“Every child who begins to realize the importance of how their body is nourished and that growing, cooking, and eating good food is fun, has the potential to make better decisions on behalf of Planet Earth and to take that message to many others.”

— David Stackpole, Chair of the Board
A Letter from the Executive Director and Chair of the Board

Dear Friends:

Green Mountain Farm-to-School was launched with the simple idea that we can give children the healthy future that they deserve. Change is urgently needed. Researchers estimate that for the first time in American history, today’s generation of children will live shorter lives than their parents, due to the health consequences of obesity. The number of farms in Vermont is rapidly declining. Limited access to affordable healthy food remains a problem for millions, including many in northern Vermont where 55% of children qualify for free or reduced price lunch.

Over the past year, thanks to your support, we’ve done so much. Our theme for this past year was “Taking Root”, which for us meant significantly expanding our programs to provide more children than ever before with fresh, healthy foods and the knowledge and skills they need to make healthy food choices. We took root by planting more gardens, delivering more food, and providing more educational programming (see page 7). In addition to our school-based programs, we recruited and trained AmeriCorps volunteers for a yearlong term of public service in school food systems. After this work we are poised to have an even greater impact next year when we seek to “Bear Fruit” (see page 14).

This report tells the story of our efforts and how they are making a real difference in the lives of Vermont’s children. We are deeply grateful to the tremendous support of donors, administrators, staff, students, farmers and community members who have come together to give life to Green Mountain Farm-to-School’s ambitious vision to change the way the next generation of kids eat and think about food. We hope that you are inspired by this report and join us in celebrating our accomplishments and our plans for the future.

Sincerely,

Katherine Sims
Founder and Executive Director

David Stackpole
Board Chair

Green Mountain Farm-to-School’s mission is to restore and strengthen local food systems in Vermont by promoting positive economic and educational relationships between schools, farms, and communities. Our vision is to build local food systems in Vermont that promote environmental stewardship, create sustainable local economies, and nurture the health and well-being of our children and our communities.
Our Vision: Growing Healthy Kids

We believe that all children should have access to fresh, healthy foods and the knowledge and skills they need to make healthy foods choices.

We hope to achieve this vision by:

School Garden: By actively engaging students in the food system through planting, maintaining, and harvesting a garden, we find that they are more likely to make healthy food choices.

Cafeteria: By offering healthy foods in schools, we can ensure that all children have access to the nutrition they need to be successful in school and life.

Community Events: By hosting community events that celebrate food, farming, and community, we can engage everyone including parents, farmers, legislators, health care professionals, community-based organizations, and businesses in our effort to reduce childhood obesity.

Hands-on Education: Through inquiry-based activities in the classroom, kitchen, garden, and farm, we can engage students in interdisciplinary learning.

Food Distribution: By delivering local foods to schools, we can make healthy foods accessible and affordable for all and simultaneously support the local economy.
Why Eat Local Food?

Eating local food is good for you and your community.

Local food:

**Tastes better and promotes health**
Locally grown produce ripens naturally in the field, not in a truck or warehouse. It is harvested when nutritional content and flavor are at their peak. And, since local food doesn’t travel long distances, it is fresh, healthy and tasty when it reaches your plate.

**Strengthens community and builds trust**
Learning the story behind your food – and the people who nurtured it – makes our food traditions more meaningful and enjoyable. On a larger scale, eating locally helps strengthen the overall food safety and security of our country.

**Supports local economy**
When you buy food directly from farmers, such as at farmers markets or through farm shares, farmers get full retail price for their food. This not only helps the farmers, but also keeps money circulating through your community because local farmers invest back into local businesses for feed, seed and other materials.

Did you know? Buying local food also has these benefits:

**Protects open spaces**
Vermont has a unique and beautiful landscape of green fields, red barns and forests. By supporting local farms, you help ensure that farms can continue working the land, which preserves these well-loved views and open spaces.

**Reduces our carbon footprint**
The average food product travels 1500 to 2500 miles before reaching your plate – the distance from Vermont to Colorado! Transportation is the largest consumer of energy in the food sector, which puts a big strain on the environment. When we buy locally, transportation – and fossil fuel usage – are greatly reduced.

**Benefits the environment and wildlife**
The farming practices of small-scale, local farms are gentler on the environment; by using traditional techniques like rotating crops and often avoiding herbicides and pesticides, local farms protect water quality, improve soil condition and maintain wildlife habitats. Buying local food supports these environmental efforts.

**Promotes a diversity of plants and animals**
Large, industrial farms ship food long distances and grow varieties that are easy to produce and transport. When farms sell their products locally they can diversify and grow a variety of food – selecting the types that are most delicious and best suited for each regional climate and cultural traditions. Buying local foods helps preserve the diversity of plant and animal species.

Use your dollars to buy locally — invest in your health, your community and the future.

Green Mountain Farm-to-School, Newport, VT
www.gmfts.org
GMFTS School Partners 2010-2011

2010-2011 Member Schools

1. Albany Community School
2. Barton Graded School
3. Brighton Elementary School
4. Brownington Central School
5. Cambridge Elementary School
6. Charleston Elementary School
7. Coventry Village School
8. Craftsbury Elementary School
9. E. Hatton Taylor School
10. Glover Community School
11. Holland Elementary School
12. Irasburg Village School
13. Jay/Westfield Elementary School
14. Lowell Graded School
15. Lyndon Institute
16. Newport City Elementary School
17. Newport Town School
18. North Country Junior High School
19. Orleans Elementary School
20. Sheldon Elementary School
21. St. Albans City School
22. Swanton School
23. Troy School
24. Waterville Elementary School
## A Year in Review

During the 2010-2011 academic year, Green Mountain Farm-to-School partnered with schools and farms across Northern Vermont to promote the health of Vermont’s children, farms, and communities through four signature programs:

### Sprouts After-School Program
Sprouts is a year-round after-school program for grades 2-6 that promotes healthy lifestyle choices through gardening and cooking activities. As a part of the program, students design, plant, and harvest a school garden.

- 23 school gardens were designed and planted by GMFTS staff and students in the spring of 2011.
- 397 students participated in the Sprouts After-School Program.
- 2,631 pounds of food were harvested from 20 school gardens and served in their school cafeterias in the fall of 2010.

### Green Mountain Farm-to-School Network
GMFTS Farm-to-School Coordinators work with school staff to procure local foods for the school cafeteria and provide hands-on learning opportunities such as taste tests, farm field trips, nutrition education, and community events.

- 41 field trips to local farms.
- 341 in-class workshops including the science of composting, plant lifecycles, From sheep to sweater, and the seasons of the apple orchard.
- 109 taste tests of local food recipes in school cafeterias.
- 8 school launched or continued school composting programs with support from GMFTS.

### Green Mountain Farm Direct
Green Mountain Farm Direct is a regional food distribution system that delivers Vermont farm products to schools and other institutions.

- 32 schools, senior meals sites, and other institutional buyers such as restaurants and stores purchased local food from 20 farms.
- 68 different local food products were purchased by institutions including apples, meat, eggs, produce, maple syrup, and flour.
- $14,406 worth of food purchased by schools, senior meal sites, and other institutions.

### FarmCorps*
FarmCorps is a job and life skills training program for at-risk youth and young adults that combines hands-on agriculture work, community service and skill building workshops.

- 31 offenders participated in hands-on agriculture work, community service, and skill building workshops.
- 178 pounds of food were harvested from a Newport area community garden and donated to a local food shelf.

*A new program in 2010-2011

Over 5,000 students benefited by GMFTS Programs.
GMFTS Farm Partners 2010-2011

2010-2011
Member Farms

We are grateful to the following farms and food producers who hosted a farm field trip, helped with a school garden, or provided food for an event or school cafeteria as a part of GMFTS' programs during the 2010-2011 academic year.

1. Apple Ledge Farm, Coventry
2. Berry Creek Farm, Westfield
3. Black Sheep Sugarhouse, Orleans
4. Border Maple Farm, Derby Line
5. Boyden Farm, Cambridge
7. Brault's Market and Slaughterhouse, Troy
8. Butternut Mountain Farm, Johnson
9. Butterworks Farm, Westfield
10. Cellars at Jasper Hill, Greensboro
11. Champlain Orchards, Shoreham
12. Chandler Pond Farm, South Wheelock
13. Chappelle's Potatoes, Williamstown
14. Chaput Family Farm, North Troy
15. Chateau Tarbox, Orleans
16. Couture Family Farm, Westfield
17. Deep Root Cooperative, Johnson
18. Derby Pond Farm, Derby
19. Doncaster Family Farm, Coventry
20. Eden Ice Cider, West Charleston
21. Eric Lanoue's Sugarhouse, Glover, VT
22. Farm and Forest Ranch, Orleans
23. Flack Family Farm, Enosburg Falls
24. Green Wind Farm, Fairfield
25. Hall's Orchards, Isle La Motte
26. Heath Orchards, Stanstead Quebec
27. Highfields Composting, Hardwick
28. High Mowing Seeds, Wolcott
29. Hollandeer Farm, Holland
30. Jed's Maple Products, Westfield
31. Kingdom Bounty Bakery, Newport
32. Kingdom Mountain Maple, Westfield
33. Lazy Lady Farm, Westfield
34. Manning Asparagus Farm, Lowell
35. Maple Brook Farm, Bennington
36. Maple Meadow Farm, Salisbury
37. Mike Roots Orchard, Brownington
38. Monroe's Sugaring, Orleans
39. Morningstar Meadows, Glover
40. Northeast Kingdom Mustard, Westfield
41. Northwoods Apiaries, Westfield
42. Patenaude Maple, Holland
43. Peace of Earth Farm, Albany
44. Peak View Berry Farm, Orleans
45. Pete's Greens, Craftsbury
46. Ploughgate Creamery, Albany
47. Randall Family Farm, Troy
48. Red Hen Bakery, Middlesex
49. Sunset View Farm, Derby
50. Tamarlane Farm, Lyndonville
51. Vaillancourt Orchard, Enosburg Falls
52. Vermont Cranberry Company, East Fairfield
53. Vermont Compost Company, East Montpelier
54. Vermont Highland Cattle Company, Orleans
55. Vermont Smoke & Cure, South Barre
56. Vermont Soy, Hardwick
57. Workrow Farm, Barton
I like Farm to School because...

I like model school.

It was yummy.

It cut up tomatoes.

We pulled lettuce and cut up cucumbers.

I learned that making salad is fun.

Ashley Dougher

[Image with text: Troy School, 3rd Grader]
Eat with the seasons! This calendar shows the diverse array of farm products that are available throughout the seasons at local farmers markets, farm stands and retail stores. Eating food when it is in season means flavor and nutritional value are at their peak and cost is often at its lowest. Find out when your favorite fruits and veggies are freshest and which products are in season now.

For local food recipes and seasonal tips, order your copy of the 2012 GMFTS calendar now at [www.GreenMountainFarmtoSchool.org/donate](http://www.GreenMountainFarmtoSchool.org/donate)
Financial Report

STATEMENT OF ACTIVITY
July 1, 2010 - June 30, 2011

REVENUE
Individual and Corporate ............... $40,742.35
Foundations and Grants .................. $69,837.00
Program Service Fees .................... $70,807.54
Events and Sales ......................... $8,624.27
Total Revenue ......................... $190,011.16

EXPENSES
Program Services .......................... $164,290.08
Management and General .................. $16,821.29
Development ................................ $5,398.91
Total Expenses ......................... $186,510.28

SUMMARY BALANCE SHEET
As of June 30, 2010

ASSETS
Current Assets
Checking/Savings ...................... $20,812.97
Accounts Receivable .................... $10,550.00
Other Assets ................................ $4,020.00
Total Current Assets .................... $35,382.97

LIABILITIES & EQUITY
Current Liabilities
Accounts Payable ........................ $609.21
Other Liabilities ......................... $1,961.65
Total Current Liabilities ............... $2,570.86
Total Net Assets ......................... $32,812.11

Total Liabilities & Net Assets ........ $35,382.97

Vermont Farm-to-School, Inc., DBA Green Mountain Farm-to-School is a 501(c)(3) organization.

Graphic Design: Newcomb Studios and Katherine Sims. Photo credits: GMFTS staff except Kathie Sims (1) and Don Landwehr (1)

This report was printed in Vermont with soy-based inks on recycled paper containing 30% post-consumer recycled fiber.
We are thankful to our community of new and long-time friends who have generously supported Green Mountain Farm-to-School between July 1, 2010 and June 30, 2011 as we seek to promote the health of Vermont’s children, farms and communities.
Katherine and Nathaniel Sims
Tanya Sousa
Russell and Janet Spring
David Stackpole
Durward and Lorraine Starr
Robert and Anita Starr
John and Claudette Starr
Sunshine Fund
P. Bryden Sweeney-Taylor and
Katy Dion
Robert Thisey
Jesse Tatum
Carl and Susan Taylor
Jennifer Taylor
Nancy E. Tessier
Top Notch Holsteins
Margaret Turner
JoAnn Vana and George Vana III
Dean and Pamelyn Vervoort
Joshua Viertel
Claire and Brian Walsh
Jacob Webster and Michelle
Legault
Mary and Edward Wendell
Clarence and Lorilee Wheeler
Josh White
Richard and Katharine White
Robert and Barbara White
Barbara Whitehill
Wild Branch Solutions, Inc.
Ethan and Anne Winter
Paul Wolfe
Rick and Frances Woodward
Steve and Brooke Wright
Carl and Vicky Wursthorn
James and Holly Wyllie
Allen and Kay Yale
Yankee Farm Credit
Keith and Gloria Young
Young Farm

Honorary Gifts
In honor of Katherine Sims
Connie Isabelle
In honor of Rosemary and
Gerard Croizet
Anne and Bruce McKay
In honor of Emily Rose
Fifi and Mark Rose
In honor of Kathy Yale
Barbara Whitehill

Memorial Gifts
In Memory of Gage Hebert
Mary Butler and Daniel Hebert
In Memory of Mary Edwards
Spaul and Kitty Edwards
In Memory of Sylvia T. Ferry
Elizabeth Ferry
In Memory of Eva Brabant
Sunshine Fund
In Memory of Gary Osborne
Paige Savage

In-Kind Gifts
Apple Ledge Farm
Alice's Table at Jay Peak Resort
Berry Creek Farm
Boyden Valley Winery and Farm
Butternut Mountain Farm
Butterworks Farm
Cellars at Jasper Hill
Champlain Orchards
Clubhouse Grille at Jay Peak Resort
Couture's Maple Shop/B&B
Craftsby Outdoor Center
Lisa Daigle
Eden Ice Cider Company
Farm & Forest Ranch
Sally Fraize
Heath Orchards
High Mowing Organic Seeds
Jay Peak Resort
Jay Village Inn
Jed's Maple Products
Kingdom Mountain Maple
Lazy Lady Farm
Montgomery's Café
Northeast Kingdom Mustard
Northwoods Apiaries
Parker Pie Company
Pete's Greens, Inc.
Roberta Pheiffer
Ploughgate Creamery
Red Hen Bakery
Mark Uddo
Vermont Compost Company
Vermont Cranberry Company
Vermont Smoke & Cure
Vermont Soy
Dean and Pamelyn Vervoort

Garden Volunteers
We want to extend a big thank you to all the wonderful people who volunteer to help tend our school gardens during the summer. Together with our staff, our volunteers help our gardens thrive and produce a bountiful harvest for the school cafeteria.

Jacob and Joshua Baker
Roy Barnett
Kayla Birk
Margo and Leilani Blanchard
Marcel Bonin
Louise Bouffard
Tara Bredice
Annie Brueck
Rosalle Brulotte
Jessica Burdick
Camille Campanile
Chloe and Leah Coleman
Jessica DiMartino
Sara Doncaster
Amanda Elie
Marc Farrow
Alex Farrow
Stephanie Foster
Michael Ghosn
Terrance and Stacey Glodgett
Bonnie Godin
Sally Guabara
Doug James
Emily Johansen

The accuracy of this listing is very important to us. Please let us know if you can't find your name or if you are listed incorrectly so that we can correct our records. Thank you!
We’re gaining momentum and seeing increased reason for hope. At the same time, we know there is still a long way to go.

In the year ahead, we are poised to have a greater impact than ever before. Our theme for the coming year is “Bearing Fruit” and our top priorities for the year include:

- **Supporting healthy schools.** We will provide more hands-on learning opportunities that promote healthy food choices such as taste tests, farm field trips, nutrition education, and community events. By providing standards-based, hands-on activities that integrate farm, farm and nutrition into the curriculum, we will ensure that all children have the knowledge and skills they need to make healthy food choices.

- **Making healthy food accessible and affordable.** We will provide more fresh, nutritious, locally-grown foods to schools and other institutions by growing food for the school cafeteria, coordinating local food purchases, and providing resources for food service staff and farms. By expanding our gardens and Farm Direct program, GMFTS will ensure that every student, regardless of her socioeconomic group, has access to fresh, nutritious foods.

- **Spreading the message.** We will document and disseminate our program tools and resources in order to advance other Farm to School Programs in Vermont and beyond. Over the next year, GMFTS will further hone, document, and share our work through several toolkits. Developing these toolkits will enhance our ability to deliver services in our immediate area, support program expansion to new areas, and serve as a resource for other programs.

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**Invest in our children's future** by becoming a supporter of Green Mountain Farm-to-School and its efforts to promote the health and well-being of Vermont's children, farms and communities. Gifts of all amounts are appreciated.

Please make checks payable to Green Mountain Farm-to-School and mail to:
Green Mountain Farm-to-School
194 Main Street, Suite 301
Newport, VT 05855

or donate online at

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To observe a group of eager students carefully plant seedlings they nurtured to life brings joy to our work. To see the looks on students faces when they finally taste the harvest brings a true sense of hope and possibility for the future.

— Katherine Sims, Executive Director

• Grow-a-Row: Through our Grow-A-Row Program, we encourage community members to plant an extra row in their home garden and donate the produce to the school meal program.

• Harvest Festival: During Fall Harvest Festivals, participants enjoy a local food meal prepared by students, live music, a mini farmers’ market, displays of student work, petting zoos, slideshows, and more.

• Senior Meal Sites: Through a partnership with the Area Agency on Aging for Northeastern Vermont, GMFTS is providing fresh, local foods to senior meal sites in Northern Vermont.

• Farm Field Trip: Farm Field Trips give students the opportunity to visit the places where their food is grown and to meet the people who grow it.

• Composting: GMFTS is working with schools to implement composting programs that divert food waste from the landfill and turn that waste into a valuable resource.
Green Mountain Farm-to-School
194 Main Street, Suite 301
Newport, VT 05855

CHANGE SERVICE REQUESTED