

# Vermont Farmers Food Center

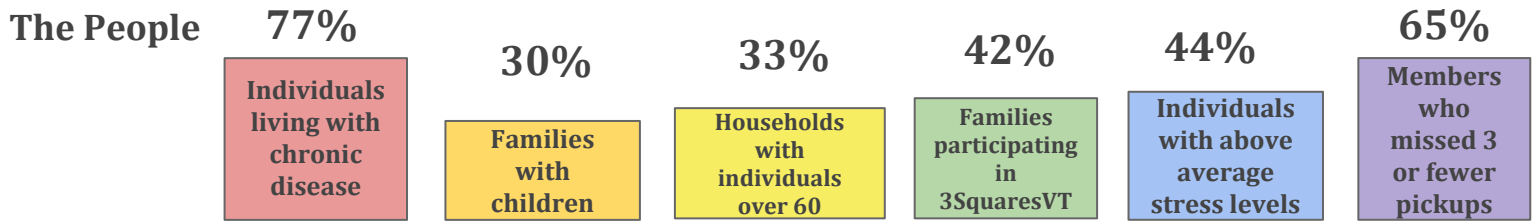
## Farmacy Project 2019 Report



Vermont Farmers Food Center  
Farmacy Project  
"Food is Medicine"

VFFC's Farmacy Project involves two core elements - produce prescriptions given by local healthcare providers to individuals as "medicine" for food related illnesses and providing fifteen weeks of fresh produce to clients grown exclusively by new and emerging Rutland farmers

Since 2015 the Farmacy Project has connected over 1,747 Rutland area residents with local produce, invested over \$120,000 back into the local agricultural economy and engaged 500+ volunteers



### The Impact

**14%** indicated they would be more likely to buy their produce from the farmers market after the program

**41%** reported being able to consume all of their share while **40%** reported giving away excess produce to someone else

**86%** reported increased confidence in their ability to prepare nutritious meals

"Calmer, getting out more, eating healthier"

"Helped me financially"

"Maintained my health recovery"

"Much more energy and I have been through this season stronger, with less sickness"

### The Healthcare Providers

Community Health Centers of the Rutland region  
Rutland Regional Medical Center Diabetes & Endocrinology and Community Health Teams  
Rutland Mental Health  
Rutland Free Clinic  
You First

### 2019 Member Testimonies

"I learned so much about making better choices regarding food and recipes"

"I lost weight, ate healthy foods, found it easier to exercise and walk, my A1C went down"

"I'm feeling stronger getting the good food. Sleep has improved too"



### The Contributing Farms

Alchemy Gardens, Shrewsbury  
Otter Point, West Haven  
Quill Hill, Poultney  
Squire Family Farm, Tinmouth  
Yoder Farm, Danby

Farmacy is grateful for the support of the following organizations:

