



FOOD TO POWER

Build a Food Ecosystem Designed to End Fresh, Nutritious Food Insecurity With Us

Fresh food insecurity in Colorado Springs is real and its impact is measurable. Compared to El Paso County averages, Southeast Colorado Springs communities are more likely to develop diet-related or diet-mitigated health conditions like heart disease (+15% risk) and diabetes (+16% risk).

On average, Southeast Colorado Springs residents can have as much as a **17 year shorter lifespan than residents in other parts of El Paso County.**

We can change this! We recognize that our health, education, food, and economic systems are interconnected.

Patience Kabwasa
Executive Director

That's why Food to Power is creating a fresh food ecosystem designed to integrate these systems and **end** fresh, nutritious food insecurity. It's not enough to end symptoms, like hunger. We need to eliminate the root causes of fresh food insecurity to permanently end it.

Food to Power's model was developed to do just that. **We're working to create a healthy, hunger-free El Paso County and we need your help to help us make this vision a reality.**



Our 2024 to Date

Fed **15,500** COS community members

Recovered & gave away almost **300,000 lbs** of fresh food

Grew **8,700 lbs** of vegetables

Hosted **11 workshops** reaching 170+ people

Recycled **424,000 lbs** of food scraps back into our ecosystem



RACHEL



NATALIA

Food Access Department

Rachel & Natalia take that bruised apple from Whole Foods and give it to someone who needs it. 16% of all food in the US ends up in the landfill. Rachel & Natalia are changing that. In 2024, our Food Access Department saved almost **300,000 lbs** of fresh, nutritious food from landfills by picking it up from local grocers. And we gave 100% of it away to more than **15,500 people** this year alone. We reached almost 1,500 more people this year than in 2023!

In the last five years, our Food Access Department saved and distributed 2 million pounds of perfectly good, fresh food. And this is the first year we're not set to meet our 2024 goal (400,000 lbs). Rachel & Natalia can't be everywhere at once! We have a dedicated group of volunteers that make our Food Recovery programs possible. But we need more hands to help us pick up food from local grocers and give it away through our No Cost Grocery and No Cost Delivery programs. [Consider joining the FTP volunteer family!](#)



IZZY



AMBROSE

Education & Advocacy Department

The best way to learn about cooking, eating, and healthy living is through community! Food to Power hosted **11 community-led workshops** that taught **more than 170 people** how to joyfully grow, prepare, and consume fresh, nutritious food. Workshops included "Diabetes Self-Management," "Preserving the Harvest," "Mushrooms & Greek Culture," "Bread Brain & Baking Conchas," a seed swap, and more. [Sign up today to host or attend a workshop to share your passion with your community.](#)

Izzy and Ambrose also graduated **12 interns** from our paid, F.L.Y. internship and are launching a new internship Fall 2025 targeting youth aged 15 to 21. They're also working with Colorado College on a **participatory action research study** interviewing local community members to understand, document, and record the Colorado Springs' Black community's history and influence on the local food system. [Visit our website to learn more about our youth programming!](#)



RUTHIE



ZACH



JAY



AL

County-Wide Compost Department

Ruthie, Zach, Jay, and Al take food waste from around the county, divert it from landfills, and either give it to local pig farmers to support livestock husbandry or turn it into the nutritious compost needed to repair and prepare local topsoil for growing.

Since 2018, our Compost Department diverted **over 1 million lbs** of foods scraps and yard clippings from local landfills. In 2024 to date, we collected **424,000 lbs** from homes and businesses around the county and returned the nutrients back into our environment. By doing so, we improved local air quality and preserved the lifespan of local landfills!

However caring and sustaining our environment requires an entire community's participation. Our impact is significant, but ultimately not enough to ensure long-term healthy growing and living conditions in El Paso County. We have over 650 compost members around the city and need more. [Visit our website to become a compost member or give the gift of composting this holiday season!](#)



SHANE



RUSSELL

Food to Power Farm

For many of us, food represents far more than just sustenance. We celebrate and connect with our family, friends, culture, and community through food. We understand that our No Cost Grocery members need more than recovered apples and lettuce to attain the culturally- and nutritionally-relevant diets they need to live full, healthy lives. So our "Beyond Organic" farm grows what we can't source. We value our community's health first, so we never use pesticides or other harmful agents on our produce.

Shane and Russell grow 73 varieties of vegetables that our community members want to eat. Despite the near biblical plague of grasshoppers, they harvested over 8,500 lbs of fresh spinach, carrots, garlic, beets, kale, and more and are set to hit at least 9,000 lbs by the end of 2024. [To volunteer on our farm or purchase vegetables from our Farmstand during our growing season \(spring to summer\), visit our website!](#)



Your Donation's Impact

Our work doesn't end until every Colorado Springs community member has access to fresh, nutritious food. This is an ambitious vision so we need all the help we can get. That means we want to add you to the Food to Power family!

Here is the impact of becoming a recurring monthly donor.

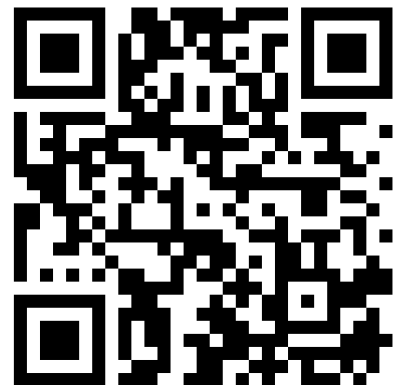
- **\$10 monthly donation** will help Shane and Russell grow 336 vegetable plants on the Food to Power Farm each year.
- **\$25 each month** will help Ruthie, Zach, Jay, and Al turn 650 lbs of food scraps into livestock feed and compost annually.
- **\$50 monthly donation** will help Rachel and Natalia save and give away 48,000 lbs of fresh, perfectly good food each year.

As the year ends and considerations of annual donations approach, we would be immensely appreciative of your one-time donations as well.

Here are some ways we use one-time donations:

- **Stocking our Community Fridge** with fresh, perishable food. This is a fresh food pantry that is available to the public at all times.
- **Increase community engagement** in our composting and sustainability initiatives through marketing, canvassing, and more.
- **Fixing and amending our farm.** Because growing here is hard!
- **Expanding our Food Recovery network** by bringing in more restaurants, businesses, and grocers to save and distribute more fresh, perfectly good food.
- **And far more**

Thank you for your support!



[Donate Here](#)