

Alternative Christmas Gift Fair

The Alternative Christmas Gift Fair is an opportunity to shop for Fair Trade gift items and to donate to local, national, and international non-profits. The main event will be **Sunday, December 8, from 8:45 am-12:30 pm**. Among the returning charities and fair trade vendors are Heifer Project, Trees Water People, and the Murulle Foundation. The Fair is put on by all three of the 301 Faith Partners. The Joint Social and Ecological Justice ministry sponsors the fair and is looking for volunteers to help with planning and on the day of the event. If you want to help, please contact Jim Frye, kiosk #52 or imwork@comcast.net or 970-225-9490.

Decorating the Church

Help kick-off the Advent season by joyfully helping decorate the church with the 301 Faith Partners on **Tuesday, December 3 at 10 am**. There will be jobs for all—we need fluffers, doers, gophers, unpackers, and more!

MidWeek Advent

Join us **Wednesdays**, **December 4**, **11**, **& 18** for **Holden Prayer Service at 6 pm** followed by **Soup Supper at 6:30 pm**. This service will be hybrid, using the same link that is used for weekend Worship. Sign up to set up/clean up or donate food via Sign Up Genius <u>HERE</u>.



Save the Dates

December 1-15: FFH at Trinity

December 3: Decorate the Church for Advent/Christmas

December 4, 11, & 18: Advent Soup Supper & Holden Service

December 8: Alternative Giving Fair

December 15: Shared Children's Christmas Pageant

December 19: Lefse Making

December 24: 3 pm & 5 pm Candlelight Service

Children's Christmas Pageant

Please join us for the Shared Children's Christmas Pageant on Sunday, December 15 with a cookie reception to follow. Speaking of cookies, please bring your favorite cookie to share during Fellowship.

Adult Forum

December 1: No Adult Forum

During this season of Advent, we will learn how different faith groups are working for peace in the land of Christ's birth. We began in November with a presentation about Jewish Voice for Peace.

December 8: Anna Johnson, a Ph.D. candidate at Notre Dame, will join us on Zoom from South Bend, Indiana to discuss the work of Mennonite Action, a movement of Mennonites bonded by a common belief that we have a responsibility to use our voices as powerfully as possible for the cause of peace and justice.

December 15: Our own Pastor Gabi Aelabouni will update us on Sumud, which is the ELCA Churches response to occupation and injustice in Palestine and Israel.

December 22 & 29: No Adult Forum, Merry Christmas!!

Christmas Eve Worship Services

3 pm & 5 pm Candlelight Service Staffed nursery will be available at the 3 pm Service.

Year End Contributions

Please get your 2024 donations in early! You will be able to put your donations in the offering plate the weekend of December 28 & 29 and they will count for 2024. For those of you with internet access, you can easily make your donation through our website at trinitylutheranfc.org (until midnight 12/31/24!). Do you use the Venmo platform? We are listed as @Trinity-LutheranFC. Do you prefer mail? As long as your donation is postmarked no later than 12/31/24, that will work also. Thank you!

TRINITY LUTHERAN CHURCH



www.trinitylutheranfc.org

Phone: (970) 482-1226 **After Hours Emergency:** (970)-400-7252

OFFICE HOURS MON-THURS 9AM-3PM

WORSHIP TIMES SAT: 5 PM | SUN: 10:30 AM

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Education & Family Minister Deacon Katie Kline katie@trinitylutheranfc.org

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Director of Choir: Tessa Espinosa choir@trinitylutheranfc.org

Director of Handbell: Jill Hunt bells@trinitylutheranfc.org

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TLC Preschool Director Brenda Hariu brenda@trinitylutheranfc.org



Pastor's Ponderings: Sabbatical Summary -Part 3

The sabbatical was broken into three parts – "Rest" (hiking 14ers); "Personal Learning" (Constructing the Cabin); and finally "Professional Learning". The specific professional learning was around Genetics and Pastoral Care.

I approached this professional learning as an opportunity to understand how Pastoral Care and Genetics has evolved in the past 30 years. I used my own experience (autoethnography) along with a scholarly book *Pastoral Care and Genetics: Theology at the Beginning of Life*. In addition, I interviewed one of my genetic counselors to compare her experience as genetic technology is developed.

I encourage you to read the ELCA social statement on genetics, because it gives an idea of what the church has struggled with when we care for those with genetic conditions. Genetic technology is moving faster than our ability to comprehend ethical responses, we can change our language. The words used for disease have negative connotations that can be changed. Everyone with genetic diagnoses have gifts to offer to God's church.

Pastoral care in genetics is a multidisciplinary inquiry. Genetic counselors need to involve clergy, doctors, children, so that we can all work together as the care team for individual or family going through genetic tests. Pastoral care no longer starts at baptism, but in prenatal medicine. The stigma surrounding genetics can be broken so that we can love and support those in need.

Pastoral Care for genetics requires the same skills as for any other context. However, Pastoral Care is more than empathetic listening. We need to all be theologians in community (residence) to continually converse about God, our struggle to feel (discern) God's presence in pain and promise at the same time. Together we challenge one another to respond with faithfulness and courage to God's ways - staying with one another (accompaniment) in the long silences where God feels absent. This ministry of presence is common but essential as accompaniment for the genetic process.

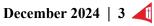
God is calling us to be a church that affirms any genetic diagnoses, while resisting temptation to diminish one other. If and when family decisions differ from one another – we continue to love. Listen to others. Ask questions. Try to understand. Respect life. We are community – a Reconciled In Christ community. Welcome to all – including those who show neurodiversity.

As many of you at Trinty know, this pastoral care and genetics is ongoing learning; for me personally, as your pastor; for you as congregation; and for how we together support anyone in our church and lives affected by genetic decisions. I am grateful to be with you in this journey, and to have you accompany me in mine.

Thanks be to God, Pastor Rick

Results from Trinity's Congregational Meeting

Thank you for your incredible attendance at the recent congregational meeting. The congregation voted to pass each of the items that were part of the agenda. Included in these items are the \$439,400 Ministry Fund Plan; Extending to Deacon Katie Kline the opportunity to return to a full-time position as Minister of Word and Service at Trinity Lutheran Church; and the full slate of leadership positions. Trinity can follow God's call because of you. We are grateful for the ministry we do together.



Small Groups

Quilting join us weekly on Fridays from 10 am-12 pm NO experience needed, NO need to have been coming last year, NO worries. Hope to see the old familiar as well as new faces.

Irish Elementary volunteers meet with students once per week now only on **Wednesdays** to listen to them read in English. Knowledge of Spanish is not necessary. Email Jo Anne Gearhart for more information. Times are: 10:15 am, 10:40 am, 1:25 pm, & 3:05 pm.

Trinity Readers will meet for the final discussion of 2024 on Monday, December 2 at 9:30 am to discuss **Tom Lake**, by the prolific contemporary novelist Ann Patchett. In the spring of 2020 during the pandemic three daughters in their 20s return to their parents' cherry orchard in northern Michigan. The stories shared in the orchard are stories of love and marriage, but especially the lives that our parents led before they were parents. Questions? Contact Nadine Hunt at 970-825-3730. Join us in person or via Zoom. This is the new Zoom link.

TGIF on break for December as it is such a busy month, join us again in January! If you have questions and or would like to sign up to host, please contact Liz Johnson or 402-320-3699.

Grace Tables Grace tables small groups have been going on since 2017, but we refresh every year as new folks join. We get together about once a month to share fellowship, a DVD study, and prayer. Currently, we meet in the church library, once a month on **Sunday nights from 6:30-8 pm**. Starting in January, we'll dive into a DVD study with Max Lucado as he tours the Holy Land. You don't need to be a Bible scholar - just have a heart for God and a desire to connect with others. Call/text or email 970-310-3482 or Ron & Bonnie. Thanks – Ron & Bonnie Bend | Holy Land Tour Study

Pub Theology 2.0 is on break this month.

301 FP Fellowship Get-Togethers take place the 2nd Thursday of the month at 3:30 pm, the location is picked closer to the date, so check the e-News. All gatherings are informal and no RSVP needed.

301 FP Prayer Group is on break and will resume in January.

JOY delights in welcoming all older adults and those young at heart to join for their next luncheon on Monday, February 17. Look for more information in the future Tidings and e-News.

Habitat For Humanity— Did You Know?

As the new co-coordinator of Trinity's Habitat Team (along with our amazing Steph Dugger), I learned some new information about Habitat for Humanity here in Ft. Collins. I worked with HH years ago when James and I did builds in the Denver area, but I didn't know much about the "behind-the-scenes" efforts of this outstanding organization. Habitat started almost 50 years ago in Americus, GA, by Millard and Linda Fuller and it has built literally millions of homes throughout the world. In Ft. Collins, that number is 100 homes! Trinity, along with the 301 Faith Partners, are part of some 20 congregations in the city to affiliate with HH, and for the first time ever, these Faith Builders (as we are called) will be building two homes—helping two families— instead of one! The goal is to raise \$200,000 through the Faith Builders by individual church donations or other fundraisers to help our two families. One is the young family of Luis, Elida, and their daughter and a single woman named Marshelle. Both are eager to contribute to the building of their new homes. And we are eager to help! Many thanks to the 301 Partners for all its efforts over the years. And also a big thank you to James Gearhart and Steph Dugger who worked at the Taft Hill project this past Saturday, November 23. Submitted by Jo Gearhart.



Highlights from Co-Op Committee Meeting

The Co-Op Committee composed of clergy and lay leaders of each faith community discuss the functioning of the faith partnership, coordination of collaborative projects, and other items affecting the faith communities. At the 14 Nov 2024 meeting the following items were discussed:

Neurodivergent Inclusivity in Worship: Discussion continued on the inclusion of neurodivergent individuals in worship services. Mother Rosean will come back with a formal proposal to the committee after talking with a therapist.

Safe Parking: Zion Lutheran Church in Loveland provides their parking lot for homeless people living in cars to park during the night. Question: could Trinity's parking lot be used for safe parking? More information will be provided to Co-Op to bring to each congregation's leadership body for further consideration.

Status of Software Support: Electronic Sign: Uploading to the electronic sign works intermittently. Raven Agape from the Co-Op committee will talk with Dave Burgoon to work on a solution. Amanda Backsen is currently the only person able to upload, but Laurie Gudim from the Co-Op committee is learning and can serve as a backup.

Meeting: Staff of Three Congregations: Meeting will take place on 12 Nov 2024.

Advent & Christmas: The Giving Tree will include the Pre-School and potentially some other giving opportunities. Deacon Katie will be kept updated on this. The decorating of the sanctuary will commence after the first Sunday in Advent and trees will remain up until after Epiphany.

Trash Clean-Up after Funerals: After a funeral event in the fellowship hall the trash needs to be taken to the dumpster so there is room for trash at Sunday fellowship.

Christ in the Rubble: A request was received to do a display of Christ in the Rubble, like the display by Bethlehem Lutheran Church in Palestine last year, for Advent. The Co-Op committee decided NOT to do this for Advent. The Co-Op committee will discern how to grieve global losses/violence (e.g., Palestine, Israel, Ukraine, Africa etc.) in worship and if it can be incorporated during Lent.

Core Values in Relation to Outside Groups using Facilities: When a request is received to use the facilities, how is it determined if they could use the facilities. Ideas suggested were if there was a risk of violence, if it would offend the members of the three congregations, or if there is some uneasiness with the individual(s) to whom the request was made.

Interfaith Council Update: The different faiths represented by the Interfaith Council will exhibit their places of worship during the year. The three congregations worshipping at Trinity will be part of this—a luncheon will be served along with a tour of the facility and a member(s) of each congregation speaking.

If you would like to receive a copy of the minutes of the Coop Meetings, please email your request to Deana at office@trinitylutheranfc.org. Respectfully submitted, Vicki Volbrecht, VP Trinity Council

Poinsettias

You are invited to remember family and friends this Christmas with a suggested donation of \$12 for poinsettias that we will display right before Christmas. Your name and intentions ("In memory of ..." "In celebration of ...", etc.) will be listed in the Christmas bulletins. If you would like a poinsettia to take home or to a shut-in, they will be available on a first-come, first-served basis after the Christmas services of all three congregations are over. If you would like to remember or celebrate someone with poinsettias, please email Amanda by Monday, December 16.



SUNDAY	MONDAY	TUESDAY
1 FFH Week 10:30 am Worship 11:30 am Fellowship	2 FFH Week	3 FFH Week 7:30 am Men's Breakfast 10 am Decorating for Advent/Christmas
	6 pm Property	5:30 pm Soc/Eco Justice 6:15 pm 301 FP SEJ
8 FFH Week 8:45 am Alt. Gift Fair 9 am Education for All 10:30 am Worship 11:30 am Fellowship	9 FFH Week 12 pm Sermon Discussion	10 FFH Week
		6:30 pm Executive
9 am Education for All 10:30 am Worship Children's Pageant 11:30 am Fellowship	12 pm Sermon Discussion	17
6:30 pm Grace Tables		6:30 pm Council
10:30 am Worship 11:30 am Fellowship	12 pm Sermon Discussion	24 Office Closed3 pm Candlelight Service5 pm Candlelight Service
10:30 am Worship 11:30 am Fellowship	30 Offices Closed	31 Offices Closed

Assisting In Worship

Nov 30/Dec1 Vicki Volbrecht / Barbara Baggs
December 7/8 Sherry Albertson-Clark / Lindsay Reiten
December 14/15 / Delores Wisner
December 21/22 Vicki Volbrecht / Anya Reiten
December 28/29 Sherry Albertson-Clark / Don Garman

PULL ME OUT! HANG ME UP!!
PUT ME ON YOUR FRIDGE!



Becki & Jim Oscarson

12/20

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 FFH Week 10:15am, 10:40am, 1:25pm, 3:05pm Volunteer @ Irish Elem 5:15 pm Bells 6 pm Advent Worship 6:30 pm Soup Supper	5 FFH Week 8:30 am Interfaith Council 9:30 am Bible Study	6 FFH Week 10 am Quilting Grp	7 FFH Week 12 pm Sweet Treats 5 pm Worship 5:45 pm Fellowship
7 pm Choir 11 FFH Week 10:15am, 10:40am, 1:25pm, 3:05pm Volunteer @ Irish Elem 5:15 pm Bells 6 pm Advent Worship 6:30 pm Soup Supper 7 pm Choir	12 FFH Week 9:30 am Bible Study 11 am FP Clergy Mtg 3:30 pm FP Get Together 4 pm Finance 6 pm Chap 2 Readers	13 FFH Week 10 am Quilting Grp	14 FFH Week 5 pm Worship 5:45 pm Fellowship
18 10:15am, 10:40am, 1:25pm, 3:05pm Volunteer @ Irish Elem 5:15 pm Bells 6 pm Advent Worship 6:30 pm Soup Supper 7 pm Choir	9:30 am Bible Study 10 am Lefse Making	20 10 am Quilting Grp	5 pm Worship 5:45 pm Fellowship
25 Office Closed Jan 1 Offices Closed	26 Office Closed	27 10 am Quilting Grp	5 pm Worship 5:45 pm Fellowship



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Tiffany Klijewski	12/2	Jeni Makinen	12/12	Susan Schairer	12/21
Gerry Olsen	12/2	Katie Garman	12/13	Anya Reiten	12/22
Emmaline Little	12/3	Nadine Hunt	12/13	Jackson Barron	12/24
Jim Frye	12/4	Ron Bend	12/19	Paul Johnson	12/24
Merry Hulse	12/4	Annika Zuniga	12/19	Diann Nygaard	12/24
Shirley Garvin	12/5	Nadine Cain	12/20	Jordan Faulkner	12/25
Clint Borkowski	12/6	Patty Heyse	12/20	Lissa Faulkner	12/25
Craig Haukebo	12/6	Scott Makinen	12/20		
Gregg Hargis	12/7	Tom Haukebo	12/21		

TLC Preschool

The elves are busy down in the TLC Preschool classroom these days! The children are absorbing the true meaning of the season, as we talk about Advent and waiting for the arrival of the most special gift. We have many fun art projects this time of year and we'll soon be busy making some special gifts for parents too. Shhhh!! We also have a great field trip to Fort Collins Nursery this month. We'll learn about what plants and trees do in the winter and each child will get to decorate their own special Christmas pine branch to take home. We had so much fun last year and can't wait to visit again!

Thank you to those of you who participated in TLC Preschool's wreath fundraiser this year! We MET our GOAL of \$2,000! Thank you to all who were involved and purchased wreaths! We hope everyone is loving their beautiful wreaths this holiday season! Please watch for the preschool bake sale table at the Alternative Giving Fair on December 8! We'll have some delicious goodies for sale that you can use as gifts or you can simply enjoy them yourself! All of the proceeds will be helping out TLC Preschool.

Please remember that another way you can help TLC Preschool and get a tax credit at the same time, is by donating to TLC Preschool through the CCCC program. Taxpayers that make a qualifying contribution to a licensed child care program in Colorado may claim an income tax credit equal to 50% of the qualifying contribution, and these donations have helped TLC Preschool immensely in the past.

All of us at TLC Preschool appreciate the continued support we have received from the congregation and we wish you and your families peace and hope this holiday season!

God's Peace, Brenda Harju

Wreath Pick Up

As promised, the Christmas wreaths have arrived before the Thanksgiving holiday! Orders may be picked up immediately following worship on Saturday or Sunday. Please meet near the small desk in the narthex and a TLC Preschool Board member will retrieve your wreath order.

Additionally, wreath orders can be picked up during regular office hours: Monday through Thursday, 9 am-3 pm. Note that on Wednesday, November 27, the office will close at 2 pm and are not open Thursday, November 28. Please see Deana in the front office.

Thank you again to all who helped with the fundraiser. The TLC Preschool exceeded its goal and raised \$2,178!

2024 Ministry Offerings Update

Together, as we celebrate the ministry offering gifts received to date in 2024, we look forward to celebration into 2025. The ministry offerings received as of October 31st are \$293,492, with a budget plan of \$380,000 at year end. This means to reach our projected ministry offerings budget, a total of \$86,507 would need to be received during November and December. Your continued generosity helps us steward these gifts well, will provide us the opportunity to give 4th quarter congregational benevolence at 7.5% as well as to end the year with a balanced budget.

Designated Gift Policy

Trinity council has approved an updated Designated Gift Policy which can be found HERE. A designated gift is a gift given that is restricted by the donor for a specific purpose. The purpose of this policy is to address gifts given for a specific purpose versus those given for general operating purposes.

TLC 2024 Ministry Fund Plan Actuals					
	October 2024		Y	Year-To- Date	
Receipts:					
Offerings	\$	24,541	\$	293,493	
SPE and MoM Building Use Donations		4,580		46,402	
Building Use		1,973		10,663	
Benevity Funds Released		1,400		14,404	
Total Receipts:		32,494		364,962	
Expenditures:					
Operating and Support	\$	24,275	\$	246,137	
Ministries		6,480		88,363	
Benevolence/Gifts (Synod, Sky Ranch, etc)		8,685		19,928	
Total Expenditures:		39,440		354,428	
Receipts less Expenditures:	\$	(6,946)	\$	10,534	
Total Checking/Savings as of 10/31/2024			\$ 1	56,631.00	
Total Checking/Savings as of 12/31/2023			\$ 1	66,656.00	
Difference			\$ ((10,025.00)	

What is a Reverse Advent Calendar

Traditionally, Advent calendars are used to count down the days of Advent in anticipation of Christmas. In church we celebrate weekly the themes of Hope, Peace, Love, and Joy as we anticipate God's gift of Jesus. Most purchased Advent calendars start on December 1 and go until Christmas Eve or Christmas Day. The Advent calendars consist of a series of doors or windows to open, revealing a picture, small chocolate or little gift for each day.

But the Reverse Advent Calendar is different! Instead of receiving a daily gift, those taking part in a reverse calendar DONATE an item each day, thus giving instead of receiving. This year the Social and Eco Justice Ministry is offering a suggestion to participate by following this list of food items to donate to our Little Pantry or the Larimer County Food Bank.

You can also do this in a different way. It doesn't have to be food that you are donating. Maybe put \$1 in a basket each day for your reverse advent calendar and then donate the money to our Little Food Pantry. It is also completely fine to add an item every few days or weekly instead of daily. No matter how you choose to participate, consider doing something small for those in need this Advent season. We are blessed to be a blessing to others as we celebrate the birth of Jesus Christ.

Put your food items in a box or bag that can be plain or decorated. You can bring the food items to church weekly or wait until Christmas Eve whichever works best for you. We will have a table in the fellowship room for donations. To see the full list of food items go to our website HERE.

Thank you for your participation in this Advent ministry.

301 FP Joint Ecological Team (JET) ECO Tip of the Month

FACING WILDFIRE THREATS IN OUR CLIMATE CHANGE FUTURE As Coloradans, we are all aware of the horrific Marshall Fire in January 2022! This Marshall fire caused \$2 billion in property damage. This summer of 2024, Xcel filed its Wildfire mitigation plan with regulators. Xcel reports it needs \$1.9 billion to prevent future wildfires!

Xcel's future prevention plan against fires includes hundreds of additional weather stations and cameras incorporated in fire danger areas, target planned outages, and increase of inspections by radar drones. The plan must be approved by the Colorado Public Utilities Commission. A residential customer's bill would increase by 9% monthly, if approved.

States besides Colorado in the west, California, Oregon, and Texas, are experiencing wildfires sparked by power lines that are vulnerable to high temperatures and extreme weather. Boulder county that was in the path of the Marshall fire, determines that sparks from Xcel's "unmoored" Energy line, was one source of the fire. Xcel disputes this!

Xcel Energy supports that its equipment likely started the Smokehouse Creek fire in the Texas Panhandle. This was a 1.2-million-acre disaster. By the end of 2023, 280 fire lawsuits have been filled against Xcel Energy resulting from the Marshall fire.

Kyri Baker, professor of systems engineering at UC, writes there are hard decisions to be made without precedent. There is no previous road map for wildfire mitigation. The plans will vary by utility and by state. Colorado is unique, its situation is unique, and residents are very sensitive to wildfires, because infrastructure is built around nature.

The JET meets as needed to plan educational events, bike to work day, volunteer opportunities, and advocacy. If you have any suggestions for future Eco-Tips, please email them to the Trinity church office. (amanda@trinitylutheranfc.org). Our next meeting is **Tuesday**, **January 28 at 5:30 pm**. Be sure to check out the JET table and bulletin board in the NW corner of the Fellowship Hall. Please email any suggestions for future Eco-Tips to the Trinity church office.

Holiday Office Closure

The Trinity office will be **closed from December 24-January 1**; however, staff will still be working remotely if needed to complete their weekly tasks. Office voicemails and staff emails will be checked periodically, if there is an emergency or an immediate need, please call the after-hours emergency number 970-400-7252. This closure over the Christmas break allows Trinity staff time to spend with family and friends during the holiday season, coinciding with a slower business period. It also provides a chance for staff to rest and return to work refreshed in the new year.

Lefse Making

All are welcome to come make Lefse, with real potatoes, cream, butter, and artisan flour on **Thursday December 19, from 10am-2pm** in the kitchen/fellowship hall. Amy Jo Martinson will make the dough the day before. You will be rolling out the dough, grilling it, putting into cloths to rest, and either eating or putting into bags! If you have supplies, please bring them to help with making more faster. We do have 3 griddles and equipment for three stations. No charge. Any questions, contact Amy Jo Martinson (kransekake.lefse@yahoo.com) at her home, which is where she sells Kransekake and Lefse out of her home. Thank you. Tusen Takk!

Your Gifts In Action → Food Bank for Larimer County & Meals on Wheels

Food Bank for Larimer County's mission is to provide food to all in need through community partnerships and hunger-relief programs. They have set an ambitious goal to provide 12.2 million meals annually – more than a 60% increase by 2035. To meet that goal, the Food Bank has been expanding partnerships and adding new programming, including the current Mobile Pantries & Kids Café (known as The Lunch Lab) to expand the capacity and considering new opportunities for distributing food that will increase access to more neighbors needing food assistance both now and into the future.

A brief description of the programs: *The Nourishing Network* provides food to more than 120 nonprofit programs to distribute to their clients in need. Nourishing Network agency partners include food pantries, kitchens, shelters and snack programs that serve low-income populations. *Nutritious Kitchen* staff and volunteers work in our kitchen each day. It's thanks to their hard work we're able to prepare hundreds of thousands of fresh, from scratch, cooked meals for children and older adults (60 and older) in Larimer County every year. *Cooking Matters* works in communities across the country to help parents and caregivers develop their skills when shopping for and cooking healthy foods on a budget. This program offers cooking classes and nutrition training to coach participants how to shop for and to prepare healthy, low-cost meals. The *Fresh Food Share No-Cost* markets are our brick-and-mortar shopping locations. Just like a grocery store, clients choose what they shop for. We offer a variety of fresh fruits, vegetables, bread, meat, dairy and shelf-stable items – all at no cost to you. *Everyday Eats* is tailored specifically to meet common senior nutrition needs. Seniors 60 years and older whose gross monthly household income is at or below the guidelines below can also qualify for Everyday Eats. Everyday Eats boxes, sometimes referred to as "senior boxes," are distributed to individuals once per month.

You can donate more than just dollars - In partnership with the Gardens on Spring Creek, the Food Bank for Larimer County's Plant It Forward initiative is an effort to increase local produce donations from backyard gardeners. Community members are invited to plant an extra row in their gardens and when the crops are ready, drop them off at either the Food Bank for Larimer County or the Gardens on Spring Creek. No donation is too small!.

Fort Collins Meals on Wheels mission is to support the dignity, well-being and independence of primarily homebound older adults and eligible clients with a hot, nutritious meal and social interaction for up to 5 days a week.

Eligibility is yes to **one** of these questions: are you primarily home bound, over age 62 or disabled and unable to safely prepare your own meals?

Home delivered meals leads to higher-quality diets among participants, as measured by nutrient intake calories, vitamins and other indicators. Participant feedback reinforced that meal delivery improved dietary intake and help them eat healthier and more nourishing foods.

No one deserves to be hungry or alone. Each donation helps to deliver a nutritious meal, a friendly visit and a safety check. You can make a one-time donation, give monthly or in honor of someone special by sending a check to Meals on Wheels 1217 E Elizabeth St #11, 80524 or via credit card by calling 970-484-6325. The aging population is escalating rapidly and so is the need for volunteers. Volunteers pick up prepared meals at PVH between 10:50-11:20 am. Most routes can be delivered within 60 mins. Contact 970-484-6325 or volunteer@fcmow.org if interested in volunteering.

When you give to Trinity, you give to Food Bank for Larimer County & Meals on Wheels

