2021 Farmacy Project Report

Since 2015 the Farmacy Project has connected over 2,625 Rutland area residents with local produce, invested over $204,000 back into the local agricultural economy and engaged 500+ volunteers.

Thank you to the following financial sponsors:

COMMUNITY HEALTH
- MEDICAL • DENTAL • BEHAVIORAL HEALTH
- LIVE UNITED
- United Way of Rutland County
- Vermont Foodbank
- Whitehead Foundation
- The Vermont Community Foundation
- YOU FIRST
- Formerly Ladies First
- Peoples United Bank
- BlueCross BlueShield of Vermont
- VERMONT MUTUAL INSURANCE GROUP
- Berkshire Bank

Thank you to our local participating farms:

- Farmacy Project
  “Food is Medicine”
- Vermont Farmers Food Center
- Evening Song Farm
- Yoder Farm
- Otter Point Farm
- Quill Hill Farm
- Alchemy Gardens
- Farm & Wilderness
- Smokey House Center

Thank you to our other community supporters:

- Rutland County Free Clinic
- The Rollin’ Rooster
- Rutland Regional Medical Center
- Community Care Network
- Rutland Mental Health Services
- Fair Haven Concerned
- Finaliie Ferments
By the numbers

218 enrolled members
2,925 total bags distributed in 2021
8 distribution sites in Rutland County
11 local healthcare entities referred patients
$52,731 in produce purchased from farms
$7,936 in produce and eggs donated
25,308 pounds of produce bagged
10 funding partners and donors
1,015 hours of volunteer time
3 summer student interns

I am a vegan. In order to have a healthy diet it would be too costly for me. I am disabled and on a limited income. It helps to get fresh fruits and vegetables.

I worked on different things. Weight, recipes, etc. I have lost almost 10 lbs and working on getting off some of my meds!

Who does the Farmacy Project serve?

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% of households with children 18 or younger 31
% of households with adults over the age of 60 41
% of members on Medicaid, Medicare or Dr. Dynasaur 82
% of returning members from previous years in the program 39
% of members employed part-time or full-time. Others did not work, were retired or unable to work 29
% of members considered *food insecure at start of program 65
% of members who receive 3SquaresVT 55
% of members who make $25,000 or less per year 73

Outcomes

66% completion rate of members that picked up at least 12/15 shares
15% increase in members post program who said they most of the time or always think about healthy food choices for their family
64% of members post program said they felt very confident in their ability to prepare meals using primarily whole food ingredients
96% of members said they were somewhat likely or very likely to purchase whole food ingredients during the 6 months post program
75% of members said their intake of whole food ingredients increased during the program compared to 6 months prior

4 members participated in additional nutritional counseling and all said they were very satisfied with the additional support and education.
5 members completed a 6-week series cooking course in the summer led by student interns.

Farmacy members self-reported the following chronic health conditions: 38% high blood pressure, 26% diabetes, 10% pre-diabetes, 48% overweight/obese, 24% high cholesterol.

Barriers listed to accessing fresh vegetables most to least: Price/Cost, Transportation, Personal Mobility, Prepwork of vegetables.

*Based on results from the 2 item Food Insecurity Questionnaire; U.S. Household Food Security Survey