

Kernels

With Vermont's abundance of local farms, there is plenty of produce to feed our community. The challenge is ensuring that this fresh food is not wasted and makes it onto the plates of our neighbors facing hunger.

Learn about how our gleaning program harvests fresh produce from farms for the people who need it most.



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Vermont Foodbank

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Mark Your Calendar



Harpoon Point to Point presented by National Life

Saturday, August 12, 2017

The 16th annual Harpoon Point to Point presented by National Life is only a few weeks away! This highly anticipated event attracts cyclists and mountain bikers from all over New England. Join us for 25, 50, or 100 miles on the road or for a 20 mile mountain bike ride at Mt. Ascutney. Since its inception, this event has raised more than \$1.3 million for the Vermont Foodbank. Learn more at: harpoonpointtopoint.com

September Is Hunger Action Month



Hunger Action Month is a nationwide campaign to bring awareness to the issue of hunger and give people like you a way to take action. You'll find everything you need to know about how to get involved this September at vtfoodbank.org/HAM.

Pick for Your Neighbor September/October



This apple season, visit a participating local orchard to pick and purchase extra apples for donation to the Vermont Foodbank. We will distribute the apples throughout Vermont to our neighbors in need. Learn more at: vtfoodbank.org/event/pickforyourneighbor

For all the latest information, visit our website at www.vtfoodbank.org

We're very social! Join us on:



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A Note from the CEO

“Supply and demand come together when farmers donate that excess to your Foodbank, or a local partner food shelf or meal site, and it shows up in the kitchens and on the plates of those who couldn't otherwise afford it.”

The growing season is upon us, and the Vermont Foodbank's gleaning volunteers are in the fields. Vermont farmers grow beautiful produce and want it to be eaten and enjoyed! But not everything gets harvested. Sometimes there is too much, or it's the wrong shape, color, or size for market. At the same time, we have neighbors across Vermont who want fresh, local produce but simply can't afford to put it on their tables. Supply and demand come together when farmers donate that excess to your Foodbank, or a local partner food shelf or meal site, and it shows up in the kitchens and on the plates of those who couldn't otherwise afford it.

I'd like to extend special thanks to the farmers who have the ability to share what can't be sold, to the volunteers who make themselves available to go out in those fields and harvest the food, and to Andrea Solazzo and Emily Falta, the Foodbank's gleaning coordinators, who keep everyone connected, happy, and productive. Other groups around the state glean and share too and are included in this special thank-you.

We look forward to the day farmers get more than just our thanks for their expertise and toil, in a future where all of our neighbors can afford to pay a sustainable price for healthy, fresh, and local food. Until then your Foodbank is thrilled to be able to make the match so all of our children, families, and seniors can live to their full potential.

It takes all of us working together to make this state the best it can be. If you're not growing, picking, or serving the farm-fresh food, you still play an integral role in getting that food on a family's plate by your financial donations to the Foodbank. Please give generously.

Thank you.


John Sayles, CEO



Gather. Share. Nurture.

What is Gleaning?



The Vermont Foodbank operates the largest gleaning program in the state, partnering with more than 80 farmers throughout Vermont to bring fresh, local produce to Vermonters facing hunger.

Gleaning is the act of harvesting surplus vegetables, or “seconds”, from farm fields. Often the produce is top quality. Other times it may be irregularly shaped or have small blemishes. With 153,000 Vermonters struggling to feed themselves and their families, there is no reason this healthy,

fresh food should go to waste. That’s why our gleaning team and more than 600 community volunteers are working hard in farm fields throughout the state. They are dedicated to ensuring all of that high-quality produce ends up on the table to feed our community.

Thanks to our incredible volunteers and our amazing local farmers, we have more than doubled the amount of

local Vermont produce we distribute, from 200,000 pounds in 2012 to 465,000 pounds in 2016. We distribute this produce through our partner food shelves, meal sites, senior centers and housing sites, and through our VeggieVanGo™ program to schools and hospitals. Our gleaning program helps us ensure that everyone in Vermont has the healthy food we all need to thrive.



Partner Farmers Speak Out!

“The best thing about working with the Vermont Foodbank is the amount of impact this food can have. There is a multiplier effect – we not only get food to people who need it, but because it’s healthy, fresh, organic food, we are also having a positive impact on people’s health, and in turn positively affecting society as a whole. When people are healthier, it puts less of a burden on the health care system and allows people to focus on other things and contribute in other ways.”

–Paul Harlow, Harlow Farm, Westminster, VT

“At Intervale Community Farm we love working with the Vermont Foodbank! They have helped us dramatically increase the amount of food that we are able to donate. We often have extra produce but are sometimes short on time, the Foodbank picks up and distributes this for us, getting surplus food out to Vermonters who need it. We also love having volunteers on the farm. Andrea from the Foodbank does a great job facilitating volunteer groups as they harvest excess food and enjoy our fields and the Intervale.”

–Aly Martelle, Intervale Community Farm, Burlington, VT



“We are so grateful that the Foodbank gets fresh produce from our farm to the people who need it most. Access to food is a human right that inspired us to grow food in the first place, and gleaning programs like the Foodbank’s make it possible for more Vermonters to enjoy the bounty that comes from our local farms.”

–Hilary Martin, Digger’s Mirth Farm, Burlington, VT

“We work hard to grow the best crops we can for our community, but sometimes it happens that not everything we produce can find its way to the market.

It’s nice to know in these instances that the gleaners and the Vermont Foodbank are making sure that produce finds a good home.”

–Rob Rock, Pitchfork Farm, Burlington, VT



Gather. Share. Nurture.

Mission Moments



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“A woman and her four-year-old daughter came into a food shelf, where our team was doing a VT Fresh cooking demo. I started talking to the little girl while her mother was shopping and asked her about what vegetables she likes to eat. She was a little shy but saw I was handing out “I tried it!” stickers and wanted one. I explained they were for kids who try a new vegetable and offered her some maple glazed carrots. She reluctantly took one of the samples I was giving out. After giving it a taste, her eyes lit up, and she actually asked for seconds! Her mother came over, shocked she had eaten the veggies and said she is a very picky eater who usually prefers pasta and butter. The mother and daughter took home the recipe and carrots, planning to cook the dish for dinner that week.” –Andrea Solazzo, Agriculture and Community Outreach Manager, Vermont Foodbank

Our VT Fresh program works with partner food shelves to stock their shelves with fresh veggies, often harvested by our gleaning team. Inspired by behavioral economics research, VT Fresh modifies the food displays to help make the healthy choice the easier and more appealing choice for those we serve. This display is from Chittenden Emergency Food Shelf in Burlington.



Vermont Foodbank staff celebrated Hunger Action Day at the Vermont State House with our VT Fresh team, encouraging our lawmakers to join us in the fight against hunger.



Our VeggieVanGo™ program has been busy distributing fresh produce to schools and hospitals throughout Vermont, ensuring all our neighbors can access the food they need to sustain a healthy lifestyle.



The Farm at the Vermont Youth Conservation Corps partners with the Vermont Foodbank to glean monthly. They help distribute the gleaned produce alongside their farm's bounty in their Health Care Shares, a food donation program for local families.



Keynote speaker, Paul Born shared his insights about deepening community through collective impact with more than 300 passionate community members who attended our annual Hunger Action Conference. It was an incredible day of learning, networking, and collaborating so that we can better work together to end hunger in Vermont.



Vermont Restaurant Week raised \$21,380 for the Vermont Foodbank! Thanks to Seven Days, Vermont Federal Credit Union, City Market, the Vermont Community Foundation, and the event's wonderful sponsors, restaurants, and customers for making this possible.



The rainy spring didn't stop this hardcore team from getting out in the fields! This incredible group stayed cheerful and energetic while harvesting 800 pounds of lettuce in the rain.



We harvested this gorgeous lettuce at the first glean of the season at the Intervale Community Farm this April.

Every Glean is a gift



Lani Wharton, Gleaning Volunteer

Longtime gleaning volunteer, Lani Wharton shares why she gleans with the Vermont Foodbank.

Every glean is a gift. Sometimes the gift is huge, obvious, heavy, and very exciting by its sheer bulk and weight. I love to see the Foodbank truck filled to capacity. Sometimes the glean is more like hidden treasure to be searched out, one by one, from under enormous leaves and thigh-high weeds, or tantalizingly high above our heads waiting to be plucked. I love to hear the exclamations of awe and delight from gleaners all over the field. Every leaf, fruit, or root is precious and beautiful. To harvest amidst acres of abundance is pure joy.

That feeling of joy and accomplishment extends, for me, to the stocking of the Putney Foodshelf. **I love nothing more than to watch and encourage Foodshelf recipients to take the produce that I am always delighted to tell them that I picked from a local farm that very morning. I know that the food they are receiving is the very best and healthiest food anyone can get.** Gleaning is a win-win proposition for me.

Each glean is special, but a recent favorite was my Birthday Glean last summer at Harlow's River View Farm. About 20 friends joined us on a spectacular summer solstice morning in a field of lettuce on the edge of the Connecticut River. In one hour we gleaned over 1,200 pounds of beautiful lettuce while chatting and snacking on fresh strawberries and pastries I'd brought for the occasion. We had a blast! I'm excited to celebrate my birthday the same way this summer.

Volunteer to glean with the Vermont Foodbank!

It's the perfect way to get outside, spend time at local farms, and ensure that we all have the healthy food we need to thrive. This is a great volunteer opportunity for groups, individuals, and families with children of all ages. Schedule your glean today!

Learn more at: vtfoodbank.org/gleaning



We glean with the help of volunteers, primarily in the Chittenden County region and the greater Brattleboro area. Do you live in a different region? Consider joining one of the other incredible organizations gleaning in Vermont: Community Harvest of Central Vermont, Hope, Intervale Center, Northwest VT Healthy Roots Collaborative, Rutland Area Farm and Food Link, Salvation Farms and Willing Hands.

Partner Spotlight

THE INTERVALE CENTER AND VERMONT FOODBANK BRING FRESH FOOD TO THE COMMUNITY

The Intervale Center Gleaning & Food Rescue Program has been a Network Partner of the Vermont Foodbank since 2016, and previous to that we worked together for many years. Sarah Alexander, of the Intervale Center, works closely with the Foodbank's Agriculture and Community Outreach Manager, Andrea Solazzo. Together, Sarah and Andrea successfully feed hundreds of low-income Vermonters fresh, gleaned produce from Vermont farms.

The Intervale Center Gleaning & Food Rescue Program operates a 16-week Fair Share Program: a no-cost, weekly CSA for low-income households in Chittenden County. Fair Share consists of weekly produce pickups, nutrition education, recipe resources, and VT Fresh demos. The Fair Share Program has continued to grow, with the goal of feeding 175 households in the 2017 season.

The Vermont Foodbank's increased gleaning efforts in Chittenden County have been critical to Fair Share's growth. Not only has the Fair Share Program been able to feed more people, but the amount and variety of produce distributed each week has also expanded.

The Intervale Center and Vermont Foodbank partnership has allowed both gleaning programs to work with more farmers, more often, and feed more and more people. A win-win-win!



Andrea Solazzo, of the Vermont Foodbank, and Sarah Alexander, of the Intervale Center, with a bounty of delicata squash to share with our community



Gathering & Sharing

2M POUNDS OF FRESH PRODUCE ANNUALLY...

Vermont Foodbank
Fresh Food INITIATIVES

SERVING 1 in 4
Vermonters
6 million servings
of fruits
and
veggies
each
year



Locally Sourced Produce



On-the-farm GLEANING



Including



465K POUNDS OF VT GROWN PRODUCE

With help from:

600 Gleaning volunteers



80 Vermont farmers



225 Network Partners:

Food shelves • Meal sites • Senior centers
After school programs • Housing communities
+ other nonprofits



275 VT Fresh taste tests

of 30 different fruits & vegetables



200 VeggieVanGo events

at 12 schools & hospitals



70 Culinary students

prepare 150K meals



Community Kitchen Academy

a Vermont Foodbank partnership

RESULTS!

Food rescue + food access + nutrition education + job training =

IMPACT!

Nurturing our neighbors with the healthy food we all need to thrive. vtfoodbank.org

Vermont Foodbank

Gather | Share | Nurture