"Empathy isn't just something that happens to us...it's also a choice we make, to portray ourselves in certain ways." Leslie Jamison, The Empathy Exams.

Erin Rescue, Vice President of Programs and Inclusive Leadership, opened the Community Foundation's broadcast.

broadcast of our radio show on KGNU with the above words about empathy. Along the same lines, we hear about the
more and more community's experience with empathy involved the SNAP Challenge with information provided by Hunger Free Colorado.

The challenge is simple: Live for seven consecutive days on the federal food stamp budget. In Winters, it requires that equals about $1.40 per day, $24 per day, or $162.40 per week.

Some of the rules:
- Spend no more than the allotted amount per day, including beverages.
- Don't buy or consume any alcoholic drinks that are allowed to be purchased with food stamp benefits.
- Don't eat food already on hand unless you deduct the value from your daily amount. Salt and pepper do not count against the daily calorie allowance, but all other non-food items do count. That includes everything from detergent to toothpaste.
- Don't accept food from family, friends, co-workers and others. Avoid free food and beverages.
- No outside food or dining out is permitted since you cannot use food stamp benefits on that meal.
- Keep a log of what was bought and eaten for each meal, as well as groceries purchased. Some items that cannot be purchased with food stamps:
  - Hot foods or food that you eat in stores
  - Meat
  - Alcohol
  - Cigarettes
  - Medicines and vitamins

I thought, “How hard could this be?” But, I really should have planned better. Googled health conditions that could occur in situations in Colorado. Not only is it called a challenge for a reason. Here are a few highlights from the journey I kept:

Day 1:

My cheap staples - lemons, rice, frozen vegetables, hamburger, eggs, cottage cheese, peanut butter, oatmeal, bread. I like for a bit of wasabi - ginger, garlic, and strawberry jam - I get free from my employer.

Hate to sell: I hate to shout because when food is stamps. Due to a self-checkout scanning error, three items (garlic, onions, celery) cost $4.34 or more than a week's worth of food. After we leave the house, we buy snacks at the gas station and go to the gas station. The food store to buy groceries, so I'm frustrated. I don't care about having enough money. I couldn't afford coffee, either, so I bought gas to avoid a caffeine withdrawal headache.

My compensatory space offers to pass the other important items, but I reluctantly declined. As far as I knew, this isn't an option available to food stamp recipients.

Day 2:

At a coffee shop. A complimentary cup of water and explain the SNAP Challenge. The Community Foundation. She describes her beverage is more expensive than the $4.10 daily allowance.

I talk about the SNAP Challenge with parents. My mother, Bill, once recalling the hungry years of her childhood. When my daughter bought my baby food first, then stopped for whatever they could afford with the remaining money. My dad says, “It’s hard to understand and to test if you’re not ever been poor.”

I bring two beans and a peanut butter sandwich for all day, but not by the end of the week. The flavor of my budding and crying with poor concentration and I'm feeling. I'm very fatigued and I go bed early.

Day 3:

I’m curiously and challenges eggs last the week. This year oatmeal, boiled eggs, a peanut sandwich, bread, and rice. There is a few cereals and caloric intake for a day. I attended, but a beer is not.

Day 4:

I’m eating more carrots, and low-protein produce than usual. I realize our family doesn’t eat it unless we are able to buy it for organics, non-gmo, free range, or hormone-free food. We save money by buying ahead in larger quantities, and save our food on our way out of the store.

Day 5:

I live in Muncie (one of the poorest counties in the Western Hemisphere) and ate primarily at the food bank for nearly a year. The SNAP Challenge like a return to a developing country diet.

But there were some of my “credits”:

- I took SNAP Challenge alone. I didn’t have to worry about feeding my wife and kids.
- No college or medicare and vitamins. I didn’t have to choose between food and medicine.
- And the ultimate challenge - I walked away from the SNAP Challenge after Day 5.

What’s next? What’s next for our Community Foundation to stand with the most vulnerable? It begins with empathy and vigilance, which aptlyogenesis and leadership. Especially during these particularly tough times, are they prepared to find solutions in the work we do?

Together, we accomplish much more than we do alone.

Yours in community, Jeff

Listens to the Community Foundation’s KGNU broadcast about empathy and how to be an emp”
On Our Blog: Grantee Spotlights

OUT Boulder County

"We want to prevent homelessness and the need for foster care, and we also want our kids to be successful. But we don’t want to duplicate services, which is why we were interested in collaboration.”

- Nardil Moore, Executive Director

More

Women’s Health

"Unintended pregnancy is a top predictor of poverty. Child abuse, not completing your education, not forming stable relationships…all are connected to this one issue. The good news is that we pill work to fix it. We have a preventive strategy, and we know what most want.”

- Susan Buchanan, Executive Director

More

Motus Theater

"We aim to use the power of art to build alliances across diverse segments of our community. We’re listening to our community, and responding creatively by using the power of storytelling to help people enter into conversation with their hearts and their heads. We create spaces that not only offer deep emotional experiences, but also room for community-building through reflection and conversation.”

- Kristen Wilkson, Executive Director

More

CHANGING LIVES

Emergency Family Assistance Association

To help address increased local family homelessness, EPA and the City of Boulder have partnered on Keep Families House, a pilot program to prevent homelessness among families with children.

More

Colorado Immigrant Right Coalition

"It’s more important than ever to provide access to information, legal services and other supports to immigrants and refugees and refugees in our community, and to the vulnerable.”

- Julien Ross, Executive Director

More

Join us to make a difference.

Click here to support the work of the Community Foundation Boulder County.

"Our Money Stays Local And Makes The Greatest Impact"

Retired real estate broker Tom Hay has lived in Boulder County since 1990, and he wouldn’t have it any other way. “In the early 80s, I was invited – along with 20 other community members – to pledge $1K to launch the Community Foundation’s “Open Door Fund”. I was asked, “That was my introduction to the foundation, and I raised the $1K by enlisting nine friends to get involved – we each contributed $100.”

The fund is still up and running, supporting the strengths and needs of the LGBTQ [lesbian, gay, bisexual, transgender and queer/questioning] population throughout the county. I’m proud of that, and it’s great to have been involved with the fund since the beginning, and to see the endowment approach $1M.”

Another reason why Tom chose to get involved with the Community Foundation is it’s role as a community catalyst and convener. “The leadership and staff of the foundation, along with the board, demonstrate such credibility and foresight,” he says. “And they’re very good about involving new people.”

As you go through life and give back in a variety of ways, it’s great to see new people step in who are equally inspired to make a difference.”

Speaking of making a difference. Tom encourages everyone to establish a Will as the first step toward creating a legacy of giving. “Personally, I named the Open Door Fund in my estate plan.”

Tom points out, “The fund covers all the gamut – from the entire estate goes to support our community. For us, we have that – by planning our giving with the Community Foundation – our money stays local, and makes the greatest impact.”

More
More than 80% of my business is Spanish-speaking families, and I’ve seen the effects of disparities during economic and market cycles first-hand. More recent data from the Community Foundation’s TRENDS Report indicates that a significant imbalance in household incomes among Boulder County families persists.

Listen to KGNU 88.5 FM at 8:35 a.m. on April 24. "A Public Affair" with the Community Foundation will focus on Boulder County’s real estate reality.

**PLEDGE 1%**

"Together We Will" Micro-Grants Will Support Climate Goals in Boulder

To celebrate Boulder Earth Week, the City of Boulder will be accepting applications for micro "Together We Will" grants from residents who are eager to support Boulder’s recently adopted Climate Commitment goals.

The first round of funding will come in a series of "micro-grants." The submission deadline is April 7 at noon, and the application is a quick 3-question form for awards up to $300. Selected projects or community groups will then be in the loop to apply in May for a larger $300K pool for community mobilization around climate energy action. The applicant pool will provide a glimpse into where the pockets of action already exist in the community, what projects and actions folks are dreaming up, and how and where best to lend momentum and make connections.

Note on the website, at the top of the page, that the material is available in Spanish.

Pledge 1% Nonprofit Pitch Contest: Winning Prize $10K

New opportunity to support nonprofit innovators!

Applications are open now! Applications must be submitted by April 17, and are limited to 800 words. Read below for more information, or link to the Pledge 1% Pitch Contest page for a full explanation.

Pledge 1% Colorado and the Community Foundation Boulder County are excited to announce an inaugural Pledge 1% Pitch Contest as a part of Boulder Startup Week. The pitch contest, through an interactive and fun event, seeks to recognize and support entrepreneurial and innovative nonprofit ideas to solve pressing problems and critical issues facing Boulder County.

We intend to support organizations in developing and testing new solutions to community challenges and leveraging investment to achieve impact.

**ON AIR**

"A Public Affair" on KGNU: "How To Be An Ally In Times Of Change"

Moderated by Elvira Ramos, Vice President of Programs and Inclusive Leadership, this month’s show was Part 2 in a series focusing on how to be an ally to those in our community who are most vulnerable, and who may be experiencing increased aggressions.

On the fourth Monday of every month, the Community Foundation hosts "A Public Affair" on KGNU Radio (88.5 WIA). Our radio show is one of the ways in which we listen to our community, and stay informed about issues and opportunities in Boulder County.

Are You 70.5 Or Older?

Thanks to the permanent passage of IRA Charitable Rollover-legacy legislation, donors age 70.5 and older can transfer up to $100K from their IRAs to the Community Foundation, as a tax-free lifetime gift.

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