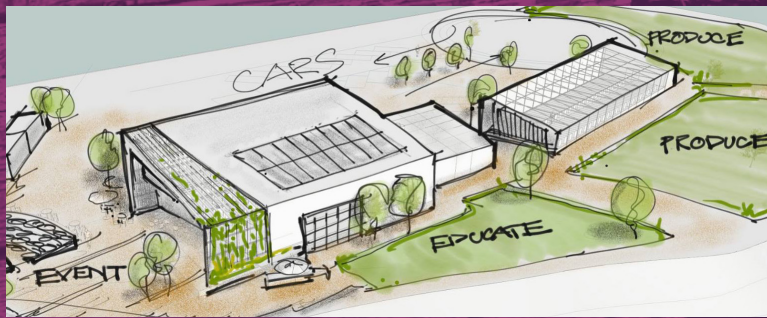


**1 IN 5 NEED MEDICAL ASSISTANCE**

# FOOD PRODUCTION IN 2018

## INTRODUCING THE HILLSIDE HUB

CSFR is about to put down some serious roots. After years of transience, including a formative 2018 in the Helen Hunt Campus (a shuttered school-turned-office building for local nonprofits), we're beyond excited to deepen our relationship with the Hillside neighborhood as we move onto the end of Institute St. – a piece of land generously donated by the Legacy Institute for the purpose of developing a community food center! What's that, you ask? It'll be a place where neighbors come together to eat, grow and



connect with their food.

Nothing's finalized yet but the plan includes an events/workshop space, a four-season greenhouse, a community learning farm and a compost park.

**Move over 7-Eleven – here comes the Hillside Food Hub!**

## FRESH FOOD CONNECT

Hyper-locally grown produce redistributed to folks in areas that lack healthy food retailers and/or are swamped with unhealthy fast-food and convenience options.

### **2018 Impact:**

**59 gardeners** signed up in **6 zip-codes** and distributed **over 1,500 lbs of fresh produce** to our no-cost grocery programs.

7 Community Prep School students received class credit to manage a weekly Fresh Food Connect pick-up route, clocking in over 100 miles on their bikes over the summer!

**Sign your garden up for our 2019 season today by visiting [www.freshfoodconnect.org](http://www.freshfoodconnect.org).**

## INTRODUCING SOIL CYCLE

In August 2018, we launched our first social enterprise, a residential composting service called Soil Cycle. In 2019, the service territory expanded to cover the entire downtown core.

**Sign-up for pickups at [coloradospringsfoodrescue.org/join](http://coloradospringsfoodrescue.org/join).**

### **Impact:**

**85 members** composting their scraps.

# 2018 MAJOR CONTRIBUTORS

## **\$25,000+**

Colorado Springs Health Foundation  
- Food Systems Assessment Grant  
Bloom Foundation  
Edmondson Foundation

## **\$10,000 - \$24,999**

Anschutz Foundation  
RNR Foundation  
Whole Foods Market  
Dakota Foundation

## **\$5,000 - \$9,999**

The Myron Stratton Home  
Anonymous  
Chris and Monika Chapman  
Anonymous  
Colorado Springs Health Foundation  
- Capacity Building  
Daniel Lewis  
Inasmuch Foundation  
John Whysner  
Nard Claar Fund of the Pikes Peak  
Community Foundation  
T. Rowe Price Foundation

## **\$2,500 - \$4,999**

Falcon Corporation  
Transforming Safety  
Sherry and Bob Lory  
Mericos Foundation  
The Colorado Trust  
Urban Land Institute  
David Lord  
Food Maven  
The Shandy Clinic  
Wolcott Family Foundation

## **\$1,000 - \$2,499**

University of Colorado - Colorado Springs  
Kay Stiling  
Quail Roost Foundation  
Colorado College  
Credit Union of Colorado Foundation  
CSFR Board  
El Pomar Foundation  
Shift Thrift Store  
Phantom Canyon  
Dr Kevin and Beth Crumpton  
Mark Terry  
Ellen Harrington  
Ent Credit Union  
Goodman Family Foundation  
Jill Tiefenthaler and Kevin Rask  
Jim Pleiman  
Jobar Foundation  
Limerick Charitable Trust

## **\$500 - \$999**

Food Rescue Alliance  
Bette and John L. Davis  
Abby Laine Sienkiewicz  
Michael Leveille  
Lisa Blattner  
Alison Jones  
Dr David Kendall  
Dee Kinsey  
Grace Blea-Nunez  
Jim Schwerin  
John Spicer  
Kirkpatrick Bank  
Slow Foods Pikes Peak  
T. Rowe Price  
The Bloom Foundation  
Wallace Center Professional  
Development Scholarship

# HILLSIDE HUB CAPITAL CAMPAIGN

## FUNDS RECEIVED IN 2018

The Bloom Foundation	\$25,000
The Dakota Foundation	\$15,000
Edmondson Foundation	\$25,000
The Legacy Institute (in-kind)	\$354,000

**Total \$506,500**

## 2018 FRIENDS OF CSFR

The Friends of CSFR are a group of passionate individuals who invest in the cultivation of a healthy, equitable food system through monthly contributions to CSFR. Thanks to their contributions of between \$5 and \$500 per month, we were able to distribute an additional 90,000 pounds worth of fresh, healthy food in 2018! **Register to become a Friend of CSFR today by visiting [www.coloradospringsfoodrescue.org/become-a-friend](http://www.coloradospringsfoodrescue.org/become-a-friend).**

Dan Lewis  
Mark Terry  
Monika Chapman  
Jim Pleiman  
Michael Leveille  
Caroline Kelly  
Sanjay Roberts  
Stephen Kaczmarek  
Jacqueline Douglas  
Victoria Stone  
Ellen Johnson-Fay  
Zac Chapman

Zulieka Johnson  
Pam and Wayne Bland  
Abby Laine Sienkiewicz  
Deborah Rector  
Toni Olivieri-Barton  
Dave Salama  
Steve Olivieri  
Elissa Salama  
Donella Berry  
Avery Polacek  
Lisa Blattner  
Kathy and John Crandall

Megan Gillespie  
Julie Nambiar  
Elsa Kendall  
Mercedes Whitman  
Chris Wilkins  
Shawn Reagan  
Shane Lory  
Rachael Harnett  
Patrick Journey  
Patrick Higgins  
Kendall Kultgen  
Landis Hackett