

2018 - 2019  
**ANNUAL  
REPORT**

Cultivating Healthy  
Communities Through  
Food and Education







Green Mountain Farm-to-School's mission is to strengthen local food systems in Vermont by promoting positive economic relationships, education, and access between schools, farms, and communities.





# A Letter from the Executive Director

Dear Friends,

The past year has been one of success, growth, and reflection. I am encouraged and inspired by our community partners and supporters that continue to help us realize our mission. We are proud of what we've accomplished in the last year and are encouraged to build on this momentum to expand our reach in the years to come -- to reach more children, more families, more farmers, and more institutions with our programs -- all in an effort to build a robust, equitable, and resilient local food system in Vermont.

Green Mountain Farm-to-School is continuing to transform the food system in the Northeast Kingdom of Vermont through our comprehensive, place-based approach to programming. Our four, interconnected programs 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.

It is my greatest pleasure to share with you this Annual Report - highlighting all of Green Mountain Farm-to-School's accomplishments from the 2018-2019 Program Year. We hope this report serves as inspiration for future collaboration and growth in the years to come.

These successes of the past year would not be possible without all of our generous donors and partners.

Thank you for your support!

Sincerely,



Catherine Cusack  
Executive Director

## 2018-2019 Staff

**Catherine Cusack** | Executive Director  
**Jeyna Diallo** | Outreach Coordinator  
**Maire Folan** | Farm-to-School Program Manager  
**Edifice Jengo** | Finance Coordinator  
**Amrita Parry** | Food Hub Accounts Manager  
**Sophie Westover** | Communications and Development Coordinator

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# Farm-to-School

## REACHING ACROSS THE CLASSROOM, CAFETERIA, AND COMMUNITY

Our Farm-to-School program partners with schools throughout the Northeast Kingdom to increase the amount of healthy, local foods in the cafeteria and provide experiential learning opportunities through school gardens, on-farm field trips, and nutrition and agriculture lessons.



### 2018-2019 School Year Highlights:

**5 AmeriCorps Members** served as Farm-to-School Coordinators through the Lyndon Economic Opportunity AmeriCorps Program (LEAP). As a result, **78 percent** of students working with LEAP members showed **improved academic engagement/attitudes**.

Our Farm-to-School programming reached **2,283 students** at **22 schools** in the NEK.

Coordinators facilitated **20 farm field trips** to **12 area farms**, as well as **92 taste tests** and **more than 200 educational workshops**.

School gardens produced **2,525 pounds of food** valued at **\$4,489**, all donated to cafeterias, food shelves, and the Lunchbox food truck.

We developed new curriculum for the early care and education (ECE) setting and conducted **5 farm to ECE** lessons at the Newport Promise Community Early Care and Learning Center.

We provided **30 teachers** with **three professional development opportunities** to embed farm to school programming into their school culture.

**86.9 percent** of students receiving After School Programming from GMFTS reported satisfaction with the curriculum; and **100 percent** of school personnel reported they would **recommend GMFTS** to another school.





# The Lunchbox Food Truck

## CLOSING THE SUMMER NUTRITION GAP

The Lunchbox is a summer meal site and mobile learning kitchen keeping Northeast Kingdom kids and communities healthy by providing free summer meals to all children 18 and under, offering affordable meals to adults for purchase, and facilitating nutrition education and food literacy all in a stigma-free environment.



### Summer of 2018 Highlights:

During the Summer of 2018, the Lunchbox served **1,820 free summer meals** to kids and sold **497** healthy, affordable meals to adults.

**25 educational events**, in collaboration with **10 different community partners** were held throughout the summer, in conjunction with meal service.

A focus on **local food** procurement supported **10** different farms and producers.

More than **40 free meals** were served to community members from the Lunchbox at an on-farm dinner event held in October of 2018 at **Morningstar Farm**, a Farm Direct partner.

### Why is the Lunchbox important?

In the NEK, more than **50% of children are eligible for free or reduced lunches**, meaning school meals make up the bulk of many children's caloric intake.

When school is out, these children face the '**summer nutrition gap**', or the struggle to secure enough food when school is not in session. **The Lunchbox seeks to address this gap.**

Consistent, nutritious meals **protect children from developmental delays**, and lead to success in the classroom when they return to school in the Fall.





# Green Mountain Farm Direct

FRESH. LOCAL. DIRECT.

Green Mountain Farm Direct (GMFD) is a regional food hub increasing access to healthy, local food by delivering food from local farms to schools, restaurants, grocery stores, and institutions in Northern Vermont. Farm Direct works with 33 local farms to provide a variety of local foods including apples, meat, vegetables, grains, eggs, dairy, and maple.



## 2018-2019 Highlights:

GMFD distributed **\$383,246.88** worth of local food from **33 farms** to **87 different customers**.

Farm Direct customers include **46** schools, **18** retailers, **9** restaurants, **2** buying clubs, **1** correctional facility, **1** senior meal site, **2** hospitals, **3** camps, and **5** other institutions.

Schools purchased **\$155,813.72 worth of local food** from GMFD, supporting the local economy.

GMFD worked with **36 customers** to production plan for Vermont Harvest of the Month (VTHOM) Crops, leading to **\$11,933.13** in sales and benefitting **10 farms**.



# Vermont Harvest of the Month

## ENCOURAGING SEASONAL, LOCAL EATING ALL YEAR ROUND



Vermont Harvest of the Month (VTHOM) is a statewide campaign that provides ready to go materials for the classroom, cafeteria, and community promoting the use of seasonal Vermont foods.

### 2018-2019 Highlights:

**180 schools** around the state took the pledge to use VTHOM resources in their school.

GMFTS successfully helped to transition **3 schools** to using **real Vermont maple syrup** in their cafeterias, and co-hosted **19 visits** with maple sugar makers at area schools during maple taste tests.

June is Dairy Month, and in 2019 GMFTS partnered with the New England Dairy Council to promote **‘Dairy in the Classroom’**, an initiative designed to engage schools in celebrating Vermont’s deep connection to dairy farms. **44 schools signed up** to receive free dairy materials to use in the classroom, cafeteria and community.

VTHOM is being **replicated in New Hampshire, Maine and Montana**, and others reach out annually to ask questions and for permission to use the graphics, lessons and recipes for their own needs – and we say **“yes”!**

In the NEK, **102 VTHOM taste tests** were conducted at area schools, with more than **50%** of participating students voting **“thumbs up”** on the recipe.

### What are Taste Tests?

Each month, taste tests are conducted in schools by GMFTS and VTHOM pledgers around the state, using **kid-friendly recipes** featuring that month’s crop. **Students prepare and serve the taste test to their classmates**, who then have the opportunity to try the recipe, and anonymously vote “thumbs up,” “sideways thumb” or “thumbs down.” Taste tests are a fun way to **introduce children to new, nutritious, local, in-season foods** that they may not otherwise have the opportunity to try. This helps children develop **healthy eating habits and changed taste preferences** that support the local food economy, and lead to healthier futures.





# Fresh Fruit and Vegetable Coupon Program

INCREASING ACCESS TO FRESH, HEALTHY, LOCAL FOOD FOR OUR COMMUNITY

Thanks to partnerships with Wholesome Wave and the USDA Food Insecurity Nutrition Incentive Grant Program, the Fresh Fruit and Vegetable Coupon program offers community members enrolled in the 3SquaresVT program supplemental coupons for fresh fruits and vegetables.



## 2019 Highlights:

In 2019, **89% of coupons** were redeemed, totalling **\$68,258** worth of fresh produce purchased from locally owned retailers in the Northeast Kingdom by 3SquaresVT members. That's a **78.7% increase** from last year!

Coupons were redeemed at **4 participating grocery stores:**

- Kingdom Market in Island Pond, VT
- Vista Foods in Newport, VT
- Craftsbury General Store in Craftsbury, VT
- C&C Supermarket in Barton, VT





# Thank you to our Supporters!

We are thankful to those who have generously supported Green Mountain Farm-to-School between July 1, 2018 and June 30, 2019

## Major Funders > \$2,000

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Brooks M Donnelly, *Sarah Donnelly*  
 Katherine Sims, *Erika Fellingner*  
 Maegan Brown Davis, *Judy and Frank Filipkowski*  
 Maire Folan, *Alexandra Gross*  
 The GMFTS team, *James Hafferman*  
 The marriage of Luke Backus and Olivia Craggs, *The Johnson Family - Rob, Kristin, Cole, Ava and Claire*  
 Luke Backus and Olivia Craggs, *Jim and Susan Malloy*  
 Steve Breault's Birthday, *Isobel Marks and Ross MacCormack*  
 The AmeriCorps Members, *Laurel Ostrow*  
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## In Memory of:

Sylvia Cortelli of Plymouth, Massachusetts,  
 Meg Sheehan

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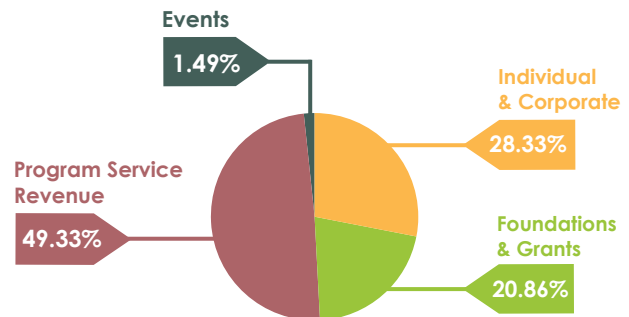


# FINANCIAL REPORT

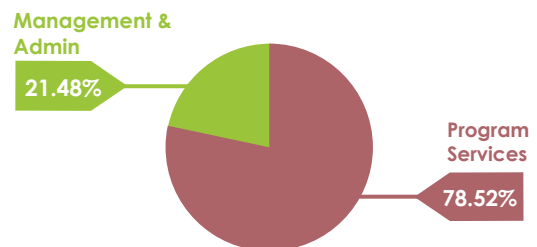
## STATEMENT OF ACTIVITY

July 1, 2018 - June 30, 2019

Revenue	FY 2019	FY 2019 %
Individual and Corporate:	\$260,287	28.33%
Foundations & Grants:	\$191,681	20.86%
Program Service Revenue:	\$453,252	49.33%
Events:	\$13,663	1.49%
<b>Total Revenue:</b>	<b>\$918,883</b>	<b>100%</b>



Expenses	FY 2019	FY 2019 %
Program Services:	\$702,549	78.52%
Management & Admin:	\$192,228	21.48%
<b>Total Expenses:</b>	<b>\$894,777</b>	<b>100%</b>



## BALANCE SHEET

As of June 30, 2019

Assets	FY 2019	Liabilities and Net Assets	FY 2019
<b>Current Assets:</b>		<b>Current Liabilities:</b>	
Checking/Savings	\$159,453	Accounts Payable	\$20,769
Accounts Receivable	\$42,264	Other Liabilities	\$1,467
Vehicle and Equipment	\$5,472	<b>Total Current Liabilities</b>	<b>\$22,236</b>
Other Assets	\$29,159	<b>Total Net Assets</b>	<b>\$214,113</b>
<b>Total Current Assets</b>	<b>\$236,349</b>	<b>Total Liabilities &amp; Net Assets</b>	<b>\$236,349</b>



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





## JOIN US!

Help strengthen our 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  
115 2nd Street  
Newport, VT 05855

**Or donate online at:**  
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