

WINTER 2016

Gather. Share. Nurture.

Kernels



Vermont Foodbank
www.vtfoodbank.org

A member of
FEEDING AMERICA

VeggieVanGo

Providing fresh and healthy foods at schools, hospitals, and housing sites.

The core function of the Vermont Foodbank is to provide fresh produce, shelf-stable food, and prepared meals to our 225 network partners. Those network partners include food shelves, meal sites, senior centers and after-school programs. These agencies directly serve 153,000 Vermonters annually.



This year the Vermont Foodbank is pleased to announce the launch of **VeggieVanGo**, our latest fresh and healthy food initiative that is providing

fruits, vegetables and other foods to Vermonters who are food insecure, where and when they need it most. Working with hospitals, schools and housing sites, VeggieVanGo deliveries are already happening throughout the state.

To Schools

Local schools are great places to engage with families at risk of hunger who might not be able to make it to a traditional meal sites for help. In 2016, the Foodbank will work with five schools in Rutland, Bennington, Brattleboro and Winooski to distribute fresh produce twice per month on school grounds, thereby providing an easy, accessible source of food for low-income students and their families. Our goal is to distribute more than **230,000 pounds of produce and other fresh foods this school year.**

To Hospitals

At the Vermont Foodbank, we see VeggieVanGo deliveries as a vehicle to better health for Vermont

families. In 2016, VeggieVanGo will regularly visit five hospitals and health care facilities, working with doctors and medical staff to identify both patient and employee families who are experiencing hunger and “prescribe” fresh vegetables and a more nutritious diet.

To People at Home

In our quest to increase access the highest quality food for the people who need it the most, we are turning more and more to bringing food directly to families where they live. This year, we aim to **increase this type of distribution by 50%**: up to 750,000 pounds of healthy food made available through an average of nearly one VeggieVanGo delivery every day!

In 2015, the Vermont Foodbank provided 1.7 million pounds of produce, 442,000 pounds of which was local, Vermont fresh produce. **With the help of VeggieVanGo, we expect to distribute 2 million pounds of fresh food to our neighbors in need of food assistance this year.**



Tina Bevington and Chris Morse from the Vermont Foodbank stand with a gaylord of cabbages during the VeggieVanGo delivery at Northern Vermont Regional Hospital.



“We grow what seems to work, discard what doesn’t and keep looking for new partnerships that can leverage your support to an even bigger impact on Vermont.”

John Sayles, Vermont Foodbank CEO, poses for a photo with Rep Welch.

NOTE from the CEO

As you read this, we are still dreaming of spring and green things like vegetable gardens, farmers markets and fresh local veggies on our plates. As you’ll read about in this edition of *Kernels*, your Foodbank is more than dreaming, we are taking new actions to fill Vermonters plates with fresh vegetables and fruits. VeggieVanGo is taking the Foodbank’s produce distribution to the next level. Whether it’s at school, at the hospital or right to where you live, VeggieVanGo delivers fresh produce (local, in season) at convenient times and places. I was at a VeggieVanGo distribution a few weeks ago at North Barre Manor, a senior housing location, with volunteers from our partner and supporter VSECU. The community room had been set up like a farmers market, with fresh produce laid out on tables – potatoes, onions, carrots, beets, turnips and more – and volunteers were there to assist in every way, even carrying the heavy bags right up the resident’s apartments. To inquire about volunteer opportunities and get on our volunteer mailing list just send an email to volunteer@vtfoodbank.org. There may be volunteer opportunities right in your community.

Even more growth in fresh and often local produce is being fertilized by the Good Samaritan Hunger Relief Tax Incentive Extension Act, a new federal law that Senator Patrick Leahy shepherded through Congress within a broader tax package passed in the year-end spending bill. This provision builds on a proven tax incentive to encourage businesses and farms to donate surplus food to their local food banks. It also permanently extends the same tax incentives to donate food, now available to corporations, to small businesses, farmers, and restaurant

owners – many of whom have large amounts of fresh food to give. So many Vermont farmers, restaurants and small businesses are already donating to your Foodbank and the partners who serve our neighbors, and now they’ll have the opportunity for tax benefits in addition to our gratitude and the good feeling of helping fellow Vermonters.

The commitment and generosity of you, our volunteers, donors and supporters, drives the staff and me to think in new and innovative ways to ensure that no one in Vermont goes hungry. We grow what seems to work, discard what doesn’t and keep looking for new partnerships that can leverage your support to an even bigger impact on Vermont. Focusing on fresh produce is a strategy that works. It is the food that our neighbors want (we ask). Partnerships with schools, hospitals and housing sites get that food to our neighbors more effectively, with less waste. Advocacy also works. The government is an essential partner in making sure that the rules encourage the right behavior and benefit everyone in this country.

The best way to solve hunger is to ensure that all Vermonters have the means to shop right alongside us at the farmers market, co-op and grocery store. Until then, your generous support inspires and powers us to keep innovating, improving and partnering to support our neighbors. Thank you for keeping us going.

Thank you.

John Sayles, CEO



Gather. Share. Nurture.



Donor Spotlight:

VSECU, a credit union for everyone in Vermont

At a holiday VeggieVanGo drop today at North Barre Manor, the Vermont Foodbank announced that VSECU, a credit union for everybody in Vermont, will again provide the organization with \$40,000 to support our core function—food distribution to Vermonters in need. This marks a total of \$160,000 that VSECU has donated to the Foodbank over four years.

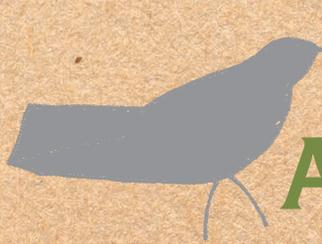
“We are so grateful for the longtime support of VSECU in the work of ending hunger in Vermont,” said John Sayles, Vermont Foodbank CEO. “Their leadership on issues of health and food security is critical to our work ensuring that no one in Vermont goes hungry.”

VeggieVanGo deliveries at North Barre Manor are part of a larger effort to provide fresh food to people where they live. In partnership with Supports and Services at Home (SASH), the Vermont Foodbank provides VeggieVanGo deliveries to more than 60 housing sites throughout the state. According to Bonnie Parry, SASH Coordinator, “The Vermont Foodbank is a lifesaver for low-income Vermonters who often do not have transportation or an adequate food budget. Healthy foods like fruits and vegetables are some of the most expensive items to buy at the grocery store, but with the SASH program and the Foodbank working together, we are able to provide these items at no cost, deliver it to their homes, and promote a healthier lifestyle.”



The grant from VSECU will support the expansion of VeggieVanGo deliveries at North Barre Manor by funding the operation of a new truck that will serve locations in and around Rutland, Brattleboro and Bennington.

Staff and board members from VSECU were on hand and volunteered to help distribute the food. “At VSECU, we believe that every Vermonter should have access to resources that satisfy their basic needs such as food, shelter, heat, and financial well-being,” said Rob Miller, CEO of VSECU, “This gift to power the Foodbank’s expansion of delivery services is core to our mission to improve Vermonter’s lives.”



2015 Annual Report

The mission of the Vermont Foodbank is to gather and share quality food and nurture partnerships so that no one in Vermont will go hungry.

18,042 pounds of apples

A total of 20 apple orchards, along with families, community members, corporate, school and civic groups, participated in Pick for Your Neighbor, which resulted in 18,042 pounds of apples being gathered and distributed to food shelves and meal sites in the Foodbank's network. Woodchuck Hard Cider provided underwriting support, for the 6th year in a row!



18,000 supporters

Nearly 18,000 individuals, businesses, and organizations provided financial support to the Foodbank in FY 2015.



334,000 servings of food

Community Kitchen Academy (CKA), which prepares under- and unemployed Vermonters for food service careers through an intensive program of culinary skills development, career readiness, and job placement, entered its sixth year. It now operates in partnership with the Chittenden Emergency Food Shelf in Burlington and Capstone Community Action in Barre. CKA has graduated 187 students since 2009—and produced more than 334,000 servings of food for Vermonters in need.



800 riders

The 2015 Harpoon Point to Point raised more than \$194,000 with the help of more than 800 riders—another record-breaking year.



10 million pounds of food

With a dedicated network of 225 food shelves and meal sites, the Vermont Foodbank provided 10 million pounds of food to 153,000 Vermonters who struggle with hunger.

Nutrition Education

VT Fresh is the Vermont Foodbank's nutrition education program that increases access to and improves the availability of fruits and vegetables at food shelves throughout Vermont while encouraging participants to increase their consumption of fresh foods. In 2015, the Vermont Foodbank provided 196 cooking demos at 16 food shelves and engaged more than 2,000 participants. After tasting a particular vegetable, 77% of participants reported that they were more willing to try that vegetable again at home.



The Foodbank's work of gathering and sharing quality food was accomplished with the help of nearly 2,000 volunteers who provided 12,737 hours of donated volunteer support. Volunteers helped us glean Vermont produce, sort and deliver food to our neighbors in need, put on events, stuffed thank you letters, and the list goes on!

12,737 hours of donated volunteer support



342,000 pounds

More than 342,000 pounds of fresh Vermont produce were made available to Vermonters in need because of the generous support of nearly 80 Vermont farms.

2

The Foodbank welcomed two new board members: **Ben Theriault**, Director of Retail Operations, Hannaford Supermarket and **Martha Trombley Oakes**, Senior Philanthropic Advisor, Vermont Community Foundation.



217,950 meals

The Foodbank continued its SNAP Outreach in 2015, resulting in the completion of 365 applications. According to the Feeding America SNAP calculator, the estimated SNAP benefit generated by those 365 applications is \$667,899; the estimated local economic impact generated for the state of Vermont is \$1,195,539, and the SNAP meals attributed to this work are 217,950.

2015 Annual Report



Vermont Foodbank
www.vtfoodbank.org



CONDENSED STATEMENT OF ACTIVITIES FY15

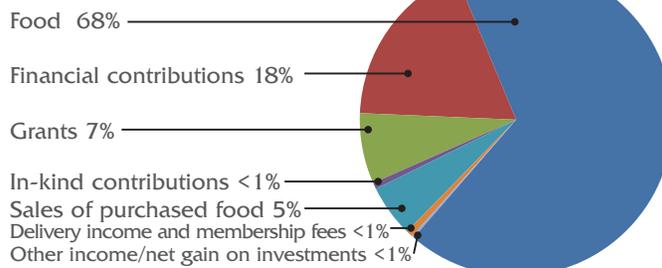
REVENUE

Contributions:	
Food	\$ 15,054,755
Financial contributions	\$ 4,018,492
Grants	\$ 1,627,734
In-kind contributions	\$ 145,149
Sales of purchased food	\$ 1,201,639
Delivery income and membership fees	\$ 154,809
Other income/net gain on investments	\$ 48,303
TOTAL REVENUE	\$ 22,250,881

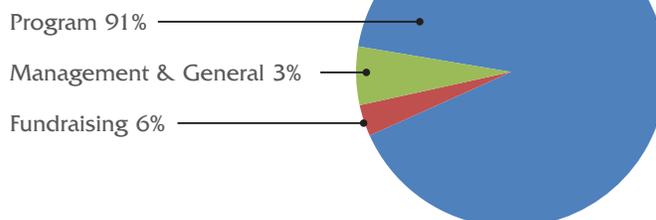
EXPENSES

Program Services:	
Food	\$ 20,238,772
Management and general	\$ 731,316
Fundraising expenses	\$ 1,358,710
TOTAL EXPENSES	\$ 22,328,798
Changes in net assets,	\$ (77,917)
NET ASSETS, beginning of year	\$ 6,408,418
NET ASSETS, end of year	\$ 6,330,501

REVENUE



EXPENSES



CONDENSED STATEMENT OF FINANCIAL POSITION FY15

ASSETS

Cash and marketable securities	\$ 2,112,133
Receivables	\$ 161,768
Prepaid expenses	\$ 154,269
Inventory	\$ 1,811,911
Property, plant and equipment	\$ 2,616,202
TOTAL ASSETS	\$ 6,856,283

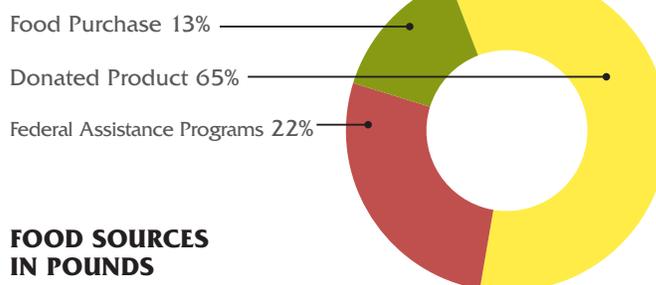
LIABILITIES

Accounts Payable	\$ 222,672
Accrued expenses	\$ 218,110
Notes Payable	\$ 85,000
TOTAL LIABILITIES	\$ 525,782

NET ASSETS

Unrestricted - undesignated	\$ 2,655,157
Unrestricted - property and equipment	\$ 2,616,202
Unrestricted - board designated	\$ 300,000
TOTAL UNRESTRICTED NET ASSETS	\$ 5,571,359
Temporarily restricted	\$ 759,142
TOTAL NET ASSETS	\$ 6,330,501
TOTAL LIABILITIES AND NET ASSETS	\$ 6,856,283

FOOD SOURCES



FOOD SOURCES IN POUNDS

Donated Product	6,520,658
Federal Assistance Programs	2,231,478
Food Purchase	1,275,493
TOTAL	10,027,629

FOODBANK BOARD OF DIRECTORS

Doug Lantagne, Chair	Jan Scites
Susan Bassett	Peter McH. Stamm
David Epstein	Margie Stern
Senator Jane Kitchel	Ben Theriault
Stephen Magowan	Martha Trombley Oakes
Beth Rusnock	Donna Watts
George Schenk	Joe Zuaro, DDS

Gather. Share. Nurture.



We'll listen to your story, let you know which programs you may be eligible for, and work with you one-on-one to assist however we can.

TOP 5 REASONS the Vermont Foodbank is Your 3SquaresVT Resource

By Shane Collins, 3SquaresVT Outreach Coordinator

The Supplemental Nutrition Assistance Program (SNAP) and 3SquaresVT in Vermont, helps low-income people and families buy the food they need. Benefits are provided on a debit card (EBT) and are accepted at most grocery stores and some farmer's markets. SNAP is an important resource for families to obtain healthy, affordable foods. Unfortunately, the program is underutilized in Vermont, so the Vermont Foodbank is helping to increase participation and get people the food they need. Here are the top 5 reasons why you should let the Vermont Foodbank help you out.

1. **You're More Likely to Get Approved for Benefits.**

Applications that are filled out with the assistance of the Vermont Foodbank's 3SquaresVT Outreach Team have a higher acceptance rate than the national average. Our team, consisting of Sally, Shane, and Rachel, received extensive training on the rules and regulations of applying for SNAP benefits. They regularly attend trainings hosted by the State of Vermont, as well as other non-profits. They participate in a monthly 3SquaresVT workgroup, have contacts within the state, enroll in online webinars, and are informed of changes to the application process as they occur. Utilizing their expertise can help reduce application errors that could cause the State to deny your benefits.

2. **Get Help for More Than Just 3SquaresVT.** When you come to the Vermont Foodbank for help, we can often find other forms of assistance that you may be eligible for and not even know. We help many of our clients apply for Fuel Assistance, Commodities and Reach Up. Often, we can direct people to community lunches or help you find one of our network food shelves in your area. For Veterans, we can pass along information on VA housing facilities. We can even help you receive information on becoming a Registered Voter.

3. **Reach a Person, Not a Call Center.** When you call us, you know exactly who you'll be talking to. You'll speak with one person on our team who will be your go-to contact through the entire process. We'll listen to your story, let you know which programs you may be eligible for, and work with you one-on-one to assist however we can. We can fill out your application over the phone – or even visit you in the comfort of your own home. And after we complete the initial application, people we help are not only able, but are encouraged to call, text, and email us with any questions or concerns. We cultivate relationships with our clients that sometimes last years.

4. **Expedite the Process.** When we complete your application, we can anticipate the accompanying documentation the state will want, including identification, pay stubs, lease agreements, and medical deductions. We can scan all of this paperwork on-site and include everything with your application in one packet, reducing the time it will take the State to make a decision on your case.

5. **Help Doesn't Stop Once We Mail Your Application.** If you allow us to be your Alternate Reporter, we can stay up to date with the status of your case and assist you through the entire eligibility process. Did you receive a notification from the State that you have a question about? Call us because we'll have your notices on file. Have a question for the State about the status of your benefits? Let us know and we'll call the state for you! And when it comes time to re-certify, we'll call to check in and see what's changed. We can reapply with you to ensure there are no disruptions in your benefits.

This information is funded in part by the USDA. The USDA is an equal opportunity provider and employer.

Legislative Update

Leahy, Local Advocates Announce Expansion of Charitable Deductions for Food Donations

On Wednesday, December 30th, joined by local advocates to end hunger and food insecurity, Senator Patrick Leahy (D-Vt.) announced at the Chittenden Emergency Food Shelf in Burlington that a provision incentivizing donations of surplus food to local food pantries was recently signed into law, helping efforts to cut back on food waste and supporting communities in need across the country.

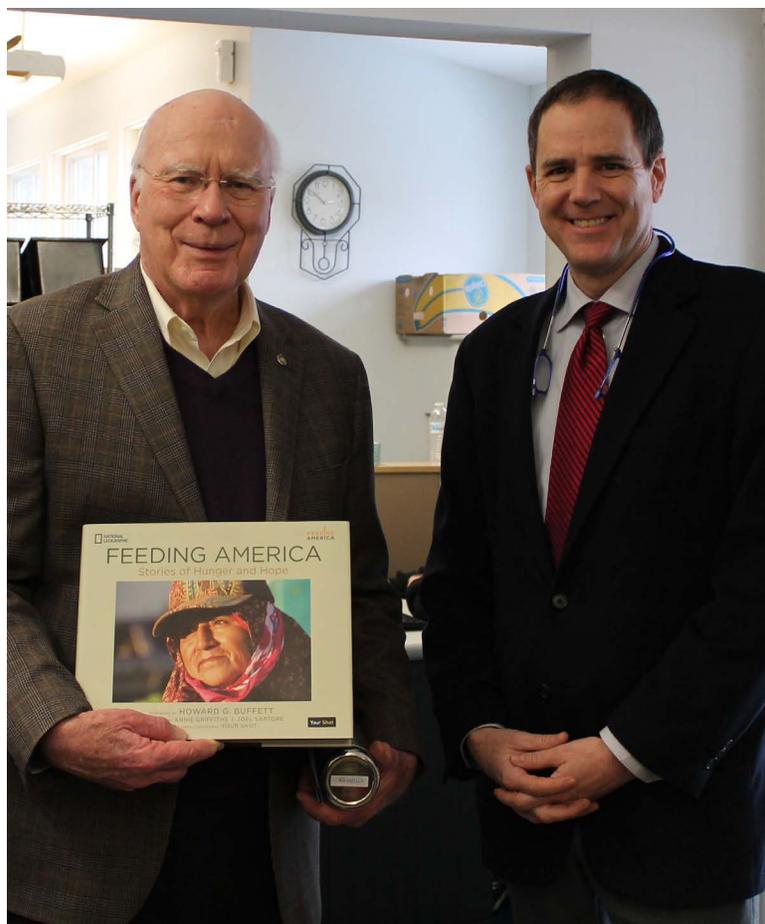
During this Congress, Leahy successfully led a bipartisan effort to expand and make permanent tax deductions for businesses and farms for food donated to community food shelves this year. As much as 40 percent of food that is produced, grown and transported in the United States will never be used because some businesses find it too costly to donate. This amounts to an estimated **70 billion pounds of wasted food each year.**

Leahy said: “The burden of hunger threatens the livelihood and wellbeing of communities across Vermont. Hunger leads to malnourishment, obesity, diabetes and academic and social difficulty among children, and we all know a hungry child cannot learn. Vermont is a leader in the fight against hunger, and I was proud to support this common sense provision to cut down on food waste and redirect resources to those in need.”

The Chittenden Emergency Food Shelf serves over 12,000 Vermonters each year and continues to see an increase in visitors seeking food assistance. Rob Meehan, Executive Director of the Chittenden Emergency Food Shelf, said, “Many of the people we serve face difficult choices including skipping meals so their children will have enough to eat, choosing between food and medicine, food and housing, food and healthcare simply because they do not have enough money. **We need more help from our federal government to feed vulnerable Vermonters, and this is a valuable step in that direction.**”

The provision, the House companion of Leahy’s Senate legislation the Good Samaritan Hunger Relief Tax Incentive Extension Act, was included within a broader tax extension package passed in the year-end spending bill. This provision builds on a proven tax incentive to encourage businesses and farms to donate surplus food to their local food banks. It also permanently extends the same tax incentives to donate food, now available to corporations, to small businesses, farmers, ranchers and restaurant owners – many of whom have large amounts of fresh food to donate.

153,000 Vermonters rely on meals provided through food shelters, meal sites, senior centers and after-school programs each year. Vermont Foodbank CEO John Sayles said, “Many of our neighbors are working hard and still



can’t make ends meet. Federal assistance is the first line of defense against hunger, but it has been decreasing in the past several years. We appreciate Senator Leahy getting a win for hunger relief this year, and we’ll work hard to leverage that win for hungry Vermonters and continue to push for more federal, state and private support to end hunger.”

Community members were also in attendance to lend support for this enhanced opportunity for public-private partnership. Former Co-Chair of the Chittenden County Hunger Council and City Market Director of Community Engagement Allison Weinhagen said, “Vermont’s food co-ops, farms and food retailers all value the partnership with our local food banks and pantries. This extension further supports the impactful work that is being done throughout the state. The statistics on food-insecure families in our community have not significantly decreased over the past several years, and leadership like Senator Leahy’s at the federal level is an essential step in making a positive difference in the lives of our neighbors.”

As the most senior member and former chairman of the Senate Agriculture Committee, Senator Leahy has helped to lead the fight in Congress against hunger and is a longtime supporter of federal nutrition programs. This year he successfully advocated for an increase in federal funding for The Emergency Food Assistance Program (TEFAP), a federal program that provides states with commodity food products to fill food shelves. Earlier this year, he also introduced the Farm to School Act of 2015 to bolster nutrition education in schools, while increasing economic benefits for our local farmers.

Upcoming Events



Magic Hat Mardi Gras 2016 Saturday, March 5, 2016 Burlington, Vermont

It's that time of year again! Join more than 500 volunteers on **Saturday, March 5th** and make this the best Mardi Gras ever. The Vermont Foodbank is the beneficiary of this spirited event and we need your help to make it all happen. Volunteers help keep the parade route safe, sell beads and walk beside floats in the parade. **We hope you'll join us!**

To learn more and to sign up, visit www.vtfoodbank.org.



Hunger Action Conference Friday, May 6, 2016 Killington, Vermont

On Friday, May 6th the Vermont Foodbank is hosting our annual Hunger Action Conference at the Killington Grand Resort Hotel and Conference Center in Killington, Vermont. This year's conference theme is "Nurturing Partnerships; Nourishing Change." This day-long educational event provides more than 300 attendees from the non-profit and charitable food worlds training regarding poverty and hunger, food systems, health, best practices and more, so they can better impact those most in need in our communities. Save the date - May 6, 2016! And check our website in the coming months for more information: www.vtfoodbank.org.

Event Update

Twin City Subaru

Subaru of America will be donating nearly \$25,000 to the Vermont Foodbank thanks to 100 owners who recently purchased or leased new Subarus at Twin City Subaru in Berlin, Vermont during the annual Share the Love event.

"We feel so inspired by our community for coming together in support of our neighbors who struggle to make ends meet," said Twin City Subaru Owner Dave Birmingham in response to Share the Love's success. "True to our instincts, every customer pledged their \$250 donation from Subaru to the Foodbank, proving once again that Vermonters sincerely care about helping one another."



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

We're very social! Join us on:



Gather. Share. Nurture.

CONTACT US:

Vermont Foodbank

33 Parker Road • Barre, VT 05641

Tel: 802-476-3341 / Fax: 802-476-0319