

Note from the CEO

March 2025

Amy Pezzani | CEO, Food Bank for Larimer County



The collective benefit of nutritious food for all

March is National Nutrition Month.

While some may not even realize this is a designation worth celebrating, it is an important one - both to me and to the work we do at the Food Bank for Larimer County.

Access to nutritious food is a cornerstone of a healthy and thriving community. Food is much more than just fuel for our bodies; it is the foundation upon which we build our lives, make decisions, and shape our futures. Without access to proper nutrition, we are limited in our potential... unfortunately, these individual limits can easily create ripple effects that negatively impact our entire community.

Food insecurity has been linked to \$77 billion in additional health expenditures each year. This is because people experiencing food insecurity do not always have reliable access to the foods they need to thrive. This underscores the necessity for access to healthy options for everyone, including those who, at times, rely on the charitable food system.

When everyone has access to nutritious food, the benefits extend far beyond that person. Healthy, well-nourished people are more productive, more engaged in their communities, and more capable of contributing to the economy. This is why ensuring equitable access to nutritious food is not just a moral imperative but a strategic one. We all benefit when people can eat well; well-fed folks can better focus on work, education, and their overall well-being rather than struggling with the physical and mental consequences of hunger or poor nutrition.

A well-nourished community is also a more resilient one. Adults who have consistent access to nutritious food are more likely to have stronger immune systems and fewer chronic diseases. This can lower collective healthcare costs and increase the productivity of the workforce. Healthy employees usually take fewer sick days and are therefore generally more productive.

Children who have access to nutritious meals perform better in school, leading to higher graduation rates and, ultimately, more educated and capable future generations. Healthy adults, in turn, are more likely to raise children who have access to good food and education, perpetuating a cycle of well-being.

Access to nutritious food is not just about alleviating hunger; it's about building stronger, healthier communities that benefit us all. When we prioritize nutrition for everyone, we're investing in our collective future.

This year, during National Nutrition Month, I hope you'll remember that we all do better when we are all well-nourished.



¹ Berkowitz SA, Basu S, Meigs JB, Seligman HK. Food Insecurity and Health Care Expenditures in the United States, 2011-2013. Health Serv Res. 2018 Jun;53(3):1600-1620. doi: 10.1111/14756773.12730. Epub 2017 Jun 13. PMID: 28608473; PMCID: PMC5980147.