



Dear Donors,

Tri-Lakes Cares is working to improve our ability to provide healthy options for our clients. Please consider supporting the pantry and our clients by making a healthy food donation.

Food pantries were originally created to fill a one-time “emergency” need for their clients. In recent economic times however, food pantries are now part of many families’ ongoing strategies to supplement monthly food shortfalls.

In a typical month, 28% of TLC clients indicated that more than 50% of the food their household eats comes from our pantry (33% of our clients indicated 25-50%). This means we contribute significantly to the overall quality of foods that our clients consume. TLC must consider its role in supporting the well-being of our clients by working to improve the nutritional quality of foods that we offer.

The majority of our clients are considered “low food secure” by the revised USDA guidelines (2006). “Low food secure” is defined as: reduced quality, variety, or desirability of diet; little or no indication of reduced food intake. In other words, our clients have food to meet their most basic needs, but do not necessarily have the quality food to provide adequate nutrition.

Households with limited resources to buy enough food often try to stretch their food budgets by purchasing cheap, energy-dense foods that are filling. These foods typically have lower nutritional quality and tend to be overconsumed, thus creating a link to obesity. Benefits of adequate nutrition include overall better health, resistance to illness and infections, longevity of life and reduced risk of chronic diseases (Feeding America, 2014).

Establishing a nutrition standard to provide a healthy and nutritious food selection is the best way for Tri-Lakes Cares to demonstrate that we are committed to protecting the health of the people that we serve- and we hope that you’ll support us in our efforts!

If you are interested in making a donation or have questions about our new guidelines, please email me at [foodprogramsmanager@tri-lakescares.org](mailto:foodprogramsmanager@tri-lakescares.org) or call 719.481.4864 x111

Sincerely,

Kate Lythgoe  
Food Programs Manager