



NOVEMBER 2025

# NEWSLETTER

## UPDATES FROM AROUND THE COUNTY

### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Beginning November 1, no funding will be available for those receiving SNAP benefits. This will severely impact Montezuma County as:

- 4912 residents receive SNAP in Montezuma County
- Of those receiving SNAP benefits, 50% are children, 15% elderly, 10% disabled
- On average, \$894,000 per month comes into our county through these monthly benefits -- sometimes more.

We have confirmed that Safeway, City Market, and Walmart will continue to accept EBT cards that still have available funds; small local groceries should accept such cards as well. Our local food banks, as well as Hope's and Grace's Kitchens, are expecting increased demand. If you have been wondering how you might give back to your community, here are several suggestions:

- The Good Samaritan Food Bank is in dire need of volunteers. They are overwhelmed right now, and while they won't have time for formal training, if you are good at jumping in and getting things done, stop by any week day, 10:00-5:00 and ask how you can help. Their address is in the in the attached Emergency Food Resources flyer.

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- Monetary donations are always welcome and give you a bigger bang for your buck, but right now, Good Sam could use any of the following items. Good Sam's Executive Director told me the items with (\*) are especially desirable right now:
  - Peanut Butter\*
  - Jelly or honey
  - Tuna\*
  - Shelf-stable whole milk
  - Cereal\*
  - Pasta
  - Pasta sauce
  - Canned fruit
  - Hearty soup
  - Applesauce
  - Meat\*

Kelli Hargraves, Montezuma County Director of Social Services, is working with all those organizations in the county that address food insecurity to come up with a county-wide plan to co-ordinate fundraising and food drives so that we have the food resources we need to keep our citizens fed. In addition to the current curtailment of SNAP benefits, SNAP will be reduced in the future due to HR.1, the "big, beautiful bill." An additional stressor on the system will be those federal employees currently furloughed and receiving no pay checks. They will be in need of food resources to carry them over until they can return to work.

Mark your calendar and share with friends. The League is hosting a presentation by Kelli Hargraves on Saturday, November 15 @ 10:15 on SNAP and Health First Colorado in Montezuma County. We are working on a location and ironing out the details of the program and will email information as soon as it's available. Please plan to come to learn how you can help.

Karen Sheek  
Chair, Montezuma County LWV



# COMMUNITY FOOD RESOURCES



## GROCERIES & MEALS BOX

### **GOOD SAM'S FOOD PANTRY**

30 N. Beech St., Cortez (970) 565-6424  
TUESDAYS & FRIDAYS 12-2PM/3-6PM  
WEDNESDAYS & THURSDAYS 12-2PM

### **EVANGEL ASSEMBLY OF GOD**

209 W 5th St, Cortez (970) 565-4198  
MONDAY & TUESDAY 1:30PM-3PM  
Call ahead, all calls will be returned

### **FAMILY WORSHIP CENTER**

500 N. Washington, Cortez (970) 565-4198  
THURSDAY 12-2PM

### **COMMODITIES (TEFAP) DISTRIBUTION\*\* (970) 565-6424**

Cortez: Good Sam's during regular shopping  
hours, starting in November 2025  
Mancos: Mancos Foodshare,  
4th MONDAY 3PM-5PM

### **MANCOS FOODSHARE**

Mt. Lookout Grange, 680 Grand Ave., Mancos  
1st & 3rd MONDAYS 3PM-5PM

### **R.O.C.K. FOOD DISTRIBUTION**

128 E. Hwy 491, Dove Creek (970) 564-5363  
2ND FRIDAY 3PM

### **DOVE CREEK CARE & SHARE FOOD PANTRY**

214 US-491, Dove Creek (970) 769-0006  
WEDNESDAY-FRIDAY 12-2PM  
Rico Pantry- 1 N Commercial St, Rico  
Tuesday & Wednesday 2-4PM  
**970-967-2861**

### **CARE & SHARE MOBILE MARKET**

Rec Center, Towaoc (970) 739-3562  
3RD WEDNESDAY

### **MONTEZUMA COUNTY SENIOR CENTER\*\***

107 N. Chestnut, Cortez (970) 565-4166  
LAST TUESDAY Contact for food box sign-up

### **4 CORNERS FOOD NOT BOMBS**

The Warehouse, 30 N. Beech St, Cortez  
SUNDAYS 12-2PM  
Vegan/Vegetarian potluck, supplies, hot meal

### **HOPE'S KITCHEN First United Methodist**

515 Park St., Cortez  
MONDAYS, WEDNESDAYS, FRIDAYS 12-1PM

### **GRACE'S KITCHEN St. Barnabas**

110 W. North St, Cortez  
TUESDAYS, THURSDAYS, SATURDAYS 12-1PM

### **SENIOR LUNCHESES\*\* / MEALS ON WHEELS\*\***

(970) 565-4166 Cortez  
(970) 882-7337 Dolores  
(970) 533-7721 Mancos

### **Disabled American Veterans (DAV)**

432 N. Broadway, Cortez CO  
**970-565-4310**

Food Pantry - Monday- Friday 9 AM to 3 PM  
For Veterans and their families only

Supplemental Nutrition Assistance Program  
(SNAP/EBT) \*\*

Montezuma County DSS

109 W. Main #170, Cortez (970) 565-3769  
MONDAY-FRIDAY 8AM-5PM

Dolores County DSS

8560 Rd 7.2 - (970)-677-2250

Dove Creek, CO Monday- Thursday 8AM-5 PM

\*\*RESERVATION OR APPLICATION REQUIRED



## NO KINGS RALLY WRAP-UP

Cortez residents (at least 854 strong!) joined an estimated 8.2 million people at No Kings rallies on October 18, 2025. This No Kings rally was the biggest one day rally in United States history. There were 2700 rallies in all 50 states. Rally goers in Cortez stretched from the Colorado Welcome Center to City Market with people on both sides of the street. People came dressed as Aunt Ifa, a squid, Winnie the Pooh, King George III, to name a few. The day was bright and sunny. People were glad to be with others to stand up for democracy and against kings.

Denver had 30,000 participants; New York City had 100,000; San Diego, at least 25,000; Chicago's estimate was from 10,000 to 100,000. Think about this—a few groups put out the word that there should be a rally on a certain date and 8.2 million people are engaged enough to answer that call. Key organizers across the country were Indivisible, 50501 Movement, MoveOn, United We Dream, League of Conservation Voters, and Reproductive Freedom for All to name a few. The national League of Women Voters and the League of Women Voters in Montezuma County encouraged citizens to participate.

*"The number 8.5 million is the estimated number of voters it would take to bring about change through nonviolent protests. This is based on the following finding from the Carr-*

*Ryan Center for Human Rights:*

*'Nonviolent protests are twice as likely to succeed as armed conflicts...and those engaging a threshold of 3.5% of the population have never failed to bring about change.'*

*According to the University of Florida approximately 245 million Americans were eligible to vote in the 2024 general election. According to the above research, if 3.5% of these eligible voters—8,575,000 people – engage in nonviolent protests, we will bring about meaningful change."*

*-LWV.org*

We are all important. These are disturbing and difficult times. The League of Women Voters stands, as always, to defend democracy. We are all important.



## UPCOMING EVENTS IN OUR REGION:

- **League of Women Voters of Montezuma County's Monthly Meeting**
  - November 8 from 10:15AM-12PM — Dolores Library — 1002 Railroad Ave, Dolores
  - Join us for a special legislative update with CO State Senator Cleave Simpson and Rep Katie Stewart.
    - Read Rep. Stewart's preview Journal article [here](#).
- **SNAP and Health First Colorado in Montezuma County Discussion**
  - November 15 at 10:15AM — Cortez Public Library — 202 N Park St, Cortez
  - Kelli Hargraves will host a special panel this month outlining SNAP and food assistance programs, as well as the impact from the current government shut-down.



## RESOURCES

Our priority is to provide factual, unbiased information and connect groups across our community. To that end, here are some suggested resources to stay informed and learn more:

- [Colorado League of Women Voters](#)
  - [Colorado Voting Rights Act](#)
  - [Legislative Action Report](#)
  - [Where the League Stands](#)
  - [Legislative Conference 25](#)
  - [Redistricting in Colorado](#)
  - [Contact Elected Officials](#)
  - [LWVCO Task Forces](#)
- [5 Calls](#) >> scripts for callings your representatives about a variety of issue areas
- [League of Women Voters Bill Tracker](#)
- [Just Security](#) >> litigation tracker with updates
- [Congress.gov](#) >> find your federal Representative and Senators
  - Remember to sign up for their newsletters!



## How to Get Involved

- Attend our regular meetings, the second Saturday of each month, usually at one of our county libraries;
- Follow us on [Facebook](#), check out our [website](#) and/or newsletter calendar for other League sponsored events;
- Join the League. You can register online: [portal.lwv.org](http://portal.lwv.org) or in-person at one our meetings;
- Keep us in the loop if you hear of events or projects you believe the League might want to promote or partner with.
- We can be reached at [lwvmzcc@gmail.com](mailto:lwvmzcc@gmail.com).