



FoCo Cafe News - August 2015

Volume 4, Issue 8



**Meals Served July
2015: 2,292**

**July volunteer hours:
561** (not counting Jeff or
Kathleen)

Dear Kathleen,



Highlights from an exciting July:

- At the end of July, the Cafe had served 15,093 meals in its first 199 days open! We had hoped to serve this many meals in our first year! Many thanks to all our wonderful lunch guests and volunteers who make magic happen!
- We have made our first two hires: Sam and Steven! Hiring these previous "super volunteers" allows us to maintain high quality and add a heightened level of consistency to the Cafe. While the Cafe continues to be volunteer powered by a volunteer board, daily volunteers and co-founders Jeff and Kathleen, we saw a great opportunity to ensure success!
- Our favorite Square feedback in July: "Thanks. A wonderful lunch. I brought a book to read because I came alone. But watching all the happy interactions was far more interesting than the book!"



This awesome crew looked a bit like Smurfs after painting all our outdoor garden seats!

The "Latest News"

Blog: Farm to Fork:
Staying Local
[Sunspot Urban Farm](#)

Coloradoan: [11 essential Fort Collins restaurants](#)
(so happy to be #3)

Lydia's Style Magazine:
[Top 20 NoCo Attractions for the Out-of-Towners](#)
(we're #14 on page 32)

[Find us on Trip Advisor:](#)
We're #32 in Fort Collins
and seeing many
out-of-town visitors who
are curious



FoCo Cafe's Bike-In Music Festival at Shire CSA.

- We had a very successful Bike-In Music Festival at Shire CSA! Check out this awesome [photo album](#) provided by Sandy Brambila! Many thanks to all who attended and volunteered and many thanks to our wonderful sponsors: Bohemian Foundation, OtterCares, Odell Brewing Company, Organic Alternatives, Shire CSA, Starbucks, Lee's Cyclery, GSI and KRFC. The results are in from GSI and the festival - aside from being an alternative transportation event - had an 83% diversion rate and generated only 5 lbs of trash, with the remainder being composted or recycled!
- The Cafe had a crawfish boil! Thanks to Jett for providing the fresh ingredients (shipped directly from Louisiana) for an epic boil - crawfish, andouille sausage, prawns and mussels!
- Lillie and her little sister, ran a lemonade stand and dropped off their proceeds - \$43.15. Amazing!



Thanks to Jett the Cafe had an incredible crawfish boil!

Thank you all - you amaze us each day!
Onward and upward, Jeff & Kathleen

Give without Spending an Extra Cent

1. Join us for lunch

If you were going out for lunch or planning a lunch meeting anyway, join us for a beautiful healthy meal! You might actually save a little money! Soup, salad and community. Join us Monday through Saturday 11:00 to 2:00. [Bookmark our website](#) to check our menu daily.



Cafe Calendar

August 1

Spark Creativity: **Community Creating**

10am, Cafe Gardens
Afraid to create? This class is for you! Unlock your creative genius by collaborating with other participants.

August 2, 9, 16, 23, 30

Now every Sunday!

Sunday Power Yoga
at Fort Collins Brewery
benefiting FoCo Cafe
10-11 am, only \$15 per session and includes a complimentary FCB brew or Bloody Mary

[Get more info and sign up](#) in advance

August 6

Cafe Board meeting

August 8

Spark **Creativity: Garden** **Creating**

10am Cafe Gardens
Using items from nature, we will stretch our imaginations from what we see to what might be.

August 15

Spark Creativity: Active **Creating**

10am, Cafe Gardens
We will explore different ways to use our bodies to



2. Volunteer



Registration is available online. Once you fill out our online form, you are immediately able to schedule your own shifts at the Cafe! Just log in and schedule yourself into our calendar. We have shifts beginning at 9:30am, 12:30pm, 3:00pm and 5:00pm. *You would look great in a FoCo Cafe apron!*

3. Buy your groceries Use a King Soopers reloadable card and support the Cafe without spending a penny. King Soopers makes a donation (5% of your spending) to the Cafe each time you reload your card to buy groceries or gas. The Cafe receives about \$500 each month from this program! It may eventually pay the Cafe's rent. Contact Penny or get a card at the Cafe.

4. Show us your "Smile" If you shop on Amazon, try Amazon Smile, where you shop and Amazon gives. Just designate "Feeding Our Community Ourselves" as your charity and Amazon donates to the Cafe.

5. Thrive If you are a Thrivent member, you can recommend where some of Thrivent Financial's charitable outreach funds go. Since 2010, eligible members have used this program to direct more than \$225 million to churches and nonprofits nationwide!

create.

August 16

FoCo Cafe presentation
at Fort Collins Mennonite
Fellowship

August 22

Spark Creativity: Story Creating

10am, Cafe Gardens
We will create a short
story with illustrations,
incorporating the ideas of
all participants.

August 31 - September 2

FoCo Cafe will be closed.
We are honored to make
a presentation at the
"Back to the Land, Back
to the Future of
Healthcare"
forum in Vermont

October 24

Save the Date:

2nd Annual Malt

Monster 5K

with proceeds benefiting
FoCo Cafe

**Onward and upward, Jeff & Kathleen Baumgardner
FoCo Cafe (Feeding Our Community Ourselves, Inc.)**

FoCo Cafe Mission:

Building community by providing nutritious and delicious meals to the people of Fort Collins regardless of their ability to pay while using local, organic, and sustainably grown ingredients.

FoCo Cafe Values:

- Every human innately has dignity and should be treated as such.
- Every duty, volunteer or otherwise, has value.
- Participating in a community nourishes the soul.



- Everyone deserves to eat nutritional food.
- All people need a hand up at some point(s) in their lives.

A green rectangular button with a white envelope icon and the text "Forward to a Friend".

The FoCo Cafe is a non profit 501(c)(3) incorporated in Colorado as Feeding Our Community Ourselves, Inc.

[Forward this email](#)



This email was sent to feedingourcommunityourselves@gmail.com by info@fococafe.org | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



FoCo Cafe (Feeding Our Community Ourselves) | 225 Maple Street | PO Box 242 | Fort Collins | CO | 80521