



Adam and his family, including his wife, Hannah, receive medically tailored food through a joint program between Project Angel Heart and Food Bank of the Rockies.

## Food for Health: Nourishment That Heals

For many people facing serious health challenges, food is more than nourishment; it is part of the path to recovery. Through the Food for Health Program, Food Bank of the Rockies is helping ensure that people living with chronic illness and food insecurity have access to the nutrition they need to heal.

Launched in 2022, this program connects patients with medically tailored, nutrient-dense food through referrals from healthcare providers at 25 partner locations across Colorado. In that time, more than 1,700 people have participated, receiving meal support during critical moments in their health journeys.

This past year, Food Bank of the Rockies expanded its impact by partnering with Project Angel Heart, bringing together expertise in food access and medically tailored meals. Together with support from Colorado Access, the organizations provide medically tailored food for 36 weeks to individuals referred to the program, which is designed to help reduce barriers to nourishing food and improve health outcomes.

For Adam, the program arrived at a turning point. After spending much of the year in and out of the hospital while battling infections, daily life had become overwhelming.

“It felt awful,” he explained. “It felt like I was powerless and that there was nothing I could do to take care of my family. The Food Bank helping to take up that slack really allowed me to focus on healing.”

Adam’s wife, Hannah, emphasized how welcoming the program felt during an already stressful time. “They didn’t make us jump through hoops,” she said. “There’s not 16 extra hoops on top of school and work.”

Currently, around 700 neighbors receive weekly deliveries through Food for Health, demonstrating what can be possible when healthcare programs and the community come together. We are incredibly grateful to the generous supporters who make this program possible. Together, we can meet people where they are and support their recovery with access to the nutritious meals they need.

P.S. Watch this video to learn more about Adam and Hannah’s story:  
[foodbankrockies.org/food-health](https://foodbankrockies.org/food-health)



Volunteers come together daily to make our mission possible.

# The Heart of Our Work

One of the greatest privileges of my role is getting to know our volunteers and hearing their “why.” Some have experienced food insecurity earlier in life and want to be part of the solution. Others come for connection, to stay active, or simply out of a desire to give back. Their reasons vary, but what they discover is often the same: our volunteers show up to make a difference, and then they discover this work has made a difference for them, too.

I hear it again and again. Many find new friendships, a shared sense of purpose, and the joy of being part of something bigger than themselves. In these challenging times, building community connection matters more than ever.

You can feel it the moment you walk through our doors. There is an unmistakable energy in our volunteer center. Smiling faces, meaningful conversations, and our neighbors’ hands steadily engaged in a rhythm of sorting and packing thousands of pounds of food each day. Fresh produce, beans, rice, shelf-stable items, and meals for children all move through these hands, with each individual contributing to the larger mission of serving our community.

Volunteers come together daily across our three distribution centers and various mobile food pantry sites to help nourish neighbors and fuel our mission. Annually, volunteers contribute the equivalent work of 68 full-time staff members, yet their impact goes far beyond that. Volunteers are not just part of our mission, they are our lifeblood. Quite simply, we could not do this work without them.

Recently, one of our longtime volunteers, Romaine Tacznosky, was recognized as a Denver7 Everyday Hero. She stood there, visibly touched, as dozens of fellow volunteers and staff members gathered to celebrate and honor her work. Romaine’s motivation is simple: “You are helping other people; you’re part of the solution.” She, and volunteers like her, believe that everyone deserves three meals a day. This core conviction captures who we are.

We are a community that shows up. This is the spirit that sustains our work and gives me hope for the future we are building together.



Erin Pulling  
President & CEO  
Food Bank of the Rockies

Check out the Denver7 story featuring Romaine:  
[foodbankrockies.org/romaine](https://foodbankrockies.org/romaine)

## Distribution Centers

### Denver

20600 E. 38th Ave.  
Aurora, CO 80011  
303-371-9250

### Western Slope

698 Long Acre Drive  
Grand Junction, CO 81505  
970-464-1138

### Wyoming

5150 Reserve Drive, Ste. 2  
Evansville, WY 82636  
307-265-2172

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Visit us online:  
[foodbankrockies.org](https://foodbankrockies.org)

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# Celebrating Volunteers: The Power Behind the Mission

April is Volunteer Appreciation Month and a time to recognize the individuals who make Food Bank of the Rockies' work possible.

Across our distribution centers, mobile pantry sites, and kitchen, volunteers show up with dedication, compassion, and an unwavering commitment to helping others. This year's volunteer award recipients reflect the very best of that spirit, bringing both heart and purpose to their work. For many, volunteering is deeply personal.

"Service is my love language," said Blaine Grady, this year's Betty Van Hook Memorial Award winner. "Volunteering means I can be part of the solution, and I rarely miss a Saturday. That's Food Bank day for me, and I enjoy working alongside amazing people every weekend."

Others discover something unexpected.

"I came to St. Paul's Mobile Pantry to give back," volunteer Barb Engemoen said. "I didn't expect how much I would gain: new friendships, perspective, and a sense of belonging." St. Paul's Episcopal Church Mobile Pantry volunteers were recognized as the 2026 Community Volunteer Group of the Year.

These stories echo across our volunteer community. From those who give a few hours a month to those who serve multiple days each week, every volunteer plays a role in ensuring that food reaches neighbors who need it.



**Blaine Grady interacting with his fellow volunteers after receiving the news about being the Betty Van Hook Memorial Award winner this year.**

Their work is visible in every box packed, every meal prepared, and every pallet built. Yet, their impact goes beyond what can be measured. Volunteers bring energy, compassion, and humanity to every interaction.

"Anywhere you can spread a little joy or sunshine, try to do it," said Jan Butler, one of two Rising Star Volunteer Award winners. "It helps someone else, and it makes you feel good, too."

Thanks to our volunteers, more neighbors are nourished, more families are supported, and more hope is shared.

## Help Us Nourish the Future

Your final wishes can help ensure no neighbor goes hungry. By including Food Bank of the Rockies in your estate plans or with a planned gift, you can support our work to distribute millions of pounds of food to hundreds of thousands of our neighbors each year. Planned giving can offer tax benefits, income options, and flexibility around your current finances. Most importantly, your gift will nourish families, children, and older adults as part of your legacy.

**For more information, please visit: [foodbankrockies.mygiftlegacy.org](https://foodbankrockies.mygiftlegacy.org).**

## Meet a Neighbor: Sharon



For Sharon, an older adult living in the Denver area, access to fresh, nutritious food is essential. Managing a chronic health condition means paying close attention to what she eats, with an emphasis on balanced meals that include fruits and vegetables. Yet, affording these groceries is not always possible on a fixed income.

"Financially, we're struggling," Sharon shared. "It's just my husband and me. We're both on Social Security, and that's about it."

Before finding support through Food Bank of the Rockies, Sharon and her husband often faced difficult trade-offs. Paying for food sometimes meant falling behind on other necessities like electricity or medication. No one should have to make these choices.

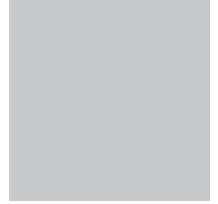
Receiving food from one of Food Bank of the Rockies' mobile pantries offers Sharon relief and stability. With consistent access to nutrient-rich food, she can focus more on managing her health and less on stretching every dollar.

"It's amazing to be able to come here," she confirmed. "I think it's really a good thing for everyone."

Stories like Sharon's are a reminder that access to nutritious food supports not only daily needs, but long-term health and well-being.

# FOOD BANK OF THE ROCKIES™

20600 E. 38th Ave.  
Aurora, CO 80011



Mailing Address  
City, State Zip

## FOOD BANK OF THE ROCKIES™

Hunger challenges our neighbors every day. With support from individuals like you, we are able to provide help to anyone who finds themselves in need. Discover inspiring stories of how together we are nourishing communities in our newsletter.

We ignite the power of community to nourish people facing hunger.

