Vermont Farmers Food Center
Farmacy Project 2019 Report

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 People

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals living with chronic disease</td>
<td>77%</td>
</tr>
<tr>
<td>Families with children</td>
<td>30%</td>
</tr>
<tr>
<td>Households with individuals over 60</td>
<td>33%</td>
</tr>
<tr>
<td>Families participating in 3SquaresVT</td>
<td>42%</td>
</tr>
<tr>
<td>Individuals with above average stress levels</td>
<td>44%</td>
</tr>
<tr>
<td>Members who missed 3 or fewer pickups</td>
<td>65%</td>
</tr>
</tbody>
</table>

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.

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

- “Helped me financially”
- “Maintained my health recovery”
- “Much more energy and I have been through this season stronger, with less sickness”
- “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, Tiniumth
- Yoder Farm, Danby

Farmacy is grateful for the support of the following organizations: