



WOMEN'S
BEAN PROJECT™

BeansTalk

THE NEWSLETTER OF WOMEN'S BEAN PROJECT

REAL WORK. REAL FOOD. REAL PROMISE.™



"I'm now visioning what I want my future to be rather than focusing on the past. Being here at Women's Bean Project has helped me build my confidence and feel valued"
- Eboni,
current participant



CALENDAR



December 2-4, 2017 Holiday Open House

You'll get an after hours tour of our facility from 5:30-6:30pm and have light snacks and adult beverages on us. This is a great opportunity to network while getting a glimpse of our facility and learn about the history of Women's Bean Project. Come mingle with others in our community and shop in our store. RSVP is required. Visit

**Every 1st Friday of the month
First Friday BeansTalk Tour**
Join us from 12:00-1:00pm to sample our products, learn about the history of Women's Bean Project, tour our facility, see the women working, hear from our CEO and a program participant, shop in our store, and so much more! Light lunch is served and RSVP is required. Visit our website for more info.

**Every 4th Thursday of the month
Afterhours BeansTalk Tour**
You'll get an after hours tour of our facility from 5:30-6:30pm and have light snacks and adult beverages on us. This is a great opportunity to network while getting a glimpse of our facility and learn about the history of Women's Bean Project. Come mingle with others in our community and shop in our store. RSVP is required. Visit our website for more info.

GIVING

- Send in a gift with the included donation envelope.
- Visit www.womensbeanproject.com/donate to give online.
- You can donate your car. We will even tow it, if needed.
- Some employers will match your donations, thus doubling your gift!
- You can bequest Women's bean Project as beneficiary in your estate planning.
- Encourage your employer to become a Corporate Partner with Women's Bean Project to make a difference in your community.

STRENGTHENING PROGRAM



This spring Women's Bean Project has added some powerful new program components to benefit our women and grow their personal and interpersonal skills and strengths. We have engaged a new partner, Ruth Neubauer, LCSW, to deliver "My Journey," a weekly life skills program. As a group, the women share and learn from each other and re-discover their strengths.

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MAKING IT WITH MENTORING



Ready, Set, Grow is our annual graduation celebration and fundraising luncheon. The purpose is to raise the funds for the upcoming groups of women who come to Women's Bean Project ready to work hard and break the cycle of chronic unemployment and poverty for herself and her family.

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WORDS FROM THE CEO



Who doesn't love popcorn? As we have learned since introducing our three flavors of popcorn last month, popcorn is very POPular (I love a good pun).

Those who know me are also familiar with my love of fascinating facts. Here are a few about popcorn:*

1. There are several types of corn, but only popcorn pops because it has a thicker outer layer or hull, that allows the water within to heat up and then pop.
2. Oil-popped popcorn only has 35 calories per cup. We recommend oil popping so the delicious spices we've provided with your package will stick.
3. Americans consume 14 billion quarts of popped popcorn annually.
4. Two tablespoons of kernels (the amount we recommend you make with each batch of Women's Bean Project Popcorn) makes one quart of popped corn.
5. National Popcorn Day is at the end of January. So, try all of our flavors soon so you're stocked up and ready to share on the big day.

We are also excited to announce that in cooperation with Savory Spice we will be offering two limited-time flavors for the holidays: Vietnamese Coconut Curry and Chocolate Peppermint Sugar, both with white popcorn kernels. Both of the new flavors will be available the first week of October and available while supplies last.

Thank you, as always, for your support. We have more new products coming in the next few weeks and look forward to touching base with you then!

Warmly,
Tamra Ryan, CEO

* Source: The Popcorn Board,
www.popcorn.org.

PHOTOS AT THE BEAN



Engaging photo caption with short description



Engaging photo caption with short description



Engaging photo caption with short description

FROM THE KITCHEN: EASY SLOW COOKER ROOT BEER PULLED PORK SANDWICHES

With this easy pulled pork slow cooker recipe all you need to do is toss three ingredients in the slow cooker and 7-9 hours later you have a crock pot full of delicious pulled pork and you won't even have to break a sweat!

Ingredients:

- 1 tin Women's Bean Project BBQ Spice Blend (2 oz.)
- 3-4 lbs. boneless pork loin (trim fat as desired)
- 18 oz. bottle BBQ sauce
- 1-2 cans root beer

Instructions:

1. Rub pork loin with BBQ Spice Blend and place in slow cooker with the layer of fat up.
2. Pour root beer over pork. Cover and cook on low until well cooked and the pork shreds easily, 7 to 9 hours. Note: the actual length of time may vary according to individual slow cooker.
3. When cooking is done, pour off any excess liquid in the slow cooker and shred pork loin with a fork.
4. Add as much or as little BBQ sauce to shredded pork, or serve on the side.



VOLUNTEER OPPORTUNITIES

Become an Ambassador for Women's Bean Project! As an Ambassador, you are challenged to bring at least 10 attendees to tours over a 12-month time period. Bring them all at once, one a month or a few at a time, whatever works in your schedule. The goal is to introduce our community to Women's Bean Project. We have wonderful name recognition in our community, yet many do not realize what actually happens within our walls. We invite you to help us spread the word.

Contact Luanne Hill at: luanneh@womensbeanproject.com or 303-292-1919 ext. 113.

APPRECIATION NIGHT



Jossy Eyre Society members, Seed to Sprout funders, and Ready, Set, Grow 2017 Table Captains gathered to celebrate and honor all the opportunities made possible through their continued support. This support allows us to hire every woman who needs our services. **Thank you!**

BEAN PROFILE: MENTOR MACKENZIE ROSS



Q: Why did you choose WBP?

A: I had been looking for an organization to become more hands on with and hadn't found the right fit. With WBP I love the guiding principles of providing women the opportunity to help themselves and make long term changes that will dramatically change the course of their lives for the better. It was clear to see from my first interaction that the methods here work and I was excited that there were multiple ways to get involved.

Q: What's the most rewarding part of mentoring?

A: The most rewarding parts of being a mentor have come during my weekly meetings at the WBP. We've been able to outline professional and personal goals together and within a short period of time start checking off some of those goals. I've enjoyed seeing my mentee outline the steps to accomplish goals and start that process. From week to week I also notice more confidence, which has been a really cool process to watch. While there are bumps in the road here and there we've always been able to refocus together.