

Compassion-in-Action, Inc. (CnA)

POB 2604 Frisco, CO 80443 / POB 1189 Monument, CO 80132

www.CnAco.org

a Colorado based, all-volunteer, nonprofit corporation, an IRS 501(c)(3) tax-exempt organization, founded 2017, promoting the simple principle that compassionate behavior, in any form, inclusive to everyone, circles back to become its own reward.

March 31, 2025

Gratitude Report 2024 - 25 ytd

Grateful to Everyone Who has Helped CnA to Help Others

We are humbled and grateful by what can be achieved by extraordinary people who care, who give for the simple benefit that comes from giving, who want to help make a difference, even when it seems like just a drop in the ocean when compared to the overwhelming needs that surround us.

CnA ended 2024 with our annual *Cookies for Christmas* delivery of 300 lbs. of associated cookies early Christmas Day morning to benefit the Salvation Army's Community Meal. Thousands were served a nourishing Christmas dinner from multiple locations throughout metro Colorado Springs:



Predawn Departure



Arrival at SA in Colorado Springs



Unloading CnA's *Cookies for Christmas*



During 2024, CnA made 15 food pantry donation deliveries to six local and area nonprofits, under the expansive umbrella of CnA's *Help Us Feed Those in Need* campaigns.

While baseline corporate donations from King Soopers dropped by over 50%, we created a peanut butter donation partnership with the Benet Hill Monastery (BHM) community, which is titled - *Bring-a-Jar or \$2*, a program where monthly BHM member donations, in-kind jars of peanut butter or cash, were more than doubled by CnA's *Match-Plus* program.

Started in May '24, this program has materialized over 1,700 lbs. of low-sugar, high protein, peanut butter, providing almost 24,000 servings, while at the same time reducing CnA's cash donor costs by nearly 50%. This monthly program continues in 2025 with all parties, including the food pantries and the thousands served, pleased with this win-win.

While the food donation campaign, with baseline support from King Soopers, titled *Three that Feed*, experienced a sharp cutback, it still was able to purchase and deliver 221 lbs. of peanut butter, which is the most requested item, and other food staples, also enhanced by CnA's *Match-Plus*.

Here's a summary of all CnA's *Help Us Feed Those in Need* campaigns for 2024:

15 total food pantry deliveries to six nonprofits in Colorado Springs and Denver;

Total weight of food donated; 3,850 pounds;

Provided 50,374 servings: with a focus on low-sugar, high protein basic staples, such as peanut butter, mixed with holiday treats, via CnA's *Cookies for Christmas* donation;

Cost per serving, less than 7-cents, on average, providing over 14 servings per each dollar spent by CnA, competitive with major nonprofit operations, such as Food Bank of the Rockies.

Average, net, cost to CnA, after all discounts and corporate grants: 54.6% which equals a 45.4% reduction off from the regular grocery item prices, on average.

Cumulative, here are summation of all food donations from CnA's *Help Us Feed Those in Need* campaigns over the last 25-months, from inception on Thanksgiving 2022 to Christmas 2024:

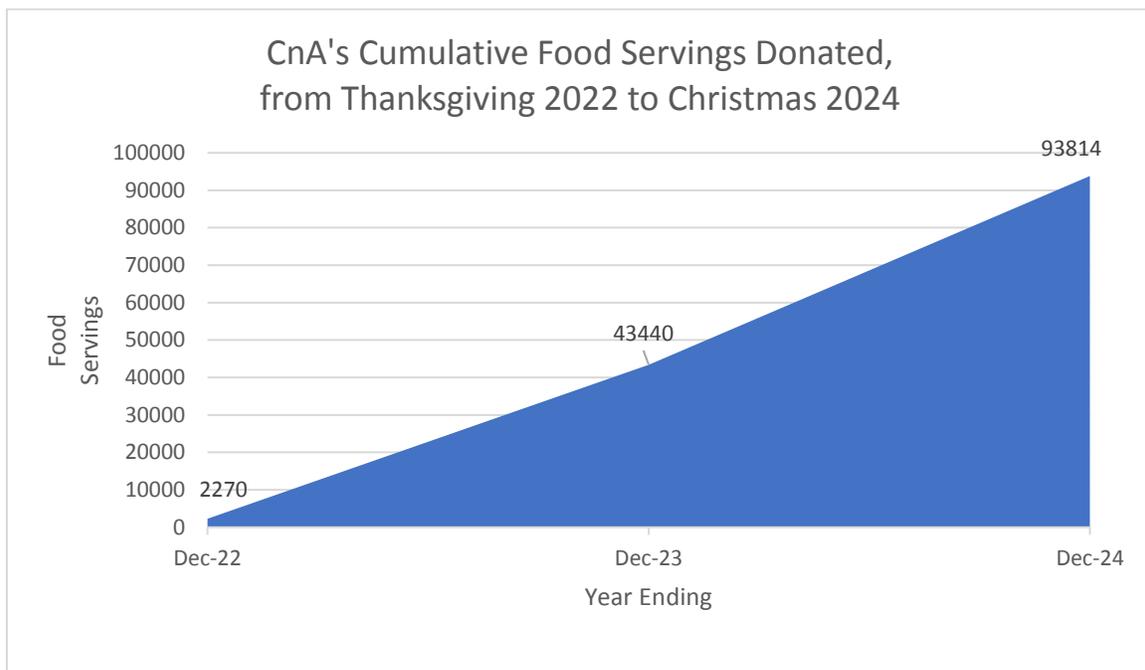
Total of 23 food pantry deliveries to six nonprofits in Colorado Springs and Denver;

Total weight of food donated; 6,862 pounds;

Provided 93,814 servings: with a focus on low-sugar, high protein basic staples, such as flour, rice, beans, canned veggies and peanut butter, mixed with holiday treats, i.e. *Cookies for Christmas*, that delivered donated cookies and other desserts for Salvation Army's community meals.

Cost per serving, less than 6-cents, on average, providing nearly 18 servings per each dollar donated to CnA, competitive with major nonprofit operations, such as Food Bank of the Rockies.

Average, net, cost to CnA, after all discounts and corporate grants: 54.9% which equals a 45.1% reduction off from the regular grocery item prices, on average. Biggest discount was 60%.



All purchases are made by CnA volunteers, who have also donated all related delivery activities, including transportation, and other labor costs. As a result of incurring no overhead costs, 100% of your generous donation(s) have gone towards helping us feed the hungry.

New in 2024, CnA's *Help Us Help Those in Need - Essential Clothing and More* campaign made six donation deliveries, to five local and regional nonprofits, providing clothing, and related personal necessities, to those in-need, focusing on bath towels, women's tops and pants, and basic winter knitwear - a high demand basic during the cold season.

Most clothing, new with tags attached, came from Macy's closeout sales, with an average savings of nearly 70% off retail. Custom, hand-crafted, high-quality, knitwear came from in-kind donations from three CnA volunteers, who gave their time, talent and donated materials.

Winter clothing delivery
to The Gathering Place, in
Denver. February 2024...



serving homeless women

Delivery of 100 items of new clothing, with tags, bath towels, and winter gear,



to help homeless veterans with getting a fresh start - jobs, housing, community.



Total donated clothing and essentials came to an estimated retail value of \$3,133, with the largest donation, 100 items, mostly new clothes and bath towels, going to help homeless veterans, a program sponsored by the Veterans Administration (VA), and run locally by Salvation Army, aimed to help unhoused vets, and their families, regain a fresh start - employment, housing and community.

Factoring both food and clothing-related donations, CnA delivered \$9,573 of grocery staples and basic human-care essentials to 11 local and Colorado-based nonprofits during 2024, spending \$3,956 of donor funding, net of financial support from Kroger (from their Community Rewards program), from our local King Soopers, and from our joint venture with the Benet Hill Monastery community. This represents nearly a 60% discount from estimated retail value of our 2024 total donations.

We are deeply grateful to everyone who has helped CnA to help others.

Sincerely,

Rii Atha Sabby, Principal Officer
Compassion-in-Action, Inc. (CnA)

Please see the enclosed Addendum to CnA's 2024 Gratitude Report that details our joint venture with Benet Hill Monastery (BHM) that's focused on peanut butter donations to local and area food pantries. By March 2025, our teamed efforts have donated over 2,500 lbs. of PB, and have helped bring CnA's total donations to 102,424 cumulative servings, in just over 28 months!!

Addendum to CnA's 2024 Gratitude Report

The Benet Hill Monastery Community Joint Ventures with Compassion-in-Action, Inc.'s
Campaigns to *Feed the Hungry, re Pack that Pantry with Peanut Butter*
2024 Year-End Report
with a Special Update for the 1st Quarter of 2025



Bring-A-Jar or \$2 monthly collections - a joint venture with CnA's Match Plus program:

Over an 8-month period, starting in May, thanks to the baseline support from The Sisters, the generous members of the Benet Hill Monastery community were functional to creating miracles, helping to feed the hungry with a basic food staple - peanut butter, a high protein, low sugar food.

Donations, in abundance from the BHM community, either in-kind jars of peanut butter or cash, were then enhanced by CnA's *Match Plus* program.

Here's a summary of the eight monthly peanut butter collections, from May to December:

- Total of 10 food pantry deliveries to six nonprofits in Colorado Springs and Denver;
- 829 lbs. donations, in-kind PB or cash, from the BHM community;
- 840 lbs. of PB, via CnA's *Match-Plus* program;
- for a total of 1,669 lbs. of peanut butter, providing
- 23,366 servings (about 14 per 1-lb jar)

CnA's Three that Feed campaign teamed King Soopers, BHM and CnA's Match Plus program:

With baseline support from King Soopers, conveyed to The Sisters of Benet Hill Monastery, along with CnA's *Match Plus* program an outreach effort, titled *Three that Feed* was able to purchase and deliver 257 lbs. of peanut butter, 80 lbs. from King Soopers, and 177 lbs. from CnA's *Match Plus*. This trio effort to feed the hungry was launched with a beta test that purchased 125 lbs. of PB that was then donated to Benet Hill's *Stuff the Truck* campaign in March '24. Subsequent donations were strategically included with the Bring-A-Jar donations, where deemed most needed.

Total for both programs during 2024:

1,926 lbs. of donated peanut butter (80 lbs. from King Soopers, 829 lbs. from the Benet Hill Monastery community, and 1,017 from CnA's *Match-Plus* programs), delivered to six nonprofits in Colorado Springs and Denver, providing 26,964 servings of this high protein, low sugar, basic staple - a win-win for all parties involved. "Amazing Grace, how sweet the sound..."

All collections, purchases, and deliveries are made by CnA volunteers, who have also donated all related delivery activities, including transportation, and other labor costs.

As a result of incurring no overhead costs, 100% of donations from King Soopers, the Benet Hill Monastery community, along with the financial support of CnA donors, have gone towards helping us feed the hungry:

- 533 lbs. to Westside CARES, serving Southwestern Colorado Springs (WSC);
- 336 lbs. to Metropolitan Community, serving the Capital Hills district in Denver (MCC);
- 299 lbs. to Tri-Lakes Cares, in Monument, serving Monument, Palmer Lake areas (TLC);
- 296 lbs. to UCCS's Clyde's Cupboard, serving the student community (UCCS);
- 250 lbs. to Community Food Bank, serving Southeastern Colorado Springs (CFB);
- 212 lbs. to The Salvation Army's Food Pantry, serving central Colorado Springs (TSA).

Here are some touching photos, from over 100 taken during 2024, pauses during deliveries to the six area nonprofit food pantries served by partnership formed between the Benet Hill Monastery community and Compassion-in-Action, Inc., with one of the two outreach programs receiving baseline support from King Soopers:

First series of three photos - Westside CARES (WSC), who has close, and ongoing, connections with BHM, further distributes grocery donations to five neighborhood food pantries throughout the West Side of Colorado Springs and El Paso County. Here, too, WSC is involved with numerous programs to help those in-need across a wide spectrum; yet, helping to provide food basics to the hungry, housed or homeless, is one of those fundamental programs. We're grateful to have made three donations to WSC during 2024, delivering 533 lbs. of peanut butter. To Learn more about this amazing nonprofit - <https://www.westsidecares.org>



Talking Story about WSC...

Each of the above photos shows one of three donation deliveries during 2024, starting with Stuff the Truck, in March. While unloading during the second delivery in June (middle photo), one of the gathered crowd of men and women, most appeared to be 'street-worn', who were interacting across the alley with volunteers for a needle drop-off, came over to be near the doorway into WSC's food storage area. He waited patiently as Forest (shown in the photo) and Rii Atha, unloaded our joint venture donation. Then, just as we were finishing, this man quietly asked Forest if he could have a jar of our donated peanut butter. Forest politely said no, as our donation needed to be checked-in, then he quickly turned to another storage shelf and gave this man a jar, 16 oz., (perfect size for an individual) who simply said thanks, with a smile, and walked off.

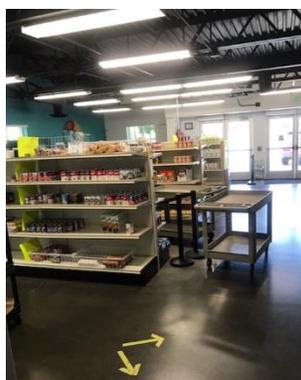
Second series of three photos - Metropolitan Community of the Rockies, serving the Capital Hills district in Denver (MCC). To learn more about this welcoming community - <https://mccrockies.org>



Talking Story about MCC...

During our first of two deliveries in August, it was the day after their weekly food distribution; their pantry was completely empty - not a single anything!! MCC serves 100-125 households, including homeless, who are just barely getting-by... a true miracle, as no one is turned away!!

Third series of five photos - to whom our outreach partnership delivered 299 lbs. is Tri-Lakes Cares, a highly respected nonprofit serving Northern El Paso County, notably the Monument, Palmer Lake areas. TLC helps people in-need on a custom, case-by-case basis. re: <https://tri-lakescares.org>



Fourth series of three photos - shares our two deliveries (August and December) of 296 lbs. of donated peanut butter to UCCS's Clyde's Cupboard, serving the student community (University of Colorado's campus in Colorado Springs), where about one-in-four students struggle with food insecurity
To learn more: <https://dos.uccs.edu/basic-needs/clydes-cupboard>



Talking Story about UCCS's Clyde's Cupboard...

We were inspired to reach out to help UCCS's students by UCCS's connection to offer ongoing health-related services to The Sisters of Benet Hill. We are very pleased with our effort to help Clyde's Cupboard with a student favorite - peanut butter. Here, where storage space is very limited (see 3rd photo), 16-oz. jars are most appreciated, especially for students living on campus.

Fifth series of three photos - Community Food Bank (CFB), serving Southeastern Colorado Springs, including areas around Fort Carson, an area of about 80,000 people. According to their website, 20% (14,000) of this community qualify for state and federal assistance, with an estimated 50% being children. CFB's food pantry serves all who present, no questions asked; their food donation efforts are part of a larger effort to help this part of Colorado Springs. To learn more - <https://www.solidrockcdc.com/what-we-are-doing>



Talking Story about Solid Rock's Community Food Bank (CFB)...

Our delivery, of 250 lbs. of various sized jars of peanut butter (as shown) in late June felt like we were dropping an ounce of water into the ocean. Their needs are enormous, and they are helped by a number of agencies, such as Care and Share. It's haunting to think of the number of children in-need, just in this area.

Sixth series of three photos - shows our fall delivery of 212 lbs. to The Salvation Army's Food Pantry, which serves central Colorado Springs. Here, too, this well-known, highly regarded, nonprofit helps everyone. re: https://coloradosprings.salvationarmy.org/colorado_springs_corps/our-services/



Talking Story about Salvation Army's Food Pantry...

Pictured are two incredible women, miracle makers, Alma and Sarah, who somehow help over 2,500 families monthly with a number of household services, starting with food. We hold SA's outreach programs, including their daily hot meal program and holiday community meals that serve everyone, in the highest regard.

Collections at BHM...

Here's a sampling of the many generous people of the Benet Hill Monastery community, who have helped make *Bring-A-Jar* or \$2 a great success. There's not enough words to express our gratitude:



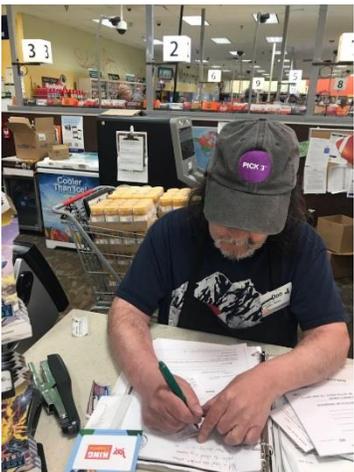


Collecting donations >

just a few of the many amazing people of BHM...

Rii accepts with gratitude.

King Soopers ... A tribute to a sampling of the KS associates who help with our donation purchases. In addition, financial support from King Soopers bought 80 lbs. of peanut butter during 2024. This was enhanced by 177 lbs. from CnA's *Match Plus*. Our trio effort to feed the hungry was launched with a teamed beta test donation to Benet Hill's *Stuff the Truck* campaign in March '24. Subsequent donations were strategically included with the Bring-A-Jar donations, where deemed most needed, as illustrated on Page Seven's Donation Delivery Receipt to Westside CARES on March 17, 2025.



Heading into 2025, our teamed efforts are off to a great start, with two donation deliveries, totaling 615 lbs. of PB, with the first (346 lbs.) going to Westside CARES on Monday, March 17th. The second delivery (269 lbs.) went to our local Salvation Army Food Pantry the next day.

Below is the first of three pages detailing the donation to WSC. Note the detailed listing of each donation source, which in this case included both programs (BHM's *Bring-A-Jar* or CnA's *Three that Feed*):

Compassion-in-Action, Inc. (CnA)

A Colorado based nonprofit corporation, IRS 501(c)(3) tax-exempt organization.

CnA's Help Us Feed Those in Need - Pack that Pantry - with Peanut Butter
A joint venture with The Sisters of Benet Hill Monastery and Community.

March 17, 2025

Donation Delivery Receipt
Jan, Feb & Mar '25 Collections

CnA's Help Us Feed Those in Need -
Pack that Pantry - with Peanut Butter,
In Conjunction with:
The Sisters Benet Hill Monastery
Bring-A-Jar or \$2 monthly campaign,
and CnA's *Three that Feed* program
FBO Westside CARES Food Pantry (WSC)

This receipt acknowledges CnA's delivery, at WSC's Food Pantry, in Colorado Springs of the following food staples, as a donation for its ongoing community efforts, which include feeding those in-need, individuals and families, living in Western El Paso County, helping them with basic grocery necessities:

Donation	Total		Comment
	Jars	Pounds	
donations of peanut butter, various sizes from BHM's Bring-A-Jar or \$2 campaign	111*	111 lbs.	* see inventory, Page 2
Plus, purchases from cash donations at Benet Hill on 1/5, 2/2 & 3/2/25	28*	28 lbs.	* see inventory, Page 2
Subtotal, from Benet Hill	139	139 lbs.	from BHM
Plus, CnA's Match-Plus Program: 140, 16 oz. jars of Kroger Smart Way	140	140 lbs.	from CnA's Match Plus
(1) BHM's Bring-A-Jar or \$2 campaign	<u>Jars</u>	<u>Pounds</u>	
Total Peanut Butter from Benet Hill Monastery and from Compassion-in-Action, Inc.	279	279 lbs.	Subtotal
(2) Plus, CnA's <i>Three that Feed</i> campaign, King Soopers grant > Benet Hill Monastery teamed with CnA's Match-Plus Program.	26 lbs. 41 lbs.		
Total donation - CnA's <i>Three that Feed</i>	67	67 lbs.	
Total Peanut Butter from both programs	<u>Jars</u>	<u>Pounds</u>	<u>\$ Estimated Retail Value</u>
	346	346	* see inventory, Page 2

(note: 346 lbs., provides 4,884 servings)

Received by *Kristy Milligan*
Printed Name & Title: Kristy Milligan, CEO
Westside CARES, March 17, 2025



Our 1st quarter's combined total donations, 615 lbs., provided 8,610 PB servings that helped feed the hungry; an ever-growing group. And with CnA's ZERO overhead cost, every ounce of PB got donated.

Sincerely,

Rii Atha Sabby, Principal Officer
Compassion-in-Action, Inc. (CnA), and
Benedictine Oblate, obOSB, with
The Sisters of Benet Hill Monastery

Note: Compassion-in-Action, Inc. (CnA), is a IRS tax-exempt 501(c)(3) Colorado-based, corporation, EIN 82-4367106. All donations are deemed tax-deductible absent any limitations on deductibility applicable to an individual taxpayer. No goods or services were provided in exchange for contributions.

Compassion-in-Action, Inc. (CnA) POB 2604 Frisco, CO 80443 www.CnACO.org
with nonprofit outreach efforts in Colorado, throughout the USA, and Globally since 2017.