ANNUAL REPORT
2014-2015
CULTIVATING HEALTHY COMMUNITIES THROUGH FOOD AND EDUCATION
A Letter from the Executive Director and Chair of the Board

Dear Friends:

Jack* is a third-grade student at Barton Graded School. He loves Star Wars, basketball, and playing board games with his sisters. His family purchases groceries using food stamps and, up until last year, he had never tasted kale. Last week, I watched him serve a taste test of kale chips in his cafeteria. “Better than potato chips!” he promised his friends.

Over the last six months, Jack worked with a group of his classmates to plan, plant, tend, and harvest a garden at school. His school’s food service staff cooked the vegetables he grew and served them in his school cafeteria, along with other local produce, meats, and dairy the school purchased from local farmers. All summer long, even when school was out, he and his sisters ate healthy lunches and met up with other nearby families at the food truck that visits their town. At home, Jack’s family has started to cook one new food a month, inspired by the Vermont Harvest of the Month posters and recipes they see hung in their grocery store.

Jack and his family are eating healthier, more sustainable food thanks to you. The gardens, the taste tests, the education, the summer lunches, the local food distribution — these are the results of Green Mountain Farm-to-School (GMFTS) programs that you helped fund.

At GMFTS, we believe that all Vermonters deserve healthy, affordable, local food. We know that changing the way people eat and think about food improves their health, their environment, and their future. In this report we are excited to tell many stories like Jack’s and to share more about the programs that help define them. Thank you for all of your support; we look forward to continuing our work with you.

Sincerely,

Katherine Sims
Founder and Executive Director

Julie Poulin
Board Chair

*Name and some details have been changed.
GREEN MOUNTAIN FARM-TO-SCHOOL

BUILDING A HEALTHY NORTHEAST KINGDOM

GMFTS is transforming the food system in the Northeast Kingdom of Vermont through our comprehensive, place-based approach to programming. We are working across the food system to educate children and adults about healthy food and increasing access to local food while fostering economic growth among local farms and businesses.

Working together we can build healthy communities through food and education.

GMFTS Uses Three Strategies to Increase Demand for Local Food

We do work ourselves

We train and support others in their work

We provide resources for others to use

Why the Northeast Kingdom?
The area faces disproportionate challenges but also has a wonderful agricultural heritage.

1 in 4 children are food insecure

17% of population lives in poverty (highest in state)

237,764 acres of farmland

$148,204,000 Total market value of agricultural products sold

By working in the Northeast Kingdom of Vermont, we have an opportunity to ensure that Vermonters of all income levels have access to healthy, affordable, local food.
The food system is complex! It encompasses families, businesses, farms, retail stores, distributors, and the broader community. With four major programs, we have developed a comprehensive, place-based approach to transform the food system in the Northeast Kingdom for the better. Each program is complementary and interconnected, allowing us to leverage resources, share best practices, and amplify our impact.

**GMFTS Programs — Complementary and Interconnected**

**Farm-to-School**
- Gathers student feedback on recipes
- Provides training to food service on using local foods
- Reaches out to students and families about programming

**The Lunchbox**
- Buys food from local farms
- Provides nutritious meals for students when school isn’t in session
- Provides a venue to serve and eat featured produce

**Vermont Harvest of the Month**
- Features seasonal foods on menu and increases sales
- Provides educational activities
- Provides recipes for taste tests

**Green Mountain Farm Direct**
- Sells local food to school cafeterias
- Sells local food for summer meals
- Works with farmers to aggregate and supply HOM foods
FARM-TO-SCHOOL
Changing The Way Kids Eat And Think About Food

The Northeast Kingdom Farm-to-School Program provides programs, resources, and networking opportunities to schools in the Northeast Kingdom, supporting their efforts to build school gardens, source local food, and provide nutrition and agriculture education.

During the 2014-2015 school year, we worked with 25 farm-to-school partner schools to run many programs that reached over 5,000 students.

1. Albany Community School
2. Barton Graded School
3. Brighton Elementary School
4. Brownington Central School
5. Burke Town School
6. Cambridge Elementary School
7. Charleston Elementary School
8. Coventry Village School
9. Craftsbury Academy
10. Derby Elementary School
11. Glover Community School
12. Holland Elementary School
13. Irasburg Village School
14. Jay/Westfield Joint Elementary School
15. Johnson Elementary School
16. Lake Region Union High School
17. Lakeview Union School
18. Lowell Graded School
19. Miller’s Run School
20. Newport City Elementary School
21. Newport Town School
22. Orleans Elementary School
23. Sutton Graded School
24. Troy School
25. Walden School

Training the Next Generation of Leaders

In the seven years since GMFTS was founded, we have hosted 34 AmeriCorps members for a year of public service in school food systems as a part of our Farm-to-School Program.

Spotlight on Rebecca Mitchell:

After serving as an AmeriCorps member at GMFTS for two years, Becca has joined our team as a full-time staff at the organization.

“Serving as an Americorps member at GMFTS has provided me with meaningful work experience, understanding of food access and education, and a deeper sense of self. I’m grateful for the relationships I’ve cultivated through this experience, and I am excited to continue my journey working with this organization and making a difference for the children and communities of the Northeast Kingdom.”
Spotlight on Taste Tests

Students are often reluctant to try new foods. Taste tests encourage adventurous eating by involving students in preparing and serving the new foods. This helps to raise awareness about healthy foods and build a culture of trying new foods.

Farm to School Curriculum

Over the past several years, we have been working with schools to develop hands-on, nutrition and agriculture education lessons aligned with the Common Core Standards and tailored to each grade level. Over the past year, we’ve written lesson plans, tested the activities, and finalized our new Farm-to-School curriculum. Shifting to the Farm to School Curriculum has resulted in a 50 percent increase in the number of workshops that we’ve delivered at schools this year.

Kindergarten:
Animals on the Farm
• Moo to You
• Sheep to Sweater
• Poultry Power

1st Grade: The Fall Harvest
• Apples
• Pumpkins
• Corn

2nd Grade: Seeds
• Seed Needs
• Seed Saving
• Seed Sprouting

3rd Grade: Plants to You
• Eating Plants
• Eating through the Seasons
• Preserving the Harvest

4th Grade: Vermont Agriculture Then and Now
• Vermont Crops from Past to Present
• Sheep and Dairy History in Vermont
• Cooking Then and Now

5th Grade: Soil Science
• A Closer Look at Soil
• Compost Cake
• Soil Food Web

6th Grade: Garden Ecosystems
• Our Garden Ecosystem
• Planning the School Garden
• Building the School Garden

7th Grade: Food Systems
• Our Food Systems
• Food Miles
• Food Ethics

8th Grade:
Careers in Agriculture
• Individual projects
• Small Business projects

This work was made possible thanks to a generous grant from Stony Point Foundation.
GREEN MOUNTAIN FARM TO-SCHOOL

GREEN MOUNTAIN FARM DIRECT
Delivering food from local farms to our communities

Farm Direct is a regional food hub distributing local food to schools, institutions, and other sales outlets in northern Vermont.

Farm Direct generated over $350,000 in sales, with participating farmers, on average, experiencing a 45 percent increase in sales.

The Farm Share of the Food Dollar.

Farm Direct returns 83 cents on the dollar back to participating farmers.

Nationally, the average farmer receives 17.4 cents on the dollar.*

Farm Direct sells a wide variety of food to meet the year-round needs of our customers.

“Farm Direct has enabled us to expand what we do. Now we’re trying to keep up with the demand, which is a great problem to have.”
— Tony Brault of Brault’s Slaughterhouse

Vermont Harvest of the Month
Promoting seasonal foods in Vermont’s classrooms, cafeterias, and communities

Vermont Harvest of the Month (HOM) is a monthly, statewide campaign providing ready-to-go materials for classrooms, cafeterias, and communities that promote local, seasonal foods.

Partners across Vermont are using HOM in new and exciting ways

Each month, the Newport Ciderhouse Bar & Grill incorporates new menu offerings showcasing the month’s featured harvest and sources the seasonal local produce from Green Mountain Farm Direct.

This past summer, NW Vermont Healthy Roots Collaborative implemented taste tests at several locations throughout Franklin County including community events, businesses, service organizations, and Northwestern Medical Center.

VT Fresh, a program of the Vermont Foodbank, works with partners on changing the food environment to promote fresh foods through cooking demos, displays, and signage using HOM materials.

FRESH Food, a social enterprise of Vermont Works for Women, utilizes HOM as a learning tool for trainees. Taste tests and educational lessons are conducted in order to incorporate the HOM into a menu item for either childcare meals or catering jobs for local businesses.

Harvest of the Month Participants

87 percent of participants reported an increased ability to educate around local foods as a result of HOM

Visit our new website at VermontHarvestoftheMonth.org for FREE posters, recipes, activities, and more

Harvest of the Month is a collaboration between Green Mountain Farm-to-School, Food Connects, and Vital Communities.
The Lunchbox Food Truck
Serving local food to our community

The Lunchbox is a summer meal program and mobile learning kitchen that brings locally-grown food and food-based education to communities in the Northeast Kingdom.

Served 1,643 free meals to kids. 96% of survey respondents ranked the meals as outstanding.

Conducted 24 food tastings, attended by 437 individuals.

77 percent of food tasting participants gave the recipe a thumbs up.

428 meals purchased by adults, all of which help support the program financially.

Purchased 60% of ingredients from 12 local farms.

Note: The Lunchbox program straddles our fiscal year. We’re excited to share results from this past fiscal year along with preliminary results from our current year. Next year’s annual report will include final data from current year.

GMFTS provides free summer meals for kids 18 and under in communities where at least 50% of students qualify for free and reduced lunches, thanks to the USDA Child Nutrition Program. We’re excited to help keep kids healthy when school is out!

Fresh Fruit and Vegetable Coupon Program
GMFTS is currently piloting a new program that will allow Orleans and Essex county residents participating in the Supplemental Nutrition Assistance Program, 3SquaresVT, to purchase an additional $75 of fresh fruits and vegetables this fall and winter at five Northeast Kingdom grocery stores.

Through the Fresh Fruits and Vegetables Coupon Program, we want to improve access to healthy foods and make fruits and vegetables more affordable for low-income residents in local grocery stores.

The project is made possible with funding from a USDA Food Insecurity Nutrition Incentive (FINI) grant and a matching grant from the Farm to Plate Network Fund. GMFTS is implementing the program with support from an advisory group made up of members of the Food Retailers Task Force and others from state agencies and organizations.

Reaching Consumers Where They Are
We believe that the next frontier for local food is retail grocery outlets, where the vast majority of Vermonters purchase food. Over the past year, we’ve expanded our Taste Test program to local retail grocery stores where we can open up new markets for our food producers and significantly improve access to healthy and local food.

We conducted 37 tastings at local retailers, reaching over 350 people. Ninety percent that tried the recipe liked it.
Green Mountain Farm-to-School has seen remarkable growth since 2005, when we planted our first school garden program in our first elementary school. We are now a multi-program, regional organization reaching over 10,000 children with strong partnerships at 30+ schools, 50+ farms, and many other community institutions.

As GMFTS moves from a rapidly-growing, start-up organization to a stable, secure part of the community, our focus is shifting to sustainability and long-term planning so we can continue to grow in the future. Over the last year, we have deepened our commitment to quality programs by expanding our staff, developing core operational systems, strengthening our evaluations, and building capacity within the organization. Over the next few years, goals for the organization operations include:

- Organization-wide planning
- Strategic growth measured by good data on impact outcomes
- Increasing operational capacity and expanding our leadership team
- Building a reserve fund
- Focusing on unrestricted and long-term funding
We are thankful to our community of new and long-time friends who have generously supported Green Mountain Farm-to-School between July 1, 2014 and June 30, 2015 as we seek to promote the health of Vermont’s children, farms, and communities.

Major Funders (>2,000)
- The Abbey Group
- Anonymous
- Ben & Jerry’s Foundation
- D&S Distributing
- Food Connects
- The Fountain Fund
- GSDC/Granite State Development Corp.
- Harris and Frances Block Foundation
- Jay Peak Resort
- Lintilbac Foundation
- Lymon Orton Fund
- Northeast Kingdom Council on Aging
- Northeast Kingdom Fund of the Vermont Community Foundation
- Northeast Kingdom Waste Management District
- Northern Community Investment Corp.
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- Peter and Diana Poulin
- Poulin Grain Inc.
- Poulin Lumber Inc.
- The Rona Jaffe Foundation
- Charles and Violet Schafer
- Stony Point Foundation
- USDA Rural Development
- V & C Charitable Foundation
- Vermont Agency of Agriculture, Food & Markets
- Vermont Community Foundation
- Vermont Housing and Conservation Board
- Vital Communities

Contributors
- Al’s Snowmobile, LLC
- John and Anne Alexander
- American Academy of Pediatrics
- Anonymous (6)
- Jean and Nick Arcangeli
- Douglas Arsenau
- Lawrence and Joan Austin
- Shawn and Kathryn Austin
- James Axley
- B & D Builders, Inc.
- Merlin Backus and Rebecca Velazquez
- Kim and Dan Backus
- Caroline and Thomas Bailey
- Judy and Gerry Ballinger
- Alexandra and Mathias Bannach
- Lynda Barber and David Hunter
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- Susan and Roy Barnett
- Marie and Sam Bartlett
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- Birch and River Berkfield
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- Julie Bomengen and Roger Murphy
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- Dr. Paul and Liz Bosco, Highland Dental Center
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- Beth and David Boffard, Derby Village Store
- Lauri and Mark Boyden, Boyden Farm LLC
- Brault’s Market, LLC
- Steve and Michel Lemieux
- Heidi Brown
- Annie and Jason Brueck
- James Burton Jr. and Paula Bailly-Burton
- Donald Bustin
- Mary Butler
- Cabot Creamery
- David Cacciarni and Mary Anderson
- Megan Camp
- Joan and Edwin Camp
- Jim Campbell, Jim Campbell Real Estate
- Steven Campbell
- Cellars at Jasper Hill
- Century 21 Farm & Forest Realty, Inc.
- Champlain Valley Equipment
- Champlain Valley Union High School
- Chaput Family Farms
- Chelsea Green Publishing
- Anne Chiarello
- Beverley and Robert Chimileski
- Christensen-Dunn Early Foundations Fund
- Claire’s Home Comfort Cleaning
- Anne and Arthur Cohn
- Mark and Hope Colburn
- Shaye Collins
- Columbia Forest Products
- Community Financial Services Group LLC
- Community National Bank
- Concept 2 Rowing
- Kathryn Converse
- Brian and Jenn Cook, Kingdom Brewing
- Nancy and Bill Cook
- Judith and Daniel Coquillette
- Christina Cormier
- Paul Costello
- Jacques and Pauline Couture, Couture’s Maple Shop/B&B
- Jason and Katie Cranik
- Kathryn Kuba Dadurand
- Donald Dahlin, DDS
- Conrad and Connie Daigle
- Robert and Jennie Davis
- Virginia Davis
- Jean E. Davis
- Richard Del Favero
- Dean and Monica DeLaBruere
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- Dick Dreissigacker and Judy Geer
- Emily H. Dreissigacker
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- Susan and Michael Epstein
- Abby Evankow
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- Mike Farney and Lisa Daigle-Farney
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- Erika Fellinger
- Elizabeth Ferris
- Judy and Frank Filipkowski
- Peter and Karen Fina
- Heidi Sims Fiske
- Eric and Sepi Flachbart
- Barbara and Doug Flack, Flack Family Farm
- Barb and Jim Flint
- Laini Fondiller
- Brenda and Claudio Fort
- Dan and Linda Fortin
- Four Seasons Garden Club
- Wendy and Alan Franklin
- Riki and Ed French
- Harold and Beverly Frost
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- Shari and Paul Gagne
- Gartner - The Matching Gift Center
- Green Mountain United Way
- Chet and Sherry Greenwood
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- Stephen Gullick
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- Paula and Fritz Halbedl, Derby Line Village Inn
- Ellen Halperin
- Genevieve and Ian Hamby
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- Emily Jacke
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- Deb and Gary Johnson
- Judith and James Kavanagh
- Robert Cindy Kern
- King Arthur Flour Company
- Frank and Alicia Knoll
- Tanya Lamoureux and Peter Oliver
- Stuart LaPoint, Stuart LaPoint Landscaping and Nursery
- Carol Lawlor
- Anne and Jack Lazor, Butterworks Farm
- Alain and Laurie LeBlanc
- Ed LeClair and Elizabeth Comolli
- Eleanor and Albert Leger, Eden Ice Cider Company
- Susan and Drew Lepple
- Mary Ellen Linton and George Linton III
- Robert Lionette and Heather Quinn
- John and Wendy Lippmann
- Tom Liu, Asbury Service Center
- Lost Nation Brewing Co LLC
- Ned and Jana Lovejoy, Apple Ledge Farm
- George and Westy Lovejoy
- Denny and Carolyn Lyster
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- Dr. Thomas and Christine Moseley
- Cindy and Garrett Moylan, All About Home
- Richard and Dr. Susan Nelson, Nelacres Farm
- New England Grassroots Environmental Fund
- Tim Newcomb
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- Beth and Kris Norris
- North Country Hospital
- NorthCountry Federal Credit Union
- Northeast Kingdom Learning Services, Inc.
- Northeast Kingdom Tasting Ctr., LLC
Roger and Pauline Vachon  
Ann D. and Van Gilder  
Patricia Hunt Vana  
Vermont Land Trust  
Dean and Pam Vervoort  
John Vetter  
Brian Walsh  
Earl Washburn  
Jake Webster and Michelle Legault  
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Jake and Cathie Wheeler  
Louise and Don Whipple  
John White and Joan Sharr  
Katie and Sheb White  
Sarah White  
Brenda and Gil Wierschke  
Lynn and Ron Wild  
Wild Branch Solutions, Inc.  
Martha Wilson  
Paul Wolfe  
Enid Wonnacott  
Rick Woodward, Mywood Properties, LC  
Ron Wright, Wright’s Auction Service  
Steve and Brooke Wright  
Jim and Holly Wylie  
Allen and Kathleen Yale  
Yankee Farm Credit  

In honor of:  
Maegan Brown  
Judy and Frank Filipkowski  
Margaret Dillon  
Emily Jacke  
EN20 SW  
Tom Liu  
Pete Johnson and Eloise Girard  
Dan and Carol Mills  
Casey Kirkman  
Molly Perkins and Jeff Kirkman  
Katherine Sims & Staff  
Barb and Jim Flint  
David Stackpole  
Marie and Sam Bartlett  

In memory of:  
Shirley Ayers  
Ron and Lynn Wild  
Napoleon Diette  
Conrad and Connie Daigle  
Justin  
John and Anne Alexander  
Sarah Montgomery  
Anonymous  
Agnes O’Reilly  
Kathleen O’Reilly  
Everett A. Willard  
Elizabeth Ferry  

Northpoint Chrysler Dodge Jeep Ram  
Kathleen O’Reilly  
Scott Oeschger, Spring Hill Angus, LLC/Northeast Kingdom Processing  
Organic Valley New England  
Origin Design + Communications, LTD  
Passumpsic Savings Bank  
Bill and Martha Peck  
Emma Pelzner and Kashal Dave  
Molly Perkins and Jeff Kirkman  
Patricia Perl  
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Richard Ricciardi  
Chris and Amy Rickman  
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Sharon Ryan  
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Anne Segal  
Jason Shaffer  
Chris and Sarah Shaffer  
William Shouldeice IV  
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Kathie and Nat Sims  
Nancy and Rod Skinner  
Greg and Sharon Smith, North Derby Berry Farm  
Doug and Vivian Spates, Memphremagog Rentals, LLC  
Janet Spring  
Ruth Sproull  
St. Albans Co-op Store  
David Stackpole  
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John and Claudette Starr  
Robert and Anita Starr  
Jesse and Anna Stein  
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Carl and Susan Taylor  
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Robert Townsend  
Maggie Turner  
Umbrella, Inc.  
Sherry and David Underwood  

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!

Students from the Lowell School testified in front of Vermont legislators about the importance of farm-to-school programs. They even brought along a parsnip muffin taste test!

In-Kind gifts:

Albany Auto Repair  
Apple Ledge Farm  
John and Gwen Bailey-Rowe  
Sarah Baughman  
Steve Beault and Michel Lemieux  
Bella Doni Pottery  
Conrad Bellavance  
Berry Creek Farm  
Bonnieview Sheep Dairy  
Brault’s Market, LLC  
Katelyn Burke  
Burke Mountain Confectionery  
C & C Supermarket  
Cellars at Jasper Hill  
Center for America’s First Horse  
Couture’s Maple Shop/B & B  
Craftsbury General Store  
Irene Dagesse  
Lisa Daigle-Farney and Mike Farney  
Eden Ice Cider Company  
Ben Farney  
Foote Brook Farm  
Ann-Britt Garcia Lou  
Green Mountain Coffee Roasters  
High Mowing Seeds  
Hunger Free Vermont  
Jay Peak Resort  
Jocelyn & Cinta’s Bake Shop  
Johnny’s Selected Seeds  
Johnson Woollen Mills  
Jon Somes Salon  
Robert and Cindy Kern  
Kingdom Brewing  
Lago Trattoria  
Lake Hills Landscaping  
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Victoria Mathieson  
Jen and George McKenzie  
Neighborhood Greens  
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Newport Naturals Market and Café  
Northern Star Cruises  
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Spring Hill Angus, LLC  
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Sterling College  
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Stronghold Farm  
Tamarlane Farm  
The Garden of Earsb  
Vermont Compost Company  
Vermont Smoke and Cure  
Vermont Soy  
Dean and Pam Vervoort  
Wild Branch Solutions, Inc.  
Wind Sturr Nursery and Landscaping  
Melissa Yetman
FINANCIAL REPORT

Statement of Activity
July 1, 2014 - June 30, 2015

Revenue
Individual and Corporate ........... $92,763
Foundations and Grants ............ $246,113
Program Service Fees .............. $92,556
Events .......................... $26,099
Total Revenue .................. $457,531

Expenses
Program Services ................. $430,197
Management and General ........ $30,788
Development ........................ $500
Total Expenses ................ $461,485

Summary Balance Sheet
As of June 30, 2015

Assets
CURRENT ASSETS
Checking/Savings .................. $52,484
Accounts Receivable ............ $39,629
Vehicle and Equipment .......... $27,797
Other Assets ..................... $400
Total Current Assets ............ $120,310

Liabilities & Net Assets
CURRENT LIABILITIES
Accounts Payable ................. $9,844
Other Liabilities ................ $5,376
Total Current Liabilities ........ $15,220
Total Net Assets ................. $105,090

Total Liabilities & Net Assets ........ $120,310

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

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Join Us!

Help strengthen your community through food and education by becoming a supporter of Green Mountain Farm-to-School and its efforts to promote the health 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 [www.GreenMountainFarmtoSchool.org](http://www.GreenMountainFarmtoSchool.org)
Green Mountain Farm-to-School
194 Main Street, Suite 301
Newport, VT 05855

CHANGE SERVICE REQUESTED