

One of these...



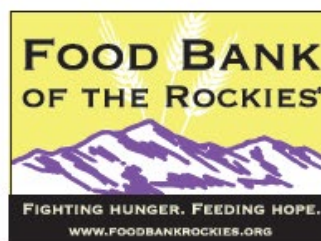
...can fill four of these.



Together, we can solve hunger.™

Please help.

*Start solving hunger today
at foodbankrockies.org*



Direct Response Letter & Email Campaign

Mother's Day Appeal – Food Bank of the Rockies

Envelope: Make a Mother's Day!

(Handwritten note to the side on opening page)

Make a Mother's Day! Every \$1 you give today helps provide four nourishing meals to moms and their families throughout Denver.

Dear (donor first name),

Imagine having little mouths to feed and nothing to give them.

Some mothers don't have to imagine. Right here in Denver, mothers are choosing to skip meals to ensure their children are fed - mothers like Nell.

Nell moved out of her hometown to get away from a difficult situation and give her 3-year-old son Thomas a better childhood. However, what was supposed to be a fresh start turned into an unexpected crisis when Thomas was diagnosed with autism. Nell needed to care for her son's special needs, and he became her full-time job. Without an income, she turned to Food Bank of the Rockies for help.

"Before visiting the food bank, I'd spent many nights going to sleep with an empty stomach, making sure Thomas had all the food in the house," she shares.

(Donor first name), you can make sure mothers like Nell can provide meals for their children. They're counting on you to help.

When you make a gift to Food Bank of the Rockies, you help mothers who can't feed their children. Your support means the difference between despair and hope.

Your gift today of \$25, or even \$50 will be used right away to provide nourishing meals and help struggling families just like Nell's to get back on their feet. Every dollar you give helps provide four meals for moms and their families this Mother's Day.

Nell is working to enroll Thomas in a specialized preschool. Once that happens, she can find a job. Despite all the challenges she's had to overcome, Nell wouldn't change anything.

"Thomas has been my strength. The two of us, we're a great team. I don't know what we'd have done without the food from Food Bank of the Rockies," Nell says. "The fresh produce, dairy, and meat have helped Thomas improve socially and I no longer have to go to bed hungry. I'm so grateful for the help."

(Donor first name), will you help Food Bank of the Rockies "Make a Mother's Day" and bring peace of mind to moms and families struggling with hunger?

I hope we can count on your generosity today.

Thank you so much,

(leader signature)

PS - Every \$10 helps provide 40 hearty meals for struggling moms and their families throughout our service area. Please share as generously as you can and send your donation today. Your gift will truly make a difference.

Corresponding email copy – initial email

Subject: (First Name), can you make a mother's day?

http://fbr.convio.net/site/MessageViewer?em_id=20949.0&pgwrap=n

Corresponding email copy – resend to non-responders

Subject: (First Name), there's still time to help moms in need!

http://fbr.convio.net/site/MessageViewer?em_id=20970.0&pgwrap=n

\$1 helps provide 4 meals! [View this message on our website.](#)



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Make a Mother's Day!



Imagine having little mouths to feed and nothing to give them.

Some moms choose to skip meals to ensure their children are fed. Sometimes, there's no meal to skip.

You can make Mother's Day meals possible with a gift to Food Bank of the Rockies!

Every dollar helps provide four meals. Even a small gift can mean the world to a mother who doesn't have enough money to feed her family.

**Thank you for making the holiday brighter
for mothers and families in our community facing hunger!**

[Share Your Mother's Day Gift Today!](#)


PS – You can make your gift in honor of someone special and send a Mother's Day eCard when you give.

Initial email to all recipients on list

View online http://fbr.convio.net/site/MessageViewer?em_id=20949.0&pgwrap=n

ils - x | Our Team x | Board & x | Board & x | Job Search x | PEAK-Co x | S


51 helps provide 4 meals! [View this message on our website.](#)



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There's Still Time to Nourish Moms and Hungry Families this Mother's Day!



Mother's Day is right around the corner, and moms right here in our community worry how they'll feed their children this weekend.

Some moms choose to skip meals to ensure their children are fed. Sometimes, there's no meal to skip.

There's still time to bring hope and nourishment to these moms and their families!

Make Mother's Day meals possible with a gift to Food Bank of the Rockies! Every dollar helps provide four meals. Even a small gift can mean the world to a mother who doesn't have enough money to feed her family.

Thank you for making the holiday brighter for mothers and families facing hunger!

[Share Your Mother's Day Gift Today!](#)

Send an eCard with your gift!

You have the option to make your gift in honor of someone special and send a Mother's Day eCard when you give.

It's easy to set up your eCard on the donation form.

Click the links below or above to make your gift and send your card!

[Click Here to Share Your Gift!](#)

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Post for Yoga Blog Series of the Five Yamas

The Courage of Satya

The Courage of Satya

The five Yamas are part of Pantanjali's eight limbs of yoga. Each limb represents an aspect of yoga to help you discover a deeper connection to your highest Self. The Yamas, as a group, represent the first limb. All the Yamas build on and relate to each other. They are interconnected, yet each presents an area to delve deeper into thoughts, words, and deeds and explore a better way to live harmoniously.

The first Yama, Ahimsa, means non-harming. [You can read about it here.](#)

The second Yama, Satya, means truthfulness. Telling lies usually leads to hurt, and often one lie leads to another, spiraling the situation out of control. This spiral is easy to witness with external lies. Internally, the lies we tell ourselves have a similar effect. Do we procrastinate and promise ourselves we'll do something later, only to continue avoiding the task? Do we tell ourselves something doesn't matter when it does? Do we convince ourselves we are not enough – not smart enough, not funny enough, not brave enough, not motivated enough?

It's most important to remember the most profound truth: that we are timeless and already whole and complete, even when it may not be easy to accept. Facing the truth and speaking the truth can be daunting. It can also be liberating.

Here's a short practice to help you deepen Satya in your daily life.

- Take a minute to reflect each morning and be aware of your actions throughout the day. You can choose to lie down or stand.
- Choose to lie on your back in Savasana, palms up and legs relaxed, or stand with your feet hips-width distance apart; check to see that each foot is centered directly under the hip bone.
- Close your eyes and bring your awareness to your center core, just above your naval.
- Ask yourself, "What holds me back?" Create a positive affirmation to release this roadblock. For example, if your roadblock is not speaking up for yourself, your affirmation could be, "My voice is clear and strong." If it's a self-sabotaging habit like procrastination, you could say, "I take timely action to complete important tasks." Make your affirmation positive; use "I" and express it as if it's happening in the present tense.
- Next, place your hands at the space above your naval in the "v" at the base of your ribs. Breathe in deeply; let the belly soften and expand.
- Breathe out slowly and deliberately. As you exhale, tighten your core and focus on your strength.
- On your next inhale, keep the core strong and feel the ribs expand.
- Take ten deep rounds of breath into the ribs and back, maintaining an energized core. With each breath in, repeat your affirmation.

Sometimes living in truth takes courage, conviction, and strength. With each inhale, feel yourself embodying your conviction. After ten breaths, soften the core and breathe normally. Repeat your affirmation and focus on sensations as you allow this powerful truth to expand throughout your body.

You have the courage and strength to embody your truth. You are enough. Live in Satya.
Namaste!



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For Immediate Release

VegFest Colorado Offers Family-Friendly Fun, Food and Presentations from Nationally Acclaimed Physicians, Chefs, Athletes and Lifestyle Experts, July 27 & 28, 2019, 1st Bank Center, Broomfield

DENVER, CO—July 1, 2019—The 9th annual VegFest Colorado, a health and environmental fair, takes place July 27 and 28, 2019, offering activities, food, music, and expert presentations for the whole family. The festival runs 10 AM - 5 PM Saturday and Sunday at the 1st Bank Center, 11450 Broomfield Lane, Broomfield, CO 80021.

Why VegFest? Plant-based food trends are booming! The global plant-based protein market is projected to reach \$5 billion by 2020, according to Markets and Markets. The plant-based food sector grew 20% in retail sales compared to 2% growth for all foods, according to PBFA-commissioned data from Nielsen. Since PBFA released Nielsen retail sales data last year, plant-based sales growth has more than doubled. People want to learn more, eat healthier, and live greener. This family-friendly event encourages and welcomes both vegans and those curious about plant-based living to discover how easy, delicious, and important it is to adapt more plants into their diet for a healthier life and planet.

Family-friendly activities include speakers, cooking presentations by nationally acclaimed chefs and cookbook authors, food sampling, exhibitors, food trucks, live music, and children's activities.

This year the festival is going even greener, partnering with Eco-cycle to make the event zero waste.

If you're interested in interviewing any of our presenters, we can connect you! This year's lineup includes:

- **Alan Roettinger**, author of *Speed Vegan*, *Paleo Vegan*, and *Extraordinary Vegan*
- **Andrew Freeman MD, FACC, FACP** board certified in internal medicine, cardiovascular disease, nuclear cardiology, cardiac C.T., and echocardiography, National Jewish Health in Denver, CO
- **Dr. Aysha Akhtar, M.D., M.P.H.**, neurologist and public health specialist
- **Carla Boyd**, founder of Hemp Way Foods
- **Colorado Farm Sanctuary Coalition**, Broken Shovels, Danzig's Roost, Good Life Refuge, Hog Haven Farm and Rescued Friends
- **Debbie Devore**, Almost Vegan Cooking School
- **Jane Esselstyn, R.N.**, author and designer of plant-strong recipes
- **J.L. Fields** founder and culinary director of the Colorado Springs Vegan Cooking Academy, chef instructor University of New Mexico-Taos, and author
- **Dr. Kim Allan Williams, Sr., M.D., MACC, FAHA, MASNC, FESC**, Chief of the Division of Cardiology, Rush University, and board service as President of the American College of Cardiology, President of the American Society of Nuclear Cardiology, and Chairman of the Board of Directors of the Association of Black Cardiologists
- **Michael Suchman**, co-founder and blog host of Vegan Mos, cookbook author, vegan life coach, and instructor
- **Patrik Baboumian**, world's strongest vegan and Germany's strongest man, author, and educator

Admission to VegFest: Adults, \$10.00 in advance, \$12 at the door. Admission for children 16 and younger is free. Parking is free.

-
VegFest Colorado 2019 is 100% volunteer run. Additional information on this festival can be found at: VegFestColorado.org.

###

YOU CAN BE A HUNGER HERO!

VOLUNTEER!

GIVE!



\$1 = 4 MEALS!

LEARN
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THIS AD POWERED BY
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Nourishing what's next.™



FEEDING AMERICA
a member of

Vision and a Volvo Filled with Bread Launched the Way for Colorado's Largest Human Services Nonprofit



It's astounding how a big vision and taking the first small steps to make it happen can lead to exactly what you imagine.

When we began researching the food bank's history to commemorate our 40th anniversary, we found a photocopy of a letter Governor Dick Lamm sent to Kathy Hackwith Groth, lauding her efforts to start the Colorado Food Clearing House. We wanted to locate Kathy and were so excited to discover she's still right here in Denver, volunteering at one of our partner agency pantries, and was willing to come by and share her memories about how Food Bank of the Rockies got started.

Kathy was a volunteer and food bank coordinator at Central Presbyterian Church in the early 1970s. She talked grocery stores into giving her day-old bread. There was so much of it that she delivered bread to other food banks all over town in her Volvo station wagon, and the seed for food banking in Colorado was planted.

"I learned that grocers could sell more bread if the racks were full, so they always had excess bread to throw away. They paid someone to slit the bag and pour bleach onto the bread," Kathy shared. She partnered with Senator Don McManus to pass Colorado's Good Samaritan Law. Knowing they could donate food without the risk of being sued, retail and wholesale food distributors were encouraged to give more donations. This law was a game-changer for hunger relief in Colorado and is still a critical reason why the food bank and our partner agencies are able to safely rescue millions of pounds of food from retail stores that used to be thrown away.

The idea for Colorado Food Clearing House began when a warehouse full of pasta was about to be discarded. "I thought, 'We need trucks!'" Kathy exclaimed. Many others in the helping community worked with Kathy, brainstorming, and networking. The result was a successful Federal grant application. With the grant money, the agency moved into a former Catholic school building at 34th and Pecos in Denver. Kathy and other nonprofits who occupied the building named it The Call to Action Building. They recruited a board of directors and eventually hired an executive director at \$12,000 a year.

In the late 1970s, Kathy's vision was to eventually have a fleet of trucks, a large warehouse, and the resources to make sure food wasn't wasted and hungry people were fed. Soon, her vision became a reality!

Taking time to care and do what feels right in your heart can make extraordinary things happen in the world. Thank you, Kathy, for caring and doing something about food waste and hunger. Thank you for continuing to care and feed neighbors facing hunger today. You're an inspiration for what is and for what is still to come.

We're so proud of what's been accomplished together to solve hunger and amazed at how far we've come in 40 years. Who could have imagined that a Volvo station wagon filled with donated bread would grow into Colorado's largest human services nonprofit, providing more than 134,000 meals a day to people in need? Kathy imagined. And we're so glad she did!



Demolizer® Technology:

Innovative Solutions to Biomedical Waste Management

Stop throwing money away with your waste.

Paying a third-party hauler to dispose of your sharps and red bag waste could be costing you more than you think. Beyond the monthly fees, you still own the liability associated with your waste - even years after the fact. Fortunately, there's a cost-effective, safe, simple and secure answer. Dispose of your waste right at your facility with the Demolizer® II, your self-contained solution for hassle-free, lower-risk biomedical waste management.

Save Money

Eliminate your biomedical waste hauling costs up to 100% with this proven, cost-effective approach to on-site biomedical waste management:

- Low capital expense
- Low cost consumables (Collectors)
- No special facility or electrical requirements
- No storage or hauling expenses

Ask about a FREE cost savings analysis for your facility.

Make Your Facility Safer

With more than 300,000 treatment processes completed with the patented Demolizer® technology, this is one of the safest and most proven solutions for biomedical waste disposal.

- Eliminate your need to store biomedical waste onsite until pickup
- Eliminate excess handling of infectious waste
- Eliminate risk of exposure to patients and staff during storage

Make Your Waste Disposal Simpler

The Demolizer® II is easy to use. Three simple steps start the process.

1. Place the collector into the Demolizer® II
2. Choose Sharps or Red Bag
3. Select Start

After the completed process, the Demolizer® II generates two labels. One is placed on the processed collector and the collector is tossed into the common trash. The second is placed in your logbook for compliant documentation. The Demolizer® II is a smart system, constantly self-monitoring and controlling all regulatory system requirements as waste is processed. Once the process is completed, the system automatically generates labels for required documentation, then stores process data, making state required documentation effortless and the generator's cradle-to-grave liability virtually eliminated.

Secure Your Confidence in a Proven Technology

What You Need to Know About Cradle-to-Grave Liability
Your liability for sharps and red bag waste does not end at your door. The Resource Conservation and Recovery Act of 1976 states you are responsible for your waste from the point of generation (cradle) to disposal (grave), even if you pay a third party to haul it away and dispose of it.

Protect yourself from this liability by making sure biomedical waste items are disposed of properly, right at your facility. With the touch of a button, the Demolizer® II eliminates your cradle-to-grave liability¹. The Demolizer® technology is approved or meets requirements for treatment in 47 states. The system meets or exceeds all EPA, CDC, state and local guidelines. Processed waste is rendered non-infectious and sterile, allowing you to toss it into the common trash. The Demolizer® II automatically generates labels to properly document and fulfill your compliance obligations.

Biomedical Waste Disposal and Our Environment
Incineration of biomedical waste is the most common option for reducing and destroying substances that pose a risk to human health and safety. However, incineration emits trace quantities of metals, dioxin and other potentially hazardous substances, raising concerns about public health and environmental consequences. These substances can end up in our air, water, soil and potentially, our food supply.

A Better Solution for Biomedical Waste Disposal.
Demolizer® technology provides a simple, effective solution to biomedical waste management at the point of generation, thereby eliminating the possibility of sharps and red bag biomedical waste being disposed of directly into the environment. Biomedical waste processed with the Demolizer® II is rendered sterile and non-biohazardous and does not generate hazardous or toxic compounds. Choosing the Demolizer® II is a better solution for biomedical waste disposal.

Demolizer® Technology

Innovative Solutions to Waste Management

Demolizer® II Technology Specifications

Dimensions* 22.5" D x 13" W x 16" H
 Total Processing Time. 2.5 hours
 Weight 55 lbs

Maximum Internal Temperature . . . 400° F
 Disposal Capacity. 1 gallon
 Filtration. Dual Filtration Anti-odor
 Electrical. 120V, 10A, 50/60 Hz
 Energy Consumption. 1 KW
 Warranty 24-month

* requires 12" overhead clearance for door opening

Our sharps collector is fitted with a patent-pending, spinning safety lid, allowing safe on-handed disposal of used syringes. Both collectors have locking lids that once snapped in place, cannot be removed.

Dimensions, including locking lid:

Collector Dimensions. 4.5" D x 10.25" W x 8.25" H



Compare the Options:

Low to Medium Processor	Demolizer® II Technology	Traditional Facility-Based Processing	Storage, Hauling and Off-Site Processing
Low Initial Investment	YES	NO	YES
Facility-Ready Operation <i>no fit-out required</i>	YES	NO*	YES
Automatic Documentation of Proper Disposal <i>elimination of cradle-to-grave liability risk</i>	YES	NO*	NO*
On-Site Immediate Disposal of Processed Waste <i>at point of generation</i>	YES	NO*	NO
On-Site Sharps and Red Bag Waste Processing <i>at point of generation</i>	YES	NO*	NO
Automatic Compliance Documentation	YES	NO*	NO

¹ American Medical Association, December 1998

* Not typical, specifics vary by model and manufacturer

System Applications

Our system is uniquely designed to provide the optimal biomedical waste management solution in a wide variety of settings.

Patient Care

- Medical Offices
- Dental Offices
- Urgent Care Centers
- Skilled Nursing Facilities
- Public Health Facilities

Veterinary Care

- Veterinary Hospitals
- Emergency Veterinary Care
- Livestock Medicine
- Equine Medicine
- Zoo & Sanctuaries

Public Venues

- Schools
- First Aid Stations
- Pharmacies
- Airports
- Cruise Ships
- Train and Bus Stations
- Sports Arenas
- Entertainment Venues

Other Applications

- Government and Military Medicine
- Home Healthcare
- Developing World Healthcare

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