



## Quote of the Month

"A woman came to the Veggie Van Go at NVRH and shared what she had made with all the produce she had gotten the previous month.

"Last month I made 50 stuffed cabbages, 6 jars of cantaloupe jam, 6 jars of pickles, and I froze glazed carrots. I also canned 20 jars of applesauce." She was extremely grateful with all of the produce that was provided to her in September. I was blown away by all the work she had done to preserve her bounty."

## Are you interested in becoming a VT Fresh partner? Please contact us!

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VT FRESH is a Vermont Foodbank program that celebrates fresh food and helps to transform community food shelves with beautiful displays and cooking demos.

## Strategy: Produce Only Days and Community Events!

When produce is plentiful and abundant, people take more! Produce only days or community events are an excellent way to offer more produce, therefore prompting people to eat more of it. To increase access and availability to fruits and vegetables, make fruits and vegetables a larger share of food distributed!

### Hosting a specific produce only event

The **Fairfield Community Center** hosts a Friday afternoon produce distribution event where only produce gets distributed. They often have samples set out, play music, and make it into a fun event. **Sheffield Food Pantry**, opens their doors an extra day each month when the Foodbank's regional produce drops happen. The community knows this is a day when they can access a greater variety of items in larger quantities.

Other area food shelves including **Capstone Community Action**, **BROC**, **NEKCA** and **Just Basics** have days each week when people can visit the food shelf as often as they need to and access just produce on these days.

### Don't have a full stock of fresh produce to display?

One trick that the pros use is to "bulk up" the display. Insert crumpled up papers, boxes, etc beneath the produce to make it look full. Increase the variety of choices by offering many different types of fruits and vegetables - fresh, frozen, dried, or canned.

### Vermont Foodbank Veggie VanGo Events

One way that the Vermont Foodbank is working to increase the availability of fresh fruits and vegetables is with our Veggie VanGo program. This is a program we offer at a number of schools and hospitals where people can obtain fresh produce. Haven't heard of this yet? Click [here](#) to learn more.

### Please share your ideas and strategies!

Please email us your story and photos!

