



FoCo Cafe News - September 2015

Volume 4, Issue 9



**Meals Served August
2015: 2,135**

**August volunteer
hours: 427.5** (not
counting Jeff or
Kathleen)

Dear Kathleen,



Highlights from an exciting August:

- By end of August, the Cafe had served 17,228 meals! We had a record day on August 29, serving 119 beautiful lunches. Choose Love was there all day to help, thanks to Trader Joe's we gave our guests fresh roses, and it was Worldwide Play Music on the Porch Day! Thanks to all - guests and volunteers!
- Jeff and Kathleen had the privilege of speaking at Marathon Health's *Back to the Land - Back to the Future of Medicine* forum in Vermont. It was incredible to hear about Marathon and their clients' work to shift the focus from treating illness to building wellness.



The "Latest News"

Find us on Trip Advisor:
We're now in the top 5 in Fort Collins and seeing many out-of-town visitors! Last week we had visitors from Switzerland!



Colorado Cities and Towns:
Municipal Heroes

Blog: Farm to Fork:
Staying Local Sunspot
Urban Farm

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

It was also great to share the FoCo Cafe story!

- Our favorite Square feedback in August: "Love the heart of this organization and project. You are creating and connecting community in the most basic and yet most impactful way. Loving through a full belly!"
- We have incredible volunteers like Dustin and Megan who helped unload three truckloads of nonperishable food from the Food Co-op. They were just walking by and helped with heavy lifting for hours!
- Don and Ruth arranged for us to receive a CSA share from Raisin' Roots Farm! Thank you to Don and Ruth and the farm for such beautiful food!
- Brian and Melissa sent us much-needed items from our [Amazon Wish List](#). Thank you so much - especially for that long handled spatula, a favorite tool in the Cafe's kitchen!

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

October Will Be Event-full!

Join us for one or all of these wonderful events!

Laugh with Us at "Comedy for a Cause"

Drop in to Pateros Creek Brewing Company on Friday, October 2 at 7(ish)pm for a beer and some laughs to benefit FoCo Cafe.

Join us for a beautiful, yet affordable, Farm to Fork Dinner:

Check out the [Bike-In Music Festival](#) facebook photo album - tag yourself!



Cafe Calendar

September 1-2

We were honored to make a presentation at Marathon Health's "Back to the Land, Back to the Future of Medicine" forum in Vermont

September 3

FoCo Cafe presentation for two Honors classes at CSU

September 6, 13, 20, 27

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](#)

September 7

Cafe closed for Labor Day

September 9

FoCo Cafe presentation for Human Rights class at CSU

September 10

Cafe Board meeting

September 13

FoCo Cafe keynote presentation at the

A poster for the 'Farm to Fork Dinner' event. The background is a close-up of a hand holding several fresh orange carrots. The text is overlaid on the image. At the top right is the FCB logo, a circular emblem with 'FORT COLLINS' at the top, 'FCB' in the center, and 'BREWERY & TAVERN' at the bottom. The main title 'Farm to Fork Dinner' is in a large, stylized font. Below it, the date and time are listed: 'Sunday October 4th, 2015' and '5 PM @ FCB Modern Tavern'. A list of activities follows: '-Hors d'oeuvres', '-3 Course Dinner Featuring Local Fort Collins Farmers', '-2 Pints of FCB Beer', '-VIP Brewery Tour & Raffle', '-Meet the Brewer', and '-Live Music'. At the bottom, it says 'Proceeds donated to:' followed by the 'FoCo Cafe' logo. The price and reservation information are at the bottom: '\$35. To make a reservation, please call 970-682-2260. RSVP Only.'

Run with Us at the 2nd Annual Malt Monster 5K

Last year this 5K was monstrously fun! Join us on Saturday, October 24 for a race to remember!

16th Annual Sustainable Living Fair

September 14

For the Love of Fort Collins workshop with speaker and author Peter Kageyama

September 16-22

FoCo Cafe Fall Holiday - the Cafe will be closed

September 23

FoCo Cafe presentation at Bethke Elementary School

October 2

"Comedy for a Cause"

to benefit FoCo Cafe at Pateros Creek Brewing Company, 7(ish)pm

October 4

Farm to Fork Dinner
proceeds benefit FoCo Cafe

Fort Collins Brewery
Modern Tavern at 5:00pm

Hors d'oeuvres, 3 course dinner featuring local farms, 2 beers, VIP brewery tour/raffle, and live music - only \$35.

RSVP only: 970-682-2260

October 13

FoCo Cafe presentation at Heart of the Rockies Christian Church

October 24

Save the Date:

2nd Annual Malt Monster

5K with proceeds benefiting FoCo Cafe

November 26



Thanksgiving Day - the Cafe's 1st anniversary!
We'll be celebrating with a beautiful lunch - join us as a guest or a volunteer.

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.



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

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