



ABOUT HEALTHY ROOTS

WE WORK TO IMPROVE FOOD ACCESS, PROVIDE LOCAL FARM AND FOOD EDUCATION, AND DEVELOP ESSENTIAL INFRASTRUCTURE AND PROGRAMS THAT SUPPORT FARM VIABILITY - ALL OF WHICH DIRECTLY IMPACTS THE HEALTH AND WELLNESS OF OUR NORTHWEST VERMONT COMMUNITIES.



WHO WE ARE

Northwest Regional Planning
Commission
Franklin County Industrial
Development Corporation
Franklin Grand Isle Community
Action
South Hero Land Trust
The Abbey Group
Hall's Home Place
and seeded by,
Northwestern Medical Center

WHO HAVE WE SERVED

70 Growers & Makers
11 Buyers
23 Food Sites
4,000+ Community Members
50% of Our Schools
244 Volunteers

FOOD ACCESS



HRC GLEANING

Gleaning is the act of harvesting food post commercial harvest and donating that food to people that need.

Healthy Roots Gleaning Program has been active since 2016, with the goals of increasing food access and education, building volunteerism, partner with local farms, reduce food waste.

24,000+
POUNDS

A 36% increase from 2018. 30 Crop types gleaned and bread was added.

23
SITES

60% served weekly. 60% report HRC provides 50% of more of their produce.

244
VOLUNTEERS

33% increase from 2018. 76% were students on field trips.

Stories From the Field

RICHFORD NOTCH

One particular story that stands out to me is an elderly gentleman who recently lost his wife began coming regularly to access the gleaned produce and said; "This has helped me eat healthier which has been a challenge since my wife passed as she was the one who purchased and prepared our food. I am learning how to cook and am blessed to have access to free fresh veggies. Thank you!"

FOOD EDUCATION



FARM TO SCHOOL

Healthy Roots works with school teams to develop integrated farm to school programs that reach school cafeterias, classrooms & communities.

We provide training and match making for food service staff to ensure local in the school meal programs.

We host curriculum trainings for educators and provide student activities including gardening and cooking skills and farm field trips.

Hold annual network events that build community connections across our school communities.

\$54,000

GRANT FUNDING

Secured 2 VT Agency of Agriculture FTS Grants and a USDA FTS Grant. \$30,000 going directly to schools.

50%+

SCHOOLS SERVED

12 school work directly with Healthy Roots on a regular basis.

6

FARM PARTNERSHIPS

3 direct buying relationships created and 3 farms taking part in field trips.

Stories From the Field

FLETCHER SCHOOL

"I think this cooking class was important because we learned about the sustainability of our food and that there are many ways to prepare it," parent Deedra Austin said. "It's good to try new foods. Growing up I never ate anything with cabbage and now I have cabbage recipes I will actually eat. It's also important for any child to learn where food is coming from and how to take care of the planet. It's good to try new foods and to know the process it takes to go from ground to table."

FARM VIABILITY



NORTHWEST VT GROWN

Healthy Roots maintains a network for 160+ growers & makers in Northwest VT. This network receives regular updates regarding professional development, funding opportunities as well as Healthy Roots programming.

In addition, we provide direct service in business and infrastructure development, supply chain facilitation. We also host workshops and network mixers.

70+

GROWERS & MAKERS

Engaged in events, workshops and business development and supply chain facilitation TA.

11

BUYERS

Engaged in events and supply chain facilitation. 1 buyer represents 13 schools.

4000+

EATERS

Are accessing local food through Healthy Roots programming such as In Good Taste, gleaning, farm to school, and workplace CSAs.

Stories From the Field

BONEYARD FARM

"The wonderful team at Healthy Roots Collaborative has been so supportive of our diversified farm operation and our family business over the past few years. We have met with HRC at our farm and in other locations to strategize, dream, and troubleshoot. We have attended Healthy Roots workshops and presentations and events, and always drive home feeling inspired and excited about the future of local food and local agriculture here in Northwest Vermont. It feels good to know we have the support of such a dynamic and efficacious organization behind us as we grow."

FOOD IS MEDICINE



HEALTHY RX SHARES

Healthy Roots developed the Healthy Rx Shares program in partnership with the Blueprint, VDH, and Blue Heron Farm. The program is a medically prescribed farm share and has been implemented by 3 NMC providers and 4 care coordinators over 2 CSA seasons in 2018 and 2019.

Tied to the hunger vital signs, the program includes pre and post survey of participants on food consumption, participation in nutrition programs, buying practices and other vital security areas such as housing, education, stress and chronic disease. Care Coordinators reported that the program built their understanding of food assistance programs and they are now better able to connect their clients to food resources through both local and federal assistance programs.

4

NMC PRACTICES

Originally piloted at NMC Pediatrics, the program grew to Georgia Health, Primary Care and NMC Pain Clinic in year 2.

24

SHARE HOLDERS

High enrollment and participation was maintained both years. Weekly unclaimed shares, both paid and Rx, are used for food education at the WIC Clinic.

80%

IMPROVED NUTRITION

In pre and post surveys, share holders demonstrated increase in vegetable, fruit, and other healthy food varieties, over both years.

Stories From the Field

THE MCDONALD FAMILY

"We wouldn't have been able to afford to go to the grocery store and get the produce we needed," said Jami. She noted that produce can be the most expensive thing on a grocery list – and having easy access allowed her to lose her "baby weight" and feel healthy during a very stressful time.

The share also spurred a change in her husband, who had high blood pressure. She said he always found vegetables to be disgusting, but he's now regularly eating salad for dinner and seeing improvements in his blood pressure. "I never once thought it would happen," she said of their salad dinners, jokingly asking him "Who ARE you?"

FOOD EQUITY



LOCAL FOODS, LOCAL PLACES

As part of the EPA's Local Foods, Local Places technical assistance program, Healthy Roots Collaborative along with St. Albans City set out to develop a plan to expand area farmers' ability to sell their produce directly to residents through enhanced distribution networks and a resurgent local food culture that further drive local economic revitalization.

In October of 2019, the federal technical assistance team and steering committee, engaged residents and developed an action plan for promoting the local food system and a more healthy, walkable, economically vibrant community.

70

PARTICIPANTS

Over 2 days, community members, farmers, federal, state and local partners came together at St. Albans City Hall to build action.

4

GOALS

Together, the community developed goals focused on local food education, access, distribution, markets and culture.

79%

ACTION ITEMS MOVING

Healthy Roots along with 6 community partners are moving the action items of each goal forward from full on implementation and securing funding to planning.

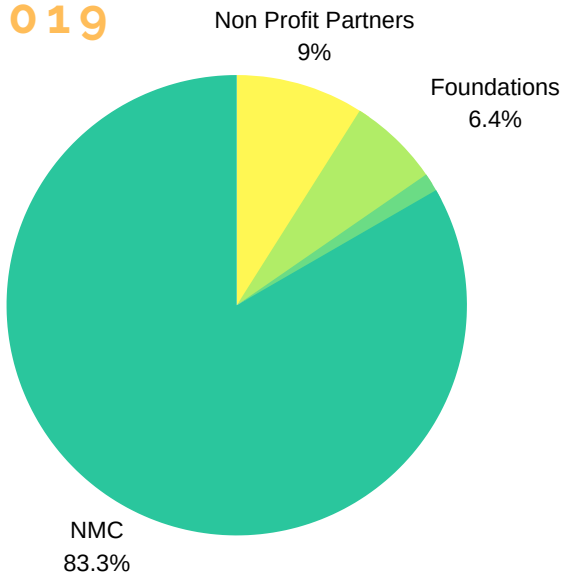
Stories From the Field

ROBERT
OSTERMAYER

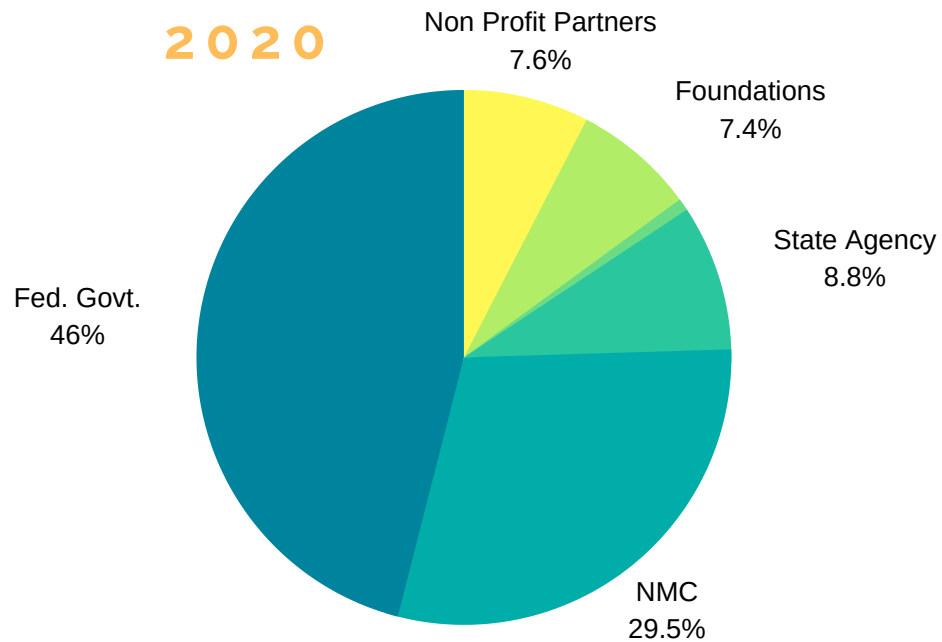
"We at NorthWest Family Foods, like all the partners involved in addressing food security in the counties, rely on Healthy Roots gleaning program to provide thousands of pounds of fresh, local produce from June through October for distribution to our shoppers. And, beyond the direct support of our pantry program, we value Healthy Roots' role as a bridge to the agricultural community; they have helped raise the visibility of the rescue food system and through our partnership with them, allowed us to be seen as a legitimate member in the larger food community."

FUNDING

2019



2020



\$150,000

HRC BUDGET

To maintain base programming (gleaning, farm to school, and farm viability) and 1.25 FTE and 1 contract position.

\$51,650

SECURED

Non profit and corporate partners, foundations, state agencies and individuals have supported the Healthy Roots mission.

\$159,600

PENDING

2 asks to a long time funder and the Economic Development Agency will maintain and expand programming. Anticipated awards will be secured by April of 2020.

Leveraging Funding



NMC
CONTRIBUTION

Through the Healthy Roots transition from NMC to NRPC, staff and partners have been working to diversify funding. Efforts to maintain programming and staff have resulted in new and expanded funding opportunities and deepened shared programming between the collaborative partners.

A \$80,000 contribution from NMC will leverage pending and new funding to maintain and expand the collaborative, **Together, we can bring more fresh, local, healthy food to Northwest markets, both charitable and commercial.**