

Meals served in January: 1,440 | Volunteer hours gifted in January: 313.00

## Love and Kindness Are In The Air!

**FoCo Cafe has served more than 69,000 beautiful lunches** on a pay-what-you-can basis, making healthy meals and a welcoming space a reality for all members of our community and beyond!

This was FoCo Cafe's first January where we were open nearly everyday. Historically we have taken a two week break at this time. Thank you to all who came out and joined us for lunch in January!

As we move into the new year, having lunch at FoCo Cafe is a easy way to keep eating healthy well into the year. We always offer vegan, vegetarian, gluten free, and meat lover options, so **there is something for everyone!**

Don't forget **there are countless ways to participate in community through FoCo Cafe.** Play music for the lunch crowd, fill a shift at the Cafe, help with cleaning and sorting donations and much more. If your interested in volunteering please visit our [website](#).

Thank you for the continued support and making what FoCo Cafe is possible for the entire community! You all make the difference!

Onward and upward,  
Mallory Andrews, executive director



**Join us for a special Valentine's Lunch and Beyond...**



**Nourish: A Meditative Approach to Self Care**

## Valentine's Day at FoCo Cafe

Drop in on Tuesday, February 14 between 11am and 2pm to enjoy lunch with a sweetheart or a friend, or drop in and make a new friend at the Cafe!

Create a card at our free card making station, make a memory with a photo booth image, enjoy some music, lunch and more.

See you then!

Are you craving time just for yourself, to simply slow down and nourish your mind, body and spirit? Join local healer and meditation instructor Catherine Gregory, CMT, CMI, for a donation-based guided journey within. Use gentle, meditative tools to reduce stress, feel more at home in your body and access your innate sense of inner peace. All proceeds benefit FoCo Cafe. Please wear comfortable clothing for stretching, bring a journal and pen and a suggested cash donation of \$10-15, though any amount is welcome.



## Acts of Kindness in January



In January, **Raintree Athletic Club** hosted Yoga for a Cause that benefitted FoCo Cafe! Thank you to all who came out and joined us for some centering! Many **King Soopers shoppers** used their reloadable cards to benefit FoCo Cafe. This is a great way to support the Cafe without spending an extra penny. You get gas points and all benefits, and King Soopers makes a donation (5% of what you spend)! In effect, you're telling King Soopers the charity you want them to support! Thank you card users!

A huge thank you to **Jim and Judy Loftis** and another **anonyms donor** for covering the costs of a new Ice Machine for FoCo Cafe! This was such a fantastic way to help us continue on our mission towards sustainability, as it was one of our most needed pieces of equipment! Thank you so much for seeing the need and taking action!

We received financial gifts from many **individuals** through both the Colorado Gives website and PayPal. Thank you to these thoughtful donors! each of these monthly donors are a part of one of our Donor Clubs, with benefits attached! If you would like to learn more about these clubs please [see here](#).

Many made an impact through donations of needed items! We received weekly donations of high-value food items from **Trader Joe's**; and just this year, **Ginger and Baker** became





a community partner! They will be making weekly donations of breads to FoCo Cafe to help supplement our menu by providing some more grain options, along with helping to reduce food waste and feed the community through the FoCo Freedge. Community partner like Trader Joes and Ginger and Baker help keep us going as a donation based restaurant! We are so grateful!

Our favorite guest feedback in January:  
*"I've had the opportunity to volunteer at FoCo Cafe a few times now, and being able to see what they're doing for our community has been a wonderful experience. Their dedication to serving the Fort Collins community is evident in everything that they do, and I look forward to future opportunities to help them out!"*

**A special shout out to our incredible volunteers. You make the magic happen!**



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