Since 2015 the Farmacy Project has connected over 2,175 Rutland area residents with local produce, invested over $152,000 back into the local agricultural economy and engaged 500+ volunteers.

**Our Members**

- 55% Receive SNAP Benefits
- 68% “Food insecure
- 73% Not working or unable to work
- 30% Households w/ kids < 18
- 48% Households with adults > 60
- 79% said greatest challenge to eating vegetables is cost of produce

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

Self report A1C average - 7.2
Self report BMI average - 34 (obese)

- 42% self-report high blood pressure
- 40% self-report diabetes or pre-diabetes
- 45% self-report overweight or obese

80 percent covered by Medicaid or Medicare

- 32% self-report high cholesterol

**Outcomes**

- 17% increase in members that described their diet as good, very good or excellent and 18% increase for those that described their health as such

Before Farmacy began 73% of members cooked meals for themselves at least four days a week and 75% said they most of the time or almost always thought about healthy food choices, both increased to 84% after the program.

“Since I started the program a year ago to date I have lost 130 pounds and was able to get off my heart med - Foley cancer center is thrilled.”

“Thank you for another year of weight loss, improved health and food security”

“My confidence has greatly improved, I’m quicker to try unfamiliar recipes”

73% completion rate - members who picked up 12/15 shares

Due to COVID 70% of members were returning members.

Farmacy is grateful for the support from the following organizations and farms:

VFFC’s Farmacy Project provides 15 weeks of fresh produce grown by Rutland farms to individuals given a produce prescription by their local healthcare provider. This year the program worked with 22 healthcare providers and had 178 enrolled members.

The Farmacy Project was also able to expand to 6 pick-up locations reaching Danby, Poultney, Fair Haven and Brandon thanks to community partners and dedicated volunteers.

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