



Cultivating
Healthy Communities
Through Food and
Education



Green Mountain Farm-to-School

Annual Report 2013-2014

















Green Mountain Farm-to-School's mission is to restore and strengthen local food systems in the Northeast Kingdom of Vermont by promoting positive economic and educational relationships among schools, farms, and communities.

A Letter from the Executive Director and Chair of the Board

Dear Friends:

t GMFTS we bring good food to kids and support local farms. This work is especially important in the Northeast Kingdom of Vermont, where one in four children are food insecure. We know that changing the way kids eat and think about food improves their health, their environment, and their future.

Over the last six years, thanks to your support, we've made extraordinary progress towards these goals. This year we planted 25 school gardens, partnered with 43 farmers, educated 5,000 kids, facilitated the sale of food reaching over 15,000 people, and launched a statewide marketing campaign. We also completed a strategic planning process to position GMFTS for future growth.

Our work to date has had a tremendous impact on education and nutrition in schools. It has also helped us understand that these schools are part of an interconnected system surrounding our children and spanning families, businesses, farms, distributors, and the broader community. Over the past year, while continuing to deepen our school-based work, we have developed a comprehensive place-based approach to transform the food system in the Northeast Kingdom. We're building new supply chains between farms and consumers; providing support and training for schools, farms, and institutions to market, sell, and serve their food; and working with community stakeholders from hospitals to chefs to grocery store owners.

And our effect is rippling far beyond kids and schools. We see senior centers ordering more kale, families cooking healthy meals together, and neighbors gathering for fresh summer picnics. Through our work, we're building community.

Our work would not be possible without the generosity and efforts of our many partners and friends in the community. We are excited to share our successes in this Annual Report and look forward to continuing our work with you in the coming year.



Katherine Sims



Iulie Poulin

Sincerely,

Katherine Sims Founder and Executive Director Julie Poulin Board Chair

2013-2014 Staff

Katherine Sims, Founder and Executive Director Catherine Cusack, Program Director Jessie Griffen, Local Food Program Director Deb Hamilton, Office Manager and Bookkeeper Kristy Scott, Customer Sales and Office

Assistant Meghan Stotko, Lunchbox Manager

Whitney Brooks, AmeriCorps Farm-to-School Coordinator

Althea Brown, AmeriCorps Farm-to-School Coordinator Karina French, AmeriCorps Farm-to-School Coordinator Emma Helverson, AmeriCorps Farmto-School Coordinator Rebecca Mitchell, AmeriCorps Farmto-School Coordinator Lauren Sopher, AmeriCorps Harvest

of the Month Coordinator Chloe Hayes, Intern Jada Wensman, Intern

Adele Woodmansee, Intern

Jana Lovejoy

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Amy Crank

Anne Lazor

Lisa Daigle-Farney

Robert Kern, Treasurer

Katherine Sims, Founder and Executive Director David Stackpole, Chair emeritus

2013-2014 Board of Directors

Dean Vervoort Steve Wright

Holly Wyllie, Secretary



GMFTS Uses Three Strategies to Increase Demand for Local Food



We do work ourselves

- Farm-to-School
- Farm Direct

• Farm Direct

• Harvest of the Month

In Institutions

In Schools

In Communities • The Lunchbox



We train and support others in their work

- Farm-to-School
- Farm Direct
- Harvest of the Month
- Farm Direct
- Harvest of the Month
- Harvest of the Month

We provide resources for others to use

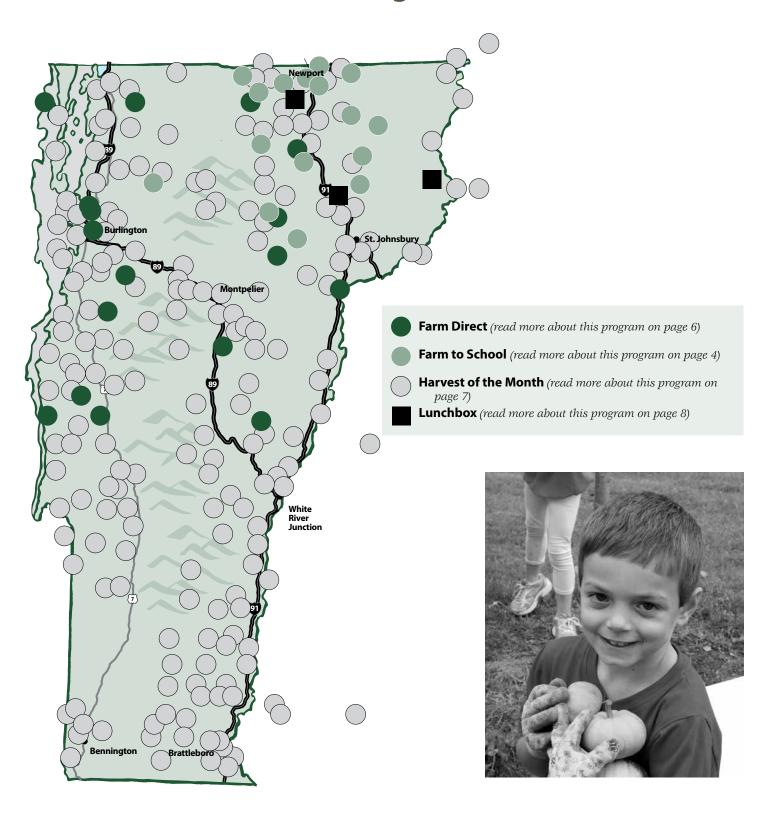
- Farm-to-School
- Harvest of the Month
- Harvest of the Month
- The Lunchbox

Program Launch Timeline





2013-2014 Progam Partners





Farm-to-School: Changing the way kids eat and think about food

The Northeast Kingdom Farm-to-School Program gives 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.

ver the last year, we deepened our commitment to quality by expanding our workshop offering, increasing the number of interactions we had with each kid, strengthening our evaluations, and building capacity within the schools we serve, and all while continuing to serve 4,315 kids.

During the 2013-14 school year, students in our 28 partner schools participated in a wide range of programs and activities, including:







- Students visit a local farm and help harvest rutabaga -30 field trips to farms
- Students plant rutabaga in the school garden 25 school gardens
- Students work in the kitchen to help prepare rutabaga in two different ways: raw rutabaga sticks and roasted root vegetables - 92 taste tests
- Students collect rutabaga peelings and compost the scraps on-site - 11 schools composting
- Students conduct a rutabaga taste test in the cafeteria and gather feedback about the recipe
- Students design a marketing campaign for rutabaga during an after-school program - 215 after-school programs
- Students eat rutabaga regularly as a part of their school meal program - 18 schools purchase local products from Farm Direct
- Students strengthen community through events -11 harvest festivals









Training the Next Generation of Leaders



Emily Mehr Preschool teacher















Will Carmines Production Piedmont Biofarm



- n the six years since GMFTS was founded, we have hosted 28 Ameri-**Corps members** for a year of public service in school food systems as a part of our Farm-to-School Program. Many have gone on to forge careers in sustainable agriculture, food, and education. In a recent survey of former GMFTS AmeriCorps members:
- 85% of respondents feel that their experience at GMFTS influenced their career choices
- 100% of respondents are currently involved in agriculture, food service, or education either personally or professionally in efforts ranging from Assistant Chef at a Preschool to production manager at a farm to preschool teacher



Andy Testo "I greatly look what I learned GMFTS with the here and to help advance the whole."

















"My interest in the relationship between food and health inspired me to pursue a career



experience at GMFTS, I am committed to beginning a non-profit,



Emily Rose Event and Outreach Coordinato at Heifer Farm.





Flack Chef at a Preschool



Gedrath-Smith "I have vivid memories of working

Anya

in the school gardens in the summer months, and feeling so accomplished while watching those gardens grow. I remember thinking that I wanted agricultural work to



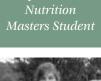












Taylor Burt

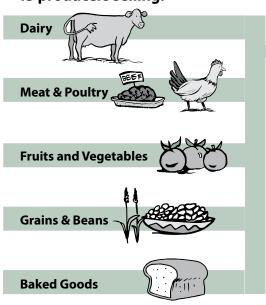




Farm Direct: Delivering food from local farms to our communities

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

43 producers selling:





Participating farmers, on average, experienced a 278% increase in sales

Purchased by 115 customers:

59 Schools & Universities



1 Hospital



2 Correctional Facilities



10 Senior Meal Sites



12 Retail Grocers



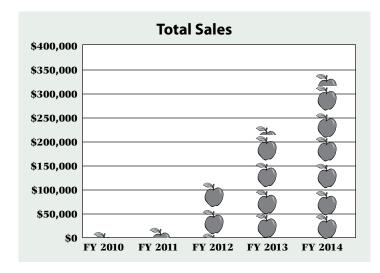
13 Restaurants



7 Buying Clubs



11 Other



"We took a bit of a risk this year and grew more kale than we had a market for hoping that we could sell it somewhere. Last week we received a GMFD order that seemed to fall out of the sky: 21 cases of kale. We were ecstatic to learn that this demand for local vegetables was coming from area schools. GMFD made it so easy.



- Mary Skovsted, Joe's Brook Farm



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

Vermont Harvest of the Month is a statewide campaign that promotes a different Vermont-grown crop each month and provides ready-to-use materials for classrooms, cafeterias, and communities.







Explore our website and download monthly posters, flyers, recipes, and retail ads.

During the 2013-2014 school year, 303 schools, retailers, and others signed on to the Harvest of the Month campaign. 62% of survey respondents reported increasing their consumption or purchase of local foods as a result of the program.

"Being a Food Service Director requires a lot and time is too short to create new materials from scratch. The HOM materials are beautiful, professional, and just what I need for a successful Farm to School Program. "" - Erika Dolan, Food Service Director, Waterbury/Duxbury School District



The great thing about Harvest of the Month is that it provides readymade content, every month, that I can pop into a newsletter, use in social media posts, and place alongside products in the store. Best of all, the HOM posters and logos are beautiful! Promoting Farm-to-School at the retail level has enriched our customers' shopping experience.

Kristina Israel,
Marketing & Education
Director, Putney Food Co-op



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.

By serving communities with 50% or more of students qualifying for free and reduced price lunch, GMFTS provides free summer meals for kids 18 and under through the USDA Child Nutrition Program and keeps kids healthy when school is out.

Note: This summer's Lunchbox program straddles the 2013-14 and 2014-15 fiscal years. We are excited to share early successes from summer 2014 here, and look forward to including full data in next year's annual report.

The Lunchbox
Caters:
All proceeds from special events support our free summer meal program for kids during the summer.

Purchased 67% of ingredients from 35 local farms



74% of food tasting participants gave the recipe a thumbs up

"Today I learned to always try new healthy foods"

- Student, Newport



"Loved the sample and demonstration, can't wait to make this at home! I think it's just perfect!"

Parent, Newport



The Next Three Years

reen Mountain Farm to School has seen remarkable growth since 2005, when we planted our first school garden program at one elementary school. We are now a multi-program regional organization reaching over 10,000 children with deep partnerships at 30 + schools, 60 farms, and many other community institutions.

After our many successes and the rapid increase in the scale and scope of our work, we realized it was time to reflect on our strengths and challenges while planning for our future growth. In 2014, GMFTS's board and staff leadership underwent a strategic planning process in which we took stock of the organization, developed a thoughtful shared vision for the organization's future, and began to pursue the infrastructure and support we need to strengthen and sustain our work.

Our strategic plan identified four high level goals for the next three years:

- Goal 1 We deliver strong and high-quality programs
- Goal 2 The organization is thriving financially
- Goal 3 GMFTS has a high profile in the communities we serve and our partners appreciate our work.
- Goal 4 We have an effective organizational structure and a healthy workplace.

Funding for the GMFTS strategic plan was provided by the Vermont Housing and Conversation Board Farm & Forest Viability Program.

To read the full plan and objectives visit GreenMountainFarmtoSchool.org





Supporters

We are thankful to our community of new and long-time friends who have generously supported Green Mountain Farm-to-School between July 1, 2013 and June 30, 2014 as we seek to promote the health of Vermont's children, farms and communities.

Major Funders (\$2,000 +)

The Abbey Group Anonymous Area Agency on Aging for Northeastern Vermont Delmer R. Barrows Charitable Ben & Jerry's Foundation Community National Bank D&S Distributing Food Connects Green Mountain United Way Jay Peak Resort Newport City Renaissance Corporation North Country Hospital Northeast Kingdom Community Action Northeast Kingdom Fund of the Vermont Community Foundation Northeast Kingdom Waste Management District Jeff and Tracy Poulin Peter and Diana Poulin Poulin Grain Inc. Poulin Lumber Inc. Charles and Violet Schafer Katherine and Nathaniel Sims Stony Point Foundation USDA Agricultural Marketing

USDA Rural Development Vermont Agency of Agriculture, Food & Markets Vermont Community Foundation Vermont FEED Vermont Housing and Conversation Board

Contributors

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Gwen and John Bailey-Rowe Judy and Gerry Ballinger Alexandra and Mathias Bannach Susan and Roy Barnett Barnett's, Inc. Linda Barrows Marie and Sam Bartlett Fran and Ben Batchelder Sarah and Matthew Baughman Bella Doni Pottery Conrad Bellavance Don and Christine Berthiaume Julie Bomengen Nanette and Steve Bonneau Ben and Anne Bosher Marc and Laura Bouchard Derrick Boulay Lauri and Mark Boyden Boyden Farm LLC Brault's Market, LLC Steve Breault and Michel Lemieux Heidi Brown Annie and Jason Brueck James Burton Jr. and Paula Bailly-Burton Donald Bustin Butternut Mountain Farm Butterworks Farm Cabot Creamery David Cacciamani and Mary Anderson

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Annual Report 2013-2014

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Newport Naturals Market and Café

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Services, Inc.

Kathleen O'Reilly

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Berry Creek Farm Grace Crane

CMO-104 Tom Liu

Milah Winter Guild Christine Crowe and JD Ross Pete Johnson and Eloise Girard Nancy and Rayner Pike Lizabeth and John Snell, Jr Roger Bailey Sharon Moffatt Katherine Sims and Jeff Fellinger

Mark Knott
Jack Lazor

Andy Paonessa and Meghan Stotko Liza and John Paonessa

Katherine Sims Heidi Sims Fiske

Anonymous

David Stackpole Marie and Sam Bartlett Katie and Thomas Reen

In Memory of:

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Dip Davis Anonymous

Napoleon Diette Conrad and Connie Daigle

Gilbert & Florence Flint Jim and Barb Flint

Louise Marsh Emily Austin

George Nelson Heidi Brown

Agnes O'Reilly Kathleen O'Reilly

Dr. Brent Tatum North Country Hospital

In-Kind Gifts

Apple Ledge Farm Ben Applegate Roy Barnett The Bee's Knees Bella Doni Pottery Conrad Bellavance Berry Creek Farm Big Jay Tavern Bonnieview Farm Boyden Valley Winery Brault's Market, LLC Brown Dog Bistro Katelyn Burke Burke Mountain Confectionery Burton Hill Earthworks Butterworks Farm Charles Capaldi Cellars at Jasper Hill Champlain Orchards, Inc. Couture's Maple Shop/B&B Craftsbury General Store

Craftsbury Outdoor Center Deep Mountain Maple Alvssa Delabruere Eden Ice Cider Company Bill Falconer Farm at VYCC Jeff Fellinger William and Donna Fellinger Elizabeth Ferry Foote Brook Farm Freedom Physical Therapy Freeze Dry Inc. Doug Gimler High Mowing Seeds The Inn Jay Peak Resort Jay Village Inn Jed's Maple/Northeast Kingdom Mustard Jocelyn and Cinta's Bakeshop

Robert and Cindy Kern
Kingdom Brewing
Kingdom Creamery of Vermont
Lago Trattoria
Le Belvedere
Muddy Waters Pottery
Neighborhood Greens
Tim Newcomb
North Derby Berry Farm
Northern Star Cruises
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Parker Pie Co.
Adrien Patenaude
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Amy Rickman
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Nathaniel and Katherine Sims Software Innovations Spring Hill Angus, LLC Sterling College Strafford Organic Creamery Sweet Rowen Farmstead Tangletown Farm Andy Tetreault The Farm Between

The Maine Potato Lady

Vermont Beef Jerky Co.

Vermont Compost Company Vermont Cranberry Company Vermont Peanut Butter Company Vermont Smoke and Cure Vermont Soy Vermont Switchel

Dean and Pam Vervoort VT Peanut Butter Co. Wayside Restaurant and Bakery Wild Branch Solutions, Inc.

Bill Williams Dave Young

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!



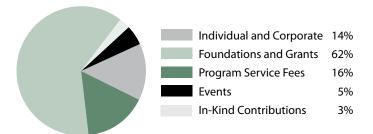
Financial Report

STATEMENT OF ACTIVITY

July 1, 2013 - June 30, 2014

REVENUE

Total Revenue \$443 073
In-Kind Contributions \$11,725
Events
Program Service Fees \$72,990
Foundations and Grants \$273,624
Individual and Corporate \$63,873



EXPENSES

Total Expenses
Development
Management and General \$27,567
Program Services





SUMMARY BALANCE SHEET

As of June 30, 2013

ASSETS

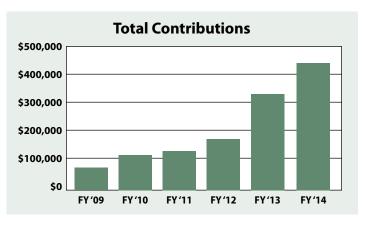
Current Assets

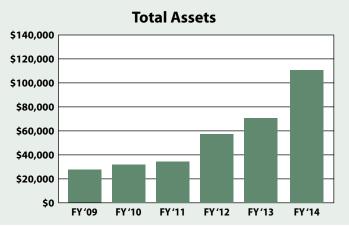
Total Current Assets	\$11.4.350
Other Assets	\$401
Vehicle and Equipment	\$38,070
Accounts Receivable	\$1,855
Checking/Savings	\$74,024

LIABILITIES & EQUITY

Current Liabilities

Accounts Payable	\$5,308
Total Current Liabilities	\$5,308
Total Net Assets \$1	09,042
Total Liabilities & Net Assets \$1	114,350





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

Graphic Design: Newcomb Studios Photo credits: GMFTS

This report was printed in Vermont with soy-based inks on recycled paper containing 30% post-consumer recycled fiber.



You'll probably want every restaurant in the galaxy to have roasted parsnips with honey glaze!

- 4th Grade student



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

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.















Green Mountain Farm-to-School 194 Main Street, Suite 301 Newport, VT 05855

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