



MAY WITHIN REACH UPDATE

"He who has health, has hope; and he who has hope, has everything."

- Thomas Carlyle

We are nearing the completion of the second year of our Within Reach plan, and we have much to be proud of. We are on track to reach thousands more Southern Coloradoans than we did last year by distributing more food than we ever have before! We ensure that the majority of the food we distribute to those in need is nutritious because we want to contribute to their health and wellbeing. Aside from distributing healthy food, we are also dedicated to educating those we serve about nutrition.

We are currently working with a nutrition education intern to help us implement six Healthy Pantry projects (four in Colorado Springs and two in Pueblo) at existing partner agency sites. The intern and our [Cooking Matters](#) team will work to implement healthy pantry environments. Their focus will be on setting up the pantries to encourage the selection of healthier and often perishable food items. Strategies might include placing foods such as produce, low-fat dairy, lean proteins and whole grains at the beginning of the distribution line or creating a special display to catch the attention of pantry shoppers. The Healthy Pantry projects will be documented (before and after pictures, best practices, etc.) and will be shared with all of our partner agencies through our Agency Newsletter to educate and inspire agencies to create these Health Pantry environments.