

# Note from the CEO

February 2025

Amy Pezzani | CEO, Food Bank for Larimer County



## Within complex systems, we want accessing food to be easy.

**Do you like podcasts? I do.**

One I started listening to recently is “The Uncertain Hour.” It’s a thought-provoking podcast that dives into the complexities of policies, systems, and decisions shaping our lives in ways we often don’t realize. Produced by Marketplace, it unpacks some history and impact of government programs, social norms, and economic practices as they relate to people who struggle to make ends meet financially. My interest in this podcast was piqued the very first episode, when a struggling mother of two in Milwaukee hits hard times, she turns to a local welfare office for help. You’ll have to listen to hear the whole story.

### **The complexities of others’ experiences**

But it made me think about how much we—myself included—don’t always fully understand the complexities of others’ experiences as they work to support themselves and their families. Of course, I am especially interested in these issues as they pertain to accessing food. The policies, systems, and sheer amount of paperwork needed to access help when needed can be overwhelming and can make it difficult to access the support individuals need, including nourishing food everyone deserves.

Understanding how financial hardship leads to food insecurity is crucial because it reveals the deeper, systemic issues that keep individuals and families trapped in cycles of poverty. Financial struggles often mean tough choices—between paying for rent, utilities, or medical bills and buying groceries. This trade-off leaves people, especially children, without consistent access to nutritious food, impacting their health, education, and overall well-being. Recognizing this connection helps dismantle the stigma around hunger, showing it’s not about personal failure but structural challenges like low wages, job instability, and lack of affordable housing. Awareness drives advocacy for policies that address these root causes. Although the processes for obtaining support are complex, accessing food shouldn’t be. We strive to make getting nourishing food easy.

### **I highly recommend The Uncertain Hour**

This podcast shines a light on the systemic issues driving food insecurity and poverty, topics we wrestle with daily. The podcast unpacks the hidden policies and historical decisions that create barriers for the people we serve. It explores the root causes behind societal challenges, like hunger, with depth and empathy. For anyone working to address food insecurity or create systemic change, this podcast offers valuable insights. It fuels understanding, sparks ideas, and reminds us of the complex interplay between policy, economy, and human need—essential for our mission to end hunger.