



farm^{to}*plate*
NETWORK

Vermont
Food and Health
Program Inventory



Last Updated Fall of 2018

Prepared by the Health Cross-Cutting Team of the Farm to Plate Network

Cover photos from left to right, top to bottom:

- Northfield HS students, photo credit VT FEED
- Healthcare Without Harm Work Group, photo credit Diane Imrie
- Edmunds School cooking class, photo credit VT FEED
- Photo credit VYCC
- Photo credit Half Pint Farm

About This Resource

What Counts as a “Food and Health Program”?

This collection features programs that address the intersection of food and health. Both “food access” and “health” are interpreted broadly. Some programs may focus more on the “food” side, others on the “health” side.

The examples collected here are of defined programs, or specific activities, rather than broad organizational missions or goals. Some organizations may have an overarching food and/or health mission and have multiple programs represented. Some organizations that do not have an overall food-health focus nevertheless run food-health programs. In some cases, smaller organizations with day-to-day operations that support food access and health – for example, a local food shelf—may not call their activities a “program”, but it counts as such for the purposes of this project.

Collection Process

These examples were collected over the course of 2018 by the Farm to Plate Network Health Cross-Cutting Team (CCT). The CCT developed and disseminated a survey that received these responses. All information is self-reported.

Each program is unique and has been developed within an organization or community to fill a specific need. As such, each program developed its own goals, objectives and measures that relate to those goals. Although it was not possible to standardize metrics for the purposes of this resource, the CCT recognizes the importance of evaluating these programs in order to ensure they meet the goals they set out to achieve and if not, to make adjustments accordingly. As such, this resource notes types of evaluation conducted. Readers are encouraged to follow up with program contacts for more information.

A Snapshot of the Possibilities

This is not intended to be a complete listing or even a representative sample. Nor is this intended to remain consistently up-to-date. Instead, it serves as a snapshot of the variety of health and food programs offered in Vermont. If you are responsible for one of these programs and would like to provide an update, please contact Sarah Danly, Farm to Plate Network Manager, at sarah@vsjf.org.



Local Food

Farm to Plate is Vermont's food system plan being implemented statewide to increase economic development and jobs in the farm and food sector and improve access to healthy local food for all Vermonters. The **Health Cross-Cutting Team** of the Farm to Plate Network is focused on the intersection of health **with the local food system**, and hopes to see food and health projects move towards a greater incorporation of local food to provide additional benefits for local farmers and the state's economy. Many of the programs in this booklet identify "increasing consumption of local food" as an intended outcome, and several also identify "assisting local farmers with costs."

Innovative Partnership: Northwest Vermont Healthy Roots Collaborative and Northwestern Medical Center

The Northwest Vermont Healthy Roots Collaborative has the mission of "strengthen[ing] the local food system of Northwest Vermont for the health and vitality of our community." Among their many programs are several in partnership with Northwest Medical Center, including coordination of a CSA pickup site and community garden plots at the Medical Center and joint creation of food and nutrition articles for the local newspaper (see p. 34). The two organizations have also partnered on a Community Cold Storage Facility (p. 13), which "provides area growers and producers the opportunity to increase their growing capacity, provides storage for ... gleaned food from the region, and gives new and smaller farms an opportunity to participate in the local food system." This cold storage facility has been funded through in-kind support from the Medical Center and small vendor fees, and can serve as a model for health institutions to support the production of fresh, healthy food within their community.

Programs that identify “**increase consumption of local food**” as an intended outcome:

BROC Community Food Shelf p. 12
Community Cold Storage Facility p. 13
Community Kitchen Academy p. 14
Community Teaching Garden p. 15
Crop Cash p. 16
Expanded Food and Nutrition Education Program p. 17
Farmacy Project p. 18
Gardens for Learning p. 19
Gleaning Program at the Vermont Foodbank p. 20
Good Food Good Medicine Program p. 21
Grateful Hearts p. 22
Health Care Shares at North Country Hospital p. 22
Healthy Roots Gleaning Program p. 26
Health Impact of Vermont Farm to School Program p. 27
Loaves and Fishes p. 28
NOFA-VT Farm Share p. 29
Northwest Farm to School p. 30
Senior Farm Share p. 31
The Family Room Garden Program p. 32
Value Chain Facilitation and Local Food Business Support at Healthy Roots Collaborative p. 34
VeggieVanGo p. 35
Vermont Food and Veg Rx Program p. 37
Vermont WIC Program p. 38
Vermonters Feeding Vermonters p. 39
VT Fresh p. 40
Weight Loss Support Group -- Nutrition Education p. 41
The Wellness Collaborative p. 42

Programs that identify “**assist local farmers with costs**” as an intended outcome:

Community Cold Storage Facility p. 13
Crop Cash p. 16
Farmacy Project p. 18
Grateful Hearts p. 22
Loaves and Fishes p. 28
NOFA-VT Farm Share p. 29
Senior Farm Share p. 31
Vermonters Feeding Vermonters p. 37

This document also includes programs that do not yet have a focus on local food or farms. The Health Cross-Cutting Team hopes that this comparison of programs may be helpful to organizations who would like to figure out how to add a local aspect to their food programs.

Programs by Funding Source

Programs that identify **federal grant(s)** as a funding source:

BROC Community Food Shelf p. 12
Community Kitchen Academy p. 14
Crop Cash p. 16
Expanded Food and Nutrition Education Program p. 17
Health Care Shares p. 25
Senior Farm Share p. 31
The Learning Kitchen p. 33
Vermont Food and Veg Rx Program p. 37
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Programs that identify **State of Vermont grant(s)** as a funding source:

Community Kitchen Academy p. 14
Health Care Shares p. 25
VT Fresh p. 40
Weight Loss Support Group -- Nutrition Education p. 41
The Wellness Collaborative p. 42

Programs that identify **grant(s) from a national nonprofit** as a funding source:

Community Kitchen Academy p. 14
Farmacy Project p. 18
Health Care Shares p. 25
VeggieVanGo p. 35
Vermonters Feeding Vermonters p. 39
VT Fresh p. 40

Programs that identify **grant(s) from a Vermont nonprofit** as a funding source:

Community Kitchen Academy p. 14
Farmacy Project p. 18
Good Food Good Medicine Program p. 21
HANDS in the Kitchen p. 23
Health Care Shares p. 25
Healthy Roots Gleaning Program p. 26
Northwest Farm to School p. 30
The Family Room Garden Program p. 32
VeggieVanGo p. 35
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VT Fresh p. 40

Programs that identify **donations** as a funding source:

BROC Community Food Shelf p. 12
Community Kitchen Academy p. 14
Expanded Food and Nutrition Education Program p. 17
Farmacy Project p. 18
Gleaning Program at the Vermont Foodbank p. 20
Good Food Good Medicine Program p. 21
HANDS in the Kitchen p. 23
Health Care Shares p. 25
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Programs that identify **other** as a funding source:

Community Cold Storage Facility p. 13 [Small vendor fees and Northwestern Medical Center In Kind]
Community Teaching Garden p. 15 [Private foundation and participant fees]
Expanded Food and Nutrition Education Program p. 17 [Short-term grants]
Farmacy Project p. 18 [community sponsorships, hospital foundation /trust grant]
Gardens for Learning p. 19 [Private Foundation and Grant from Local Business]
Grateful Hearts p. 22 [Catholic Bishop's Fund]
Health Care Shares at North Country Hospital p. 24 [North Country Hospital]
Health Impact of Vermont Farm to School Program p. 27 [VDH Staff]
Value Chain Facilitation and Local Food Business Support at Healthy Roots Collaborative p. 34 [Northwestern Medical Center]
Veggie Van Go at the Hospital p. 36 [VT Foodbank and hospital volunteers]

Programs by County

Addison

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Expanded Food and Nutrition Education Program p. 17
Gardens for Learning p. 19
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NOFA-VT Farm Share p. 29
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Bennington

BROC Community Food Shelf p. 12
Crop Cash p. 16
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Caledonia

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Chittenden

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Essex

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Franklin

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Grand Isle

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Lamoille

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Orange

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Orleans

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Rutland

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Washington

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Windham

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Windsor

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VT Fresh p. 40

BROC Community Food Shelf

BROC Community Action

Reach



Geographic Reach:
Rutland and Bennington Counties

Estimated Population Reach:
8

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Immigrants |
| <input checked="" type="checkbox"/> Health Risks | <input checked="" type="checkbox"/> Other: <u>dietary concerns, diabetes</u> |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: Farm to Family coupon, 3SquaresVT outreach

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

To provide supplies to reduce food insecurity and hunger, and help clients learn to make more healthful choices. In addition, we provide nutrition education, access, and cooking demonstrations. We also offer the "Feed the Freezer" program in Rutland County. This effort engages local volunteers who prepare and then freeze healthful casseroles for distribution in the food shelf. Because these meals are already fully cooked, they can easily be heated in an oven or microwave, or simply thawed and consumed. The meals combine nutritious proteins, vegetables and starches and are particularly helpful to those with limited incomes or lack access to ingredients and/or cooking facilities.

Project Duration:

Ongoing since 10/23/2017.

Evaluation Results:

We track the number served, the pounds of food received (fresh food), and the number of people that attend cooking presentations. Data is available on the website or by contacting Elizabeth Eddy.

Program Contact Information:

Elizabeth Eddy
 eeddy@broc.org
 (802) 665-1732
www.broc.org

Community Cold Storage Facility

Healthy Roots Collaborative, Northwestern Medical Center

REACH



Geographic Reach:
Franklin County

Estimated Population Reach:
12

Primary Target Population(s)

- | | |
|--|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input type="checkbox"/> Health Risks | <input checked="" type="checkbox"/> Other: * |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: ** |

Project Goal:

The Healthy Roots Community Cold Storage facility provides area growers and producers the opportunity to increase their growing capacity, provides storage for our gleaned food from the region, and gives new and smaller farms an opportunity to participate in the local food system without investing substantial time and capital. It also gives community members a place to store a bumper crop or extra freezer space for storage of bulk beef purchases.

The project serves as a model for other community based storage facilities. In addition, we are able to promote the sale of products on a wholesale scale because we are aware of what producers in the region have. The Community Cold Storage site strives to move forward the Farm to Plate Strategic Plan to increase local food consumption by improving existing infrastructure and networking growers and institutions in the NW corner of Vermont.

*Target population note: This space supports gleaned product going to food shelves in our region, supports the economic livelihood of our farmers and their families, and supports local food staying in and feeding Northwest Vermont.

**Funding note: freezer was originally partially grant funded, but the community cold storage has been fiscally covered by small vendor fees and Northwestern Medical Center In Kind.

Project Duration:

Ongoing since 10/1/2014.

Evaluation Results:

Serves 9-12 farmers/producers annually with a resource that is otherwise not available in our region, creating improved farmer viability and the capability for product to stay in the region it was grown or raised in. Serves our gleaning program, moving through 10,600 lbs of donated food last season so that the vegetables and fruits can stay in Franklin & Grand Isle Counties. Serves as a hub for a local distribution route, connecting farmers to buyers.

Program Contact Information:

Johanna Setta
jsetta@nmcinc.org
(802) 524-8947
www.healthyrootsvt.org

Community Kitchen Academy

Vermont Foodbank, Capstone Community Action, and Chittenden Emergency Food Shelf

Reach



Geographic Reach:
Chittenden & Washington Counties

Estimated Population Reach:
60 students/year

Primary Target Population(s)

<input checked="" type="checkbox"/> Women 18-64	<input checked="" type="checkbox"/> Men 18-64
<input checked="" type="checkbox"/> Women 65+	<input checked="" type="checkbox"/> Men 65+
<input type="checkbox"/> Children 0-12	<input type="checkbox"/> Children 13-17
<input checked="" type="checkbox"/> Families with children 0-12	<input checked="" type="checkbox"/> Families with children 13-17
<input checked="" type="checkbox"/> Individuals or households with limited income	<input checked="" type="checkbox"/> Persons with disabilities
<input checked="" type="checkbox"/> Refugees	<input checked="" type="checkbox"/> Immigrants
<input type="checkbox"/> Health Risks	<input type="checkbox"/> Other

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

<input checked="" type="checkbox"/> Federal Grant	<input checked="" type="checkbox"/> Grant from VT nonprofit
<input checked="" type="checkbox"/> State of VT Grant	<input checked="" type="checkbox"/> Donations
<input checked="" type="checkbox"/> Grant from national nonprofit	<input type="checkbox"/> Other:

Project Goal:
Community Kitchen Academy (CKA) is a job training program that prepares underemployed and unemployed Vermonters for careers in the food service industry. Students develop and apply new skills by rescuing food that would otherwise be wasted from grocery stores, restaurants, farms and food service companies. They work with instructors to transform this food and create meals that are then distributed through food shelves and meal sites.

Project Duration:
Ongoing since 2009.

Evaluation Results:
Between 2009-2018, CKA graduated 295 students. 91% or 268 graduates have secured employment. 40 CKA graduates have enrolled in higher education programs. And 559,358 meal servings were created by CKA students and distributed to over 20,000 Vermonters.

Program Contact Information:
Michelle Wallace
mwallace@vtfoodbank.org
(802) 477-4125
<https://www.vtfoodbank.org/nurture-people/community-kitchen-academy>

Community Teaching Garden

Vermont Community Garden Network

Reach



Geographic Reach:
Chittenden County

Estimated Population Reach:
280

Primary Target Population(s)

- | | |
|--|---|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input type="checkbox"/> Health Risks | <input type="checkbox"/> Other |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: private foundation & participant fees |

Project Goal:

The Community Teaching Garden (CTG) is a hands-on, adult beginner organic gardening course. Participants learn how to plant, cultivate, harvest, and preserve produce from their own plot and from shared garden space in a cooperative learning environment. The 22-week course follows the rhythm of the growing season from May to October.

The CTG course is designed for adults interested in learning all aspects on how to grow their own food in a fun, supportive, and cooperative learning environment. First-time gardeners will learn the basics and gain practical, hands-on experience in growing a variety of edible plants in a small-scale organic garden. Individuals with some gardening experience will benefit from learning how to increase the productivity of their garden, deepen their understanding of garden ecology, and gain confidence in more advanced topics such as garden planning, identifying pests, and season extension in our Vermont climate. Additionally, this is an extraordinary opportunity to grow a significant amount of fresh vegetables to supplement your diet or to share with your neighbors! You will take home generous harvests during the peak of the growing season and even learn food preservation and simple herbal remedies to keep benefiting from your garden once the course is over.

Project Duration:

Ongoing since 5/1/2003.

Evaluation Results:

Data is available at <http://vcgn.org/what-we-do/community-teaching-garden/> or by contacting Carolina Lukac

Program Contact Information:

Carolina Lukac
carolina@vcgn.org
(802) 861-4769
<http://www.vcgn.org/what-we-do/community-teaching-garden>

Crop Cash

NOFA-VT

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
46,000

Primary Target Population(s)

- | | |
|---|---|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input checked="" type="checkbox"/> Other: <u>3SquaresVT Benefit Recipients</u> |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

Crop Cash is a double value incentive program at farmers markets that provides FREE matching funds to Supplemental Nutrition Assistance Program (SNAP)/3SquaresVT customers when they spend their benefits at participating farmers markets. Participants receive up to \$10 per market visit to spend of locally grown fresh fruits, vegetables, herbs, or plant seeds/starts. The goals of the program are to support SNAP/3SquaresVT participant efforts to purchase more locally grown produce and support local farm sales by keeping federal food assistance dollars local and building stronger relationships between producers and consumers.

Project Duration:

Ongoing since June 2015.

Evaluation Results:

Contact Erin Buckwalter for results.

Program Contact Information:

Erin Buckwalter
erin@nofavt.org
(802) 434-4122
www.nofavt.org/cropcash

Expanded Food and Nutrition Education Program

University of Vermont Extension

Reach



Geographic Reach:

Varies by county throughout Vermont

Estimated Population Reach:

1,400

Primary Target Population(s)

- | | |
|---|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input type="checkbox"/> Health Risks | <input checked="" type="checkbox"/> Other: * |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: consumer food safety, physical activity

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: <u>short-term grants</u> |

Project Goal:

UVM Extension's Expanded Food and Nutrition Education Program (EFNEP) provides evidence-based food and nutrition education for income eligible families. EFNEP offers adult and youth programs, typically six sessions long and held in a community or home setting. Adult programs involve a combination of discussion and hands-on activities designed to empower parents to make healthier choices for themselves and their families. Children and teen programs work within community groups and schools to create fun, interactive and age-appropriate nutrition education opportunities centered around eating healthy and being active. Visit our website or contact your local EFNEP Nutrition Educator to learn more: www.uvm.edu/extension/efnep

*Target population note: "other" target populations include limited income parents of children birth through age 19, youth ages 5-19, and pregnant women

Project Duration:

Ongoing since 10/1/1969.

Evaluation Results:

For data, contact Amy Davidson (amy.davidson@uvm.edu)

Program Contact Information:

Amy Davidson
amy.davidson@uvm.edu
 (802) 656-2311
www.uvm.edu/extension/efnep

Farmacy Project

Vermont Farmers Food Center

Reach



Geographic Reach: Rutland County & some individuals from surrounding towns

Estimated Population Reach: 1,009

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Immigrants |
| <input checked="" type="checkbox"/> Health Risks | <input checked="" type="checkbox"/> Other: * |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|---|---|
| <input type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input checked="" type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: ** |

Project Goal:

Vermont Farmers Food Center’s Farmacy Project emphasis is on two core elements: fresh produce prescriptions for individuals as medicine for food related illnesses, and that the fresh produce provided be grown exclusively by new and small scale Rutland County farmers. Health care providers refer patients to become members of the Farmacy Project. Providers determine patient eligibility with intention of serving those most in need based on health condition and food security status. Farmacy Project has created and established systems and working relations making the link between farm viability, and public health - weaving together the educational and cultural experiences that community, people centered, place-based programming can provide.

*Target population note: target populations include economically challenged new and beginning farmers.

**Funding note: other sources include community sponsorships and hospital foundation/trust grant.

Project Duration:

Ongoing since 1/1/2015.

Evaluation Results:

Since 2015 the Farmacy Project has served 1,009 individuals. Overview of most recent evaluation data available from 2017: Farmacy Project provided 20 farm shares (12 weekly during growing season, 8 monthly during fall/winter/spring) to 130 patient members (363 unique individuals) referred by their health care provider. 84% of members successfully completed -missed 2 or fewer share pick-ups during the program. 80% of members reported that at least one member of their household was living with one or more of the following health conditions: high cholesterol, overweight or obese, diabetes or pre-diabetes, high blood pressure. 44% of members reported they participate in 3SquaresVT. 54 member families had children under 18 living in household. 68% of members reported increased consumption of and confidence in eating fresh fruits and vegetables. Four new and small scale farms reported the Farmacy contributed to 10-15% of their annual income.

Program Contact Information:

Heidi Lynch, Vermont Farmers Food Center
 hlynch@vermontfarmersfoodcenter.org
 (802) 342-4219

www.vermontfarmersfoodcenter.org/farmacy_project

Gardens for Learning

Vermont Community Garden Network

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
600

Primary Target Population(s)

- | | |
|--|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: * |

Project Goal:

Gardens for Learning is a grant and technical assistance program that provides a unique opportunity for participating communities to support summer gardening, nutrition, and cooking programs for children at risk of summertime hunger. By learning how to grow their own food in an engaging and supportive environment and using that food to make healthy snacks, the children are not only changing their own habits, but increasing their families' overall food security. Grant recipients run programs at affordable housing sites, schools, community health centers, and summer camps. Some locations almost exclusively engage in gardening and cooking activities, while others are part of a larger program offering a host of other summertime activities.

*Funding note: funding sources include a private foundation and grant from a local business.

Project Duration:

Ongoing since 1/1/2014.

Evaluation Results:

(From 2016 report:) By the end of the program, youth were able to identify most vegetables growing in the garden - 71% of Site Coordinators strongly agree, 29% agree.

By the end of the program, youth were more willing to try new food items during cooking activities - 57% of Site Coordinators strongly agree, 43% agree.

An overall evaluation of 44 parent surveys showed that participating children develop a strong positive attitude towards trying new foods, eating fruits and vegetables, and interest in continuing activities at home.

Data is available at <http://vcgn.org/gardens-for-learning/> or from Carolina Lukac, carolina@vcgn.org

Program Contact Information:

Carolina Lukac
carolina@vcgn.org
 (802) 861-4769
<http://vcgn.org/gardens-for-learning>

Gleaning Program

Vermont Foodbank

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
The Foodbank serves ~1:4 Vermonters

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

The Vermont Foodbank operates the state's largest gleaning program. Gleaning is the act of harvesting excess vegetables from farm fields. Oftentimes the produce is top quality. Other times it may be irregularly shaped or have small blemishes. The Vermont Foodbank's Gleaning Program works with nearly 800 volunteers to harvest and gather produce that may otherwise go to waste. This type of food rescue enables the Foodbank to provide healthy, local food to Vermonters who are at risk of hunger.

Food rescue is statewide; field gleaning with volunteers occurs in Rutland, Chittenden, and Windham counties.

Project Duration:

Ongoing since 2009.

Evaluation Results:

Each year, we distribute approximately 465,000 pounds of fresh, local produce to Vermonters through food shelves, meal sites, senior centers, housing sites, schools and hospitals throughout the state.

Program Contact Information:

Michelle Wallace
mwallace@vtfoodbank.org
(802) 477-4125

<https://www.vtfoodbank.org/gather-food/gleaning>

Good Food Good Medicine Program

Highgate Non-profit

Reach



Geographic Reach:

Highgate Housing & Green Acres Housing, Barre, VT

Estimated Population Reach: 35

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: affordable nutrition, seasonal herbalism, self help

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

The goal of the Good Food Good Medicine is to create a long term program that works towards alleviating the systemic food and health challenges of multigenerational poverty in Section 8 Housing Sites in Barre Vermont. The GFGM program provides participants with seasonal programming that includes gardening, herbalism, cooking, affordable nutrition and empowerment to participants. Over the years we have renewed our focus towards the children, working to provide hands on opportunities and exposure to local food and farming in our community. We believe that this kind of food justice initiative is so needed in Vermont and helps participants move from dependency towards local food self reliance, demonstrating that food access must be linked with food education to have real change in behavior.

Project Duration:

Ongoing since 3/3/2006.

Evaluation Results:

We use pre and post assessments with all our participants measuring both qualitative and quantitative results. We take a long term view in addressing multi-generational poverty, realizing that most short term programs are never enough to make the necessary systemic changes such as affordable childcare, food, health care, transportation, job and entrepreneurial training, etc.

Data is available by contacting Joseph Kiefer.

Program Contact Information:

Joseph Kiefer
 Josephkiefer53@gmail.com
 (802) 229-2507

Grateful Hearts, Inc.

Grateful Hearts, Inc.

Reach



Geographic Reach:
Bennington Co.; Rutland Co. pending

Estimated Population Reach:
5

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input checked="" type="checkbox"/> Other: <u>homeless</u> |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: <u>Catholic Bishop's Fund</u> |

Project Goal:

Collect surplus local food resource that is targeted for waste and "rescue" it in available mid-temp refrigerators and freezers. This "rescued" food is then brought to commercial and church kitchens to be professionally converted into ready made soups, stews, and casseroles. We have partnered with SVMC in Bennington and their annual output has been +30,000 individual meals. These meals are distributed at 10 local non profit organizations and offered at no cost to consumers. We have also partnered with most of the elementary schools in Bennington Co. which distribute our meals in their Back Pack Program every Friday. We also have a Grateful Hearts Chapter operating in Manchester out of the local Catholic Church. All of our meals are 100% frozen at time of distribution to ensure food safety. We have been operating for 7 years without any complaints.

Project Duration:

Ongoing since 2/1/2010.

Evaluation Results:

The Grateful Hearts program is a proven operating template that can easily be replicated throughout Vermont or nationwide. The fact that a minimum 40% of all food resources are destined for waste is a national issue and not only here in Vermont. That 40% coupled with VT Food Bank estimates that 20% of VT's population suffers from food insecurity creates an opportunity to significantly reduce food insecurity and improve health in a population that is most vulnerable. The other key component is our program offers a solution to VT Act 148 which SVMC in Bennington is currently 100% in compliance. The Grateful Hearts have been chosen to be the feature article in the Fall 2018 edition of Edible Magazine.

Data is available from Dale Coppin and Laura LaCroix.

Program Contact Information:

Dale Coppin
dale.coppin23@gmail.com
(802) 282-2251
www.gratefulheartsvt.com

HANDS in the Kitchen

Helping and Nurturing Diverse Seniors (HANDS) and VCGN

Reach



Geographic Reach:
Burlington

Estimated Population Reach:
30

Project Goal:

Garden-themed cooking for seniors.

Project Duration:

Ongoing seasonally. Note that as of 2019 this is no longer a VCGN project and questions should be directed to HANDS.

Evaluation Results:

For the summer 2017 workshop series, participants reported:

- A change in eating habits because of the workshop: "Trying to include food groups but reduce portions." "I'm shopping for healthy things we had in class"

- An increase in eating fruits and vegetables as snacks: "Since Chef Robin, I eat healthier and lost 35 lbs." "Yes-- or as "dessert" (fruits)."

- An increase in repurposing food: "Using chicken in a soup after initially eating it as a main course." "Each meal Robin presented things I never knew. I have a great notebook of ideas to follow."

Primary Target Population(s)

- | | |
|---|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Program Contact Information:

Megan Humphrey
handsvt@gmail.com
(802) 864-7528
www.handsvt.org/gardening-program

Health Care Shares at North Country Hospital

North Country Hospital, VYCC, and Upper Kingdom Food Access

Reach



Geographic Reach:
Orleans County

Estimated Population Reach:
75

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input checked="" type="checkbox"/> Health Risks | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: nutrition education

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: <u>North Country Hospital</u> |

Project Goal:

VYCC's Members' hard work results in the Health Care Share (HCS) program, which provides food-insecure Vermonters with nutritional education, medical care, and local farm-fresh food. Each week of the growing season, more than 400 families receive a share of fruit, vegetables, herbs, and pasture-raised poultry.

Medical professionals at Central Vermont, University of Vermont, Rutland Regional Medical Centers, and North Country Hospital identify patient and employee families who are experiencing hunger or a diet related illness. Health care providers "prescribe" fresh vegetables and a more nutritious diet for their patients, a unique approach to preventative medicine and public health. Food is then distributed to member-families through primary care clinics.

Through classes and workshops, Health Care Share participants gain tools to maintain a healthy diet, shop on a budget, and cook and eat fresh food. Weekly newsletters include farm news and recipe information, and Hunger Free Vermont's Learning Kitchen is available to participants.

The Upper Kingdom Food Access is a community initiative to support "healthy food access for all" in Orleans and northern Essex Counties, VT. The focus areas are: (1) to promote increased access to food, nutrition and gardening education; (2) to promote gardening opportunities and the historical connection of people to the land and food production; (3) to promote increased access to locally produced foods.

This group is implementing nutrition education via a weekly newsletter that includes recipes, and providing food samples at each Health Care Share Distribution.

Project Duration:

7/26/2017 to 4/30/2020.

Evaluation Results:

The evaluation process is not yet complete.

Program Contact Information:

Julie Riffon, Blueprint Coordinator
North Country Hospital
jriffon@nchsi.org
(802) 334-7331

Health Care Shares *(multiple locations)*

Vermont Youth Conservation Corps (VYCC)

Reach



Geographic Reach: Washington, Chittenden, Addison, Orleans, Ruftland, and Bennington Counties

Estimated Population Reach: 2,500

Primary Target Population(s)

- | | |
|---|--|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input checked="" type="checkbox"/> Health Risks | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|---|---|
| <input checked="" type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input checked="" type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input checked="" type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

The Health Care Share connects Vermonters who are unable to access fresh nutritious food or experiencing a diet-related illness with a weekly share of produce at their doctor's office. Vermont youth engaged in paid VYCC employment training grow, pack, and harvest the produce for the Health Care Share. Primary care providers at partnering hospitals refer their patients to the program as Health Care Share Members. Members are enrolled for a 6 month CSA share: 12 weekly shares, July through September, and 3 monthly shares, October through December. Shares are supplemented with nutrition and culinary education. All VYCC youth working on the project also receive a Health Care Share. The goal of the Health Care Share is three-fold: to provide Vermont youth with professional skills and personal development; to improve the wellness and food security of individuals and families; to engage Vermont agriculture in building a comprehensive and inclusive format.

Project Duration:

Ongoing since 1/7/2012.

Evaluation Results:

Results from 2016 evaluations focused primarily on measuring participation and engagement with the Health Care Share. 93.24% of survey respondents reported eating "Mostly all" or "All" of the food received in the Health Care Share each week. 94.66% of survey respondents answered that they would like to participate in the Health Care share again, and 30.43% of respondents expressed some interest in playing a larger role in Health Care Share program.

Results from 2017 program evaluations (focusing on nutrition/cooking knowledge and fruit and vegetable consumption) are currently being compiled and analyzed- they will be available upon completion of the analysis.

Data is available from VYCC.

Program Contact Information:

Paul Feenan, Vermont Youth Conservation Corps
 paul.feenan@vycc.org
 (802) 434-3969
<http://www.vycc.org/farm/health-care-share>

Healthy Roots Gleaning Program

Northwestern Healthy Roots Collaborative

Reach



Geographic Reach:
Franklin and Grand Isle Counties

Estimated Population Reach:
650

Project Goal:

Increase the amount and diversity of fresh produce at charitable food sites in Franklin and Grand Isle Counties.

Primary Target Population(s)

- | | |
|---|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input type="checkbox"/> Health Risks | <input type="checkbox"/> Other: |

Project Duration:

Ongoing since 1/1/2016.

Evaluation Results:

We measure the number of food sites served, pounds of food delivered and variety of food delivered. We serve 18 charitable food sites and deliver a large variety of approximately 10,000 pounds of fresh, local produce.

Data is available by contacting Koi Boynton at kboynton@nmcinc.org

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Program Contact Information:

Koi Boynton
kboynton@nmcinc.org
 (802) 524-1219
<http://www.healthyrootsvt.org/>

Health Impact of VT Farm to School Program

Vermont Agency of Agriculture, Food and Markets

Reach



Geographic Reach:
Franklin and Grand Isle Counties

Estimated Population Reach:
650

Primary Target Population(s)

- | | |
|--|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input type="checkbox"/> Health Risks | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: <u>VDH Staff</u> |

Project Goal:

In a collaborative project, the Vermont Department of Health (VDH) conducted a study on the health impact of the VT Agency of Agriculture Farm to School (FTS) Grant Program, using data from surveys VDH gives schools in Vermont. Researchers used FTS related data from the Vermont School Health Profiles and the Vermont Youth Risk Behavior Survey among the Agency of Agriculture FTS implementation grantees. These data represent only middle schools & high schools (for the School Health Profiles) and high schools only (for the Youth Risk Behavior Survey). The research shows that grantees perform better than schools that have not received grants in most health indicator areas.

Project Duration:

5/1/2017 to 9/9/2017

Evaluation Results:

The Vermont School Health Profiles (SHP) Survey asks Vermont secondary school principals and lead health educators (LHEs) about the health environment/policies and health education practices in secondary schools. No elementary schools are included in these data, therefore, this represents only a subset of all Farm to School (FTS) grantees. Questions included Q36 (a, d-I, k) and Q46 (c, d) from the principal's questionnaire and Q9 (l), Q13 (a, c, h, o), Q15 (b, e), and Q16 (e) from the LHE survey. FTS grantees from 2007-2013 were grouped as having been awarded a FTS implementation grant 3+ years ago, those awarded a grant in 2014 or 2015 were grouped as having had a grant within 2 years ago, all other schools were grouped as non-FTS schools.

The Vermont Youth Risk Behavior Survey (YRBS) asks high schoolers about the quantity and type of fruits and vegetables consumed daily. As these questions are only asked of high schoolers, they do not include any data pertaining to elementary or middle schools and are therefore only a subset of all Agency of Agriculture Food & Markets, Farm to School (FTS) implementation grant recipients. Therefore, as an outcome measure, these data give only partial measurement of FTS activity.

Program Contact Information:

Ali Zipparo
alexandra.zipparo@vermont.gov
(802) 505-1822

Loaves & Fishes

Steering Committee of Centre Congregational Church

Reach



Geographic Reach:
Brattleboro Area

Estimated Population Reach:
20844

Primary Target Population(s)

<input checked="" type="checkbox"/> Women 18-64	<input checked="" type="checkbox"/> Men 18-64
<input checked="" type="checkbox"/> Women 65+	<input checked="" type="checkbox"/> Men 65+
<input checked="" type="checkbox"/> Children 0-12	<input checked="" type="checkbox"/> Children 13-17
<input checked="" type="checkbox"/> Families with children 0-12	<input checked="" type="checkbox"/> Families with children 13-17
<input checked="" type="checkbox"/> Individuals or households with limited income	<input checked="" type="checkbox"/> Persons with disabilities
<input checked="" type="checkbox"/> Refugees	<input checked="" type="checkbox"/> Health Risks
<input checked="" type="checkbox"/> Immigrants	<input type="checkbox"/> Other:

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

<input type="checkbox"/> Federal Grant	<input type="checkbox"/> Grant from VT nonprofit
<input type="checkbox"/> State of VT Grant	<input checked="" type="checkbox"/> Donations
<input type="checkbox"/> Grant from national nonprofit	<input type="checkbox"/> Other:

Project Goal:
Loaves & Fishes provides a hot meal to anyone in need on Tuesdays and Fridays in Brattleboro.

Project Duration:
Ongoing since 1984.

Evaluation Results:
No quantitative analysis has been performed, but data is available at https://docs.google.com/spreadsheets/d/1azx2WfoilB2dygwz_IxgC2h4W6_tUhuR1V-MaI5Gubo/edit#gid=108139790/

Program Contact Information:
Robert Oeser
Robt.Oeser@gmail.com
(518) 505-9031

NOFA-VT Farm Share

NOFA-VT

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
700

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

Increase access to Community Supported Agriculture shares for limited-income Vermonters.

Specific intended outcomes include:

- CSAs facilitate education around healthy eating, meal prep, etc.
- Only VT CSAs can participate, so all shares come from these local farms
- Increase consumption of fruits and vegetables and associated positive health outcomes; many participants come to the program after learning of a health issue
- Reduce financial burden for healthy food by providing a subsidized CSA share
- Increase consumer base of local farms and support their efforts
- Democratize participation in direct markets and the local food system for all

Project Duration:

Ongoing since 1995.

Evaluation Results:

Contact Erin Buckwalter for results.

Program Contact Information:

Erin Buckwalter
erin@nofavt.org
(802) 434-4122
www.nofavt.org/farmshare

Northwest Farm to School

Northwestern Healthy Roots Collaborative

Reach



Geographic Reach:
Franklin and Grand Isle Counties

Estimated Population Reach:
4

Primary Target Population(s)

- | | |
|--|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Immigrants |
| <input type="checkbox"/> Health Risks | <input checked="" type="checkbox"/> Other: * |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: **

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

Strengthen regional collaboration and advance farm to school programs in Franklin and Grand Isle Counties.

*Target population note: "other" target populations include educators, school staff, food service staff, and community members.

**Intended outcomes note: additional intended outcome is to increase local food purchasing at schools.

Project Duration:

Ongoing since 7/1/2015.

Evaluation Results:

We are currently implementing our 2016-2017 plan with a number of intended outcomes including:

- Increasing free and reduced and direct certified numbers at schools
- Increasing the number of relationships between school food service and local producers
- Community/school wellness champions engaged in farm to school

Data is available by contacting Koi Boynton at kboynton@nmcinc.org

Program Contact Information:

Koi Boynton
kboynton@nmcinc.org
 (802) 524-1219
<http://www.healthyrootsvt.org/>

Senior Farm Share

NOFA-VT

Reach



Geographic Reach:
Statewide

Estimated Population Reach:
950

Primary Target Population(s)

- | | |
|---|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

The Senior Farm Share program provides small (\$50) CSA shares from area farms to limited-income seniors (age 60+) living at affordable housing sites in Vermont.

SASH coordinators at housing sites often provide additional nutrition information relevant to the shares. The CSA shares come from local VT farms and the farmers are paid the full \$50 price while the share is free of charge for recipients.

Project Duration:

Annual, seasonal May-October.

Evaluation Results:

Please contact Linda Berlin, UVM Extension, for extensive program evaluation results from previous years.

Program Contact Information:

Erin Buckwalter
erin@nofavt.org
(802) 434-4122
www.nofavt.org/seniorfarmshare

The Family Room Garden Program

Vermont Community Garden Network

Reach



Geographic Reach:
Burlington, Vermont

Estimated Population Reach:
280

Primary Target Population(s)

- | | |
|---|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

1) Establish a suitable outdoor classroom for summertime gardening and cooking activities for young children and parents. The grant would allow us to equip our outdoor kitchen with shade structures, working surfaces, and child-friendly utensils.

2) Develop a hands-on gardening, nutrition, and cooking curriculum for the unique community at the Family Room Garden. We envision a curriculum that reflects the Vermont growing season, meets the developmental needs of children ages birth through seven, and celebrates cultural diversity. Grant funds will help cover the cost of staffing summer-long interns to facilitate activities.

3) Increase consumption of vegetables, fruits, and herbs grown by families in small kitchen plots at the Family Room Garden. The grant would allow us to coordinate cooking demos and taste tests featuring a harvest of the week. Children and parents will participate in nutrition education, acquire cooking skills, and learn recipes to replicate at home.

Project Duration:

Ongoing since 6/1/2014.

Evaluation Results:

Data is available at <http://vcgn.org/what-we-do/burlington-partnerships/> or from Carolina Lukac, carolina@vcgn.org

Program Contact Information:

Carolina Lukac
carolina@vcgn.org
 (802) 861-4769
<http://vcgn.org/what-we-do/burlington-partnerships/>

The Learning Kitchen

Hunger Free Vermont

Reach



Geographic Reach:
Statewide

Estimated Population Reach:
9

Primary Target Population(s)

- | | |
|---|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input checked="" type="checkbox"/> Other: <u>age 10+</u> |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: cooking skills & nutrition concepts

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

The Learning Kitchen, which began in 1999, is a six-series nutrition and cooking education program that serves low-income middle school and high school youth, as well as adults. The program is designed to improve the food security of low-income households by empowering them with the skills and knowledge needed to purchase and prepare nutritious food on a budget.

Project Duration:

Ongoing since 5/1/1999.

Evaluation Results:

43% of all program participants indicated an increase in the quantity of vegetables they are consuming each day.

43% of all program participants indicated an increase in the quantity of vegetables they are consuming each day.

34% of all participants indicated that they increased the frequency with which they use the Nutrition Facts label when choosing foods to eat.

Program Contact Information:

Katy Davis
kdavis@hungerfreevt.org
(802) 865-0255
<https://www.hungerfreevt.org/nutrition-education/>

Value Chain Facilitation and Local Food Business Support

Healthy Roots Collaborative, Northwestern Medical Center

Reach



Geographic Reach:

Franklin & Grand Isle County

Estimated Population Reach:

56

Primary Target Population(s)

- | | |
|--|---|
| <input type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input checked="" type="checkbox"/> Other: <u>all</u> |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: overcome barriers to selling/purchasing local food

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|---|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: <u>Northwestern Medical Center</u> |

Project Goal:

Healthy Roots tables at and supports events through providing resources regarding local food access and seasonality through taste tests and marketing. We coordinate the annual In Good Taste Event, highlighting product from the region and providing producers with an opportunity to sell their product. We support Northwestern Medical Center and offer services to businesses in the region to develop their local purchasing practicing, simultaneously connecting the farmers with buyers. Healthy Roots conducted a pop-up farmers market at NMC with 14 vendors and hundreds of shoppers, CSA pick-up site at NMC, Community Garden Plots @ NMC, and writes food focused articles for the messenger in partnership with Registered Dietician from NMC. We conduct processing days at food shelves in Franklin & Grand Isle County and we ensure our staff are knowledgeable on the local resources and affordable ways to access local fruits and vegetables. Lastly, we have completed our website www.healthyrootsvt.org, that will eventually have a map of the region that identifies and promotes farmers and processors.

Project Duration:

Ongoing since 10/1/2014.

Evaluation Results:

We are now tracking the farmers and processors we work with and the value of the product they sold with our support, along with the buyers we supported. We also track the number of individuals we reach at community outreach events and tabling.

Data is available from jsetta@nmcinc.org.

Program Contact Information:

Johanna Setta
jsetta@nmcinc.org
 (802) 524-8947
www.healthyrootsvt.org

VeggieVanGo

Vermont Foodbank & various partners

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
2,500 monthly

Primary Target Population(s)

<input checked="" type="checkbox"/> Women 18-64	<input checked="" type="checkbox"/> Men 18-64
<input checked="" type="checkbox"/> Women 65+	<input checked="" type="checkbox"/> Men 65+
<input checked="" type="checkbox"/> Children 0-12	<input checked="" type="checkbox"/> Children 13-17
<input checked="" type="checkbox"/> Families with children 0-12	<input checked="" type="checkbox"/> Families with children 13-17
<input checked="" type="checkbox"/> Individuals or households with limited income	<input checked="" type="checkbox"/> Persons with disabilities
<input checked="" type="checkbox"/> Refugees	<input checked="" type="checkbox"/> Health Risks
<input checked="" type="checkbox"/> Immigrants	<input type="checkbox"/> Other:

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

<input type="checkbox"/> Federal Grant	<input checked="" type="checkbox"/> Grant from VT nonprofit
<input type="checkbox"/> State of VT Grant	<input checked="" type="checkbox"/> Donations
<input checked="" type="checkbox"/> Grant from national nonprofit	<input type="checkbox"/> Other:

Project Goal:
The Vermont Foodbank's VeggieVanGo program promotes health for Vermonters. VeggieVanGo events provide an opportunity for participants to bring home fresh produce and a gathering place that offers support and conversations about healthy food. The Vermont Foodbank works with schools and hospitals to set up a mobile food pantry to distribute fresh produce monthly on school and hospital grounds, thereby providing an easy, accessible source of food for low-income students and their families.

Along with healthy, fresh food, VeggieVanGo provides education and outreach to improve food security. In partnership with our VT Fresh program we offer cooking demos, and taste tests of the vegetables available, paired with recipes and cooking tips. Our SNAP outreach team is also at the ready to assist participants with information about 3SquaresVT and provide application assistance.

Project Duration:
Ongoing since 2013.

Evaluation Results:
2018 results:

- 68% VVG/schools families agree that the program improved the well-being of their child
- 25% VVG participants reported an increase in their consumption of vegetables
- 24% VVG participants reported an increase in their consumption of fruits
- 30% VVG participants reported a positive change in their eating habits

Program Contact Information:
Jessie Carpenter
jcarpenter@vtfoodbank.org
(802) 477-4126
<https://www.vtfoodbank.org/share-food/veggievango>

VeggieVanGo at the Hospital

VT Foodbank and Northeastern Vermont Regional Hospital

Reach



Geographic Reach:

Caledonia and So. Essex counties

Estimated Population Reach:

1,000

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input checked="" type="checkbox"/> Other: * |

Project Goal:

To increase fruit and vegetable consumption among low income people in the NVRH service area.

Recipes and food demos are also provided.

*Funding note: the program is supported by the VT Foodbank and hospital volunteers.

Project Duration:

Ongoing since 1/21/2016.

Evaluation Results:

The Vermont Foodbank administered a Food Behavior Checklist and results are available with them. "Mobile Produce Markets" are an evidence-based strategy.

Data is available by contacting the VT Foodbank.

Program Contact Information:

Laural Ruggles
l.ruggles@nvrh.org
(802) 748-7590
<http://nvrh.org/foodbank-at-nvrh>

Vermont Fruit and Veg Rx Program

Vermont Department of Health

Reach



Geographic Reach:
Burlington and Rutland

Estimated Population Reach:
680

Primary Target Population(s)

- | | |
|---|---|
| <input checked="" type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

The goals of this project are:

1. To motivate and support SNAP recipients to purchase and consume more fruits and vegetables;
2. For health care providers to identify low income patients and address the importance of fruit and vegetable consumption to health;
3. For retailers to be incentivized to support increased purchases of produce by SNAP recipients.

Fruit and vegetable consumption is linked with weight status and health. According to Vermont's Behavioral Risk Factor Surveillance System (BRFSS 2013), Vermonters who ate fewer than two fruits or three vegetables per day during the last month were significantly more likely to report being obese compared to those eating two or more fruits daily (29% vs. 19%), with rates highest among low income people.

Health care providers can play a critical role in helping people make lifestyle changes, such as improving diets, yet many providers are reluctant to suggest low income patients eat healthier without having supportive resources to offer.

Vermont will develop and implement a physician based "produce prescription program" in two counties. Patients who receive SNAP benefits will be given coupons by their physicians for local, fresh or frozen produce to be redeemed in specific retail location including 2 chain grocery stores, 1 independent grocery/co-op, and 1 year-round farmers market. Vermont will evaluate the success of integrating healthy eating conversations into health care visits, whether participants access to, and consumption of, produce increased, and the ability to develop and redeem state-specific coupons in a variety of retail establishments.

Project Duration:

7/1/2016 to 12/30/2017.

Evaluation Results:

Evaluation results will be available by 12/30/17.

Program Contact Information:

Suzanne Kelley
suzanne.kelley@vermont.gov
(802) 657-4202

Vermont WIC Program

Vermont Department of Health

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
12,756

Primary Target Population(s)

- | | |
|---|---|
| <input checked="" type="checkbox"/> Women 18-64 | <input type="checkbox"/> Men 18-64 |
| <input type="checkbox"/> Women 65+ | <input type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input type="checkbox"/> Families with children 0-12 | <input type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input checked="" type="checkbox"/> Other: <u>children & families with children 0-5</u> |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: support local farmers through Farm to Family program

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. The program provides nutrition screening and education, a monthly supplemental food package, breastfeeding support, and referrals to health care and social services for income-eligible women who are pregnant or postpartum, infants, and children up to age 5. WIC provides specific foods to ensure good health and development. Food packages typically include milk, cheese, eggs, whole grains, peanut butter, beans, fruits, vegetables, and juice. In 2015, the program initiated a nine month roll out of eWIC across the State, transitioning from home delivery of the monthly food benefit to purchase at retail stores via electronic benefit transfer. This transition greatly expanded the variety of WIC approved foods available to families, including a great number of local products.

Project Duration:

Ongoing since 9/26/1972.

Evaluation Results:

The WIC program collects several sources of evaluation data on increasing knowledge about consumption of health foods, improvement in health outcomes, and reducing financial burden for participants, both nationally and at the state level. Recently, with the move to eWIC and food benefit redemption in the retail market, we are able to monitor and evaluate new sources of data, such as the amount of local products purchased. For example, for state fiscal year 2017, over 95,000 gallons of milk from Vermont based dairies were purchased through the WIC program. This represents approximately 40% of all WIC milk sales and almost \$410,000. These figures represent a baseline measure; more can be done to further encourage the purchase of local products. Please contact Amy Malinowski, amy.malinowski@vermont.gov or (802) 652-4186, for additional information.

Program Contact Information:

Karen Flynn
 Karen.Flynn@vermont.gov
 (802) 652-4171
<http://www.healthvermont.gov/family/wic>

Vermonters Feeding Vermonters

Vermont Foodbank

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
The Foodbank serves ~1:4 Vermonters

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|---|---|
| <input type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input checked="" type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

Through Vermonters Feeding Vermonters, the Vermont Foodbank purchases local fruits and vegetables from Vermont Farmers to share with our neighbors facing hunger. The Foodbank and farmers agree upon a quantity, fair market price, and delivery schedule prior to the growing season. During the harvest season, farmers provide regular deliveries to one of our three branches. Foodbank staff then distribute the produce to Vermonters facing hunger through our existing channels, including our well-established VeggieVanGo program, delivering directly to school and hospital communities, and through our 215 partner food shelves, meal sites, senior centers and after school programs.

Outcomes include:

- Improved health for Vermonters facing hunger
- A stronger Vermont economy
- Increased security for farmers
- A reduced environmental footprint

Project Duration:

Ongoing since 2018.

Evaluation Results:

- Partnership with 10+ local Vermont farms.
- 205,000 lbs of top-quality local produce.
- 21 different types of fruits and vegetables distributed.
- More than 615,000 servings of fresh food shared with our neighbors facing hunger.
- An estimate \$268,000 contributed to Vermont's economy.

Program Contact Information:

Michelle Wallace
 mwallace@vtfoodbank.org
 (802) 477-4125
<https://www.vtfoodbank.org/gather-food/vermonters-feeding-vermonters>

VT Fresh

Vermont Foodbank

Reach



Geographic Reach:
Vermont

Estimated Population Reach:
5,000+

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|---|---|
| <input checked="" type="checkbox"/> Federal Grant | <input checked="" type="checkbox"/> Grant from VT nonprofit |
| <input checked="" type="checkbox"/> State of VT Grant | <input checked="" type="checkbox"/> Donations |
| <input checked="" type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

VT Fresh increases client access to fresh fruits and vegetables by offering cooking demonstrations and taste tests to visitors at food shelves and other community locations, including VeggieVanGo events. VT Fresh incorporates strategies for transforming the food environment with simple taste tests, displays, promotions and messaging tools that help make it easier for food shelf visitors to choose fruits and vegetables. VT Fresh strategies are inspired by behavioral economics research which has found that modifying the food environment can have a significant impact on food-related behaviors.

Project Duration:

Ongoing since 2013.

Evaluation Results:

- Delivering approximately 250 cooking demonstrations / taste tests each year.
- On average 70% of participants indicate that they like a particular vegetable more after the taste test/demo
- On average 80% participants indicate that they are more likely to eat the vegetable again after the taste test.
- Approximately a 200% increase in produce distribution by food shelf partners since participating in the program.

Program Contact Information:

Michelle Wallace
mwallace@vtfoodbank.org
(802) 477-4125

<https://www.vtfoodbank.org/nurture-people/vt-fresh>

Weight Loss Support Group - Nutrition Education

Grace Cottage Family Clinic and Wellness Center, Townshend, VT

Reach



Geographic Reach:
Windham County

Estimated Population Reach:
185

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input checked="" type="checkbox"/> Children 0-12 | <input checked="" type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other:

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input checked="" type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

Grace Cottage Community Health Team Health Coach has moderated a weight loss support group for the last 4 years. The goal is to educate the attendees on the nutrients and foods that the primary organs of the body need. We also deal with lifestyle issues such as chewing till food is mushy, water intake, exercise, sleep, stress management, addictive food triggers and the mental emotional issues for which comfort foods are eaten.

Project Duration:

Ongoing since 10/18/2014.

Evaluation Results:

Class members are patients at Grace Cottage Family Clinic and their physicians regularly check health monitors such as A1C, Cholesterol, Glucose, Triglycerides, Weight. Over half of all class attendees had improvements in areas pertinent to their own health.

Program Contact Information:

Elizabeth Harrison, C.C.N., Health Coach
eharrison@gracecottage.org
(802) 365-3766

The Wellness Collaborative

Washington County Mental Health Services

Reach



Geographic Reach:
Washington County

Estimated Population Reach:
100

Primary Target Population(s)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Women 18-64 | <input checked="" type="checkbox"/> Men 18-64 |
| <input checked="" type="checkbox"/> Women 65+ | <input checked="" type="checkbox"/> Men 65+ |
| <input type="checkbox"/> Children 0-12 | <input type="checkbox"/> Children 13-17 |
| <input checked="" type="checkbox"/> Families with children 0-12 | <input checked="" type="checkbox"/> Families with children 13-17 |
| <input checked="" type="checkbox"/> Individuals or households with limited income | <input checked="" type="checkbox"/> Persons with disabilities |
| <input checked="" type="checkbox"/> Refugees | <input checked="" type="checkbox"/> Health Risks |
| <input checked="" type="checkbox"/> Immigrants | <input type="checkbox"/> Other: |

Intended Outcome(s)/Impact

- Improve or increase knowledge about eating healthy food
- Increase consumption of healthy food
- Increase consumption of local food
- Improve health outcomes
- Reduce financial burden for healthy food
- Assist retailer with costs
- Assist local farmers with costs
- Other: improve mental health

Social Determinants of Health Addressed

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment
- Other:

Funding Source(s)

- | | |
|--|--|
| <input checked="" type="checkbox"/> Federal Grant | <input type="checkbox"/> Grant from VT nonprofit |
| <input checked="" type="checkbox"/> State of VT Grant | <input type="checkbox"/> Donations |
| <input type="checkbox"/> Grant from national nonprofit | <input type="checkbox"/> Other: |

Project Goal:

The Wellness Collaborative is a program of Washington County Mental Health Services (WCMHS). We offer six week groups for clients of WCMHS to gain coping skills and stress reduction strategies. Our groups focus on cooking, gardening, and tea making. They all involve a mindfulness component and distribute gleaned food donated by Community Harvest of Central Vermont.

Project Duration:

Ongoing since 1/1/2013.

Evaluation Results:

Overall, participants have a greater understanding of why it is important to prioritize local and healthy food (fruit, vegetables, whole grains). They take home vegetables and fruit each week, cook with them, and report feeling better and having less stress around providing food for their families.

Program Contact Information:

Lisa Masé
 lisa@harmonizedcooking.com
 (802) 598-9206
<https://www.wcmhs.org/wellness-collaborative.html>

