Disclosures:
- I have no relevant financial relationships to disclose or conflicts of interest to resolve
- I will discuss no unapproved or off-label pharmaceuticals
153K Vermonters served annually.

33% of households have a member with diabetes.

46% of households have a member with high blood pressure.

72% of households purchase expensive unhealthy food.

Vermont Foodbank Network

2014 National Hunger Study Data.

Vermont Foodbank

www.vtfoodbank.org
Chronic Food Insecurity

- 1:4 Vermonters at risk of hunger & food insecurity
- 225 Food pantries and meal programs
- 10M pounds of food distributed

= 1.2M visits annually = 8.3 times per year

2014 National Hunger Study Data.

Vermont Foodbank
www.vtfoodbank.org
Vermont Foodbank
Fresh Food Initiatives

Serving
1 in 4
Vermonters

6 million servings of fruits and veggies each year

2M POUNDS OF FRESH PRODUCE ANNUALLY...

Locally Sourced Produce

On-the-farm GLEANING

National Surplus Sourcing

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

RESULTS!
Sharing the Joy & Beauty of Fresh Food
TRANSFORMING FOOD SHELVES

Using ideas from behavioral economics research to make fruits and vegetables the easy choice.
FOOD SHELVES IN VERMONT

BEFORE

AFTER
BEHAVIORAL ECONOMICS RESEARCH offers creative and intuitive strategies to “NUDGE” people in a way that makes FRUITS AND VEGETABLES THE EASIER CHOICE
Displaying healthy foods PROMINENTLY draws attention to them and may increase their consumption.
Combining with ATTRACTIVE SIGNAGE draws attention to items and can increase selection of those items.
VT FRESH
COOKING DEMOS AND TASTINGS
Sharing Simple Recipes

Using one vegetable as the primary ingredient

**RUTABAGA FRIES**
4-6 Large Servings

**INGREDIENTS**
- 1 large Rutabaga
- 1/4 cup Oil (Olive Oil works well)
- 1 tsp Rosemary, or other herb/spice mix
- Salt
- Pepper

**DIRECTIONS**
1. Heat oven to 425 °.
2. Clean and cut the rutabaga in half and slice into long pieces (like French fries)
3. Put rutabaga pieces in mixing bowl. Add oil, herb and sprinkle with salt and pepper. Mix with your hands or a spoon until all pieces are coated.
4. Spread out onto a baking sheet.
5. Roast in oven until edges brown and rutabaga is tender — about 45 minutes — turning halfway through so both sides brown.
6. Tip: Can reheat next day in frying pan, toaster oven or microwave to enjoy as leftovers.

**QuickTips**
Cooking with Fresh Vegetables A to Z
Eat a Rainbow! Make half your plate fruits and vegetables.

Fresh food tastes delicious and is easy to prepare
PARTNERSHIP with YMCA’s Diabetes Prevention Program

YOU CAN TAKE CONTROL
REDUCE YOUR RISK TODAY

YMCA’s DIABETES PREVENTION PROGRAM
Life Style Coaching & Education

Cooking Demos & Tastings

Produce Distribution
VEGGIE VAN GO
MOBILE FOOD PANTRY

Distributing food on-site at hospitals and schools
• Central Vermont Medical Center
• Northeastern Vermont Regional Hospital
• Grace Cottage Hospital
• Southern Vermont Medical Center
• Springfield Medical Care Systems
• VA Medical Center
• Mt. Ascutney Hospital
• Brattleboro Memorial Hospital
3 FOODSTAMP APPLICATION ASSISTANCE

Referring clients to access application assistance and making it easier for people to purchase the food they need.
Vermont Foodbank Application Assistance

Personalized one-on-one application assistance.

- We collaborate with community partners
- We prescreen to determine eligibility
- We provide excellent customer service
- We support the client through the process
Partnership with healthcare organizations

- Hosting VFB staff to table at your location
- VT Foodbank Referral Forms
- Materials
KEY TAKEAWAYS

Vermont Foodbank
• See it for yourself…. Visit your local community food shelf!
• Refer patients to the food shelf.
• Help expand Veggie VanGo to your hospital.
• Refer patients to apply for 3SquaresVT.

vtfoodbank.org
800-585-2265