

# VERMONT FARMERS FOOD CENTER Farmacy Project 2018 Report

Since 2015 the Farmacy Project has :

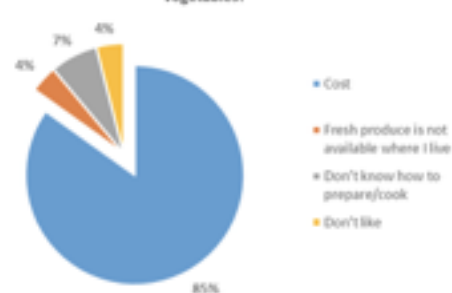
- Connected over 1,247 Rutland area residents with a prescription for fresh, local fruits & vegetables through their health care provider
- invested over \$87,343 in the local agricultural economy
- engaged 500+ volunteers and youth in project programming



The 2018 Farmacy Project was supported by:

- Foundation grants
- VFFC annual fundraising
- Community donations

What is your greatest challenge to eating fresh fruits and vegetables?



38 % of members qualify for federal food assistance (3SquaresVT)

43% of Farmacy member households have adults over age 60

46% of Farmacy member households have children under the age of 18

## 2018 Farmacy Member Testimonials

"Having more fresh produce prompted me to home cook fresh more often."



"More energy; generally feel healthier. A1C levels are getting lower because of our dieting habits that learned from VFFC."

"It made us want to keep eating better foods."

"I used to run out of food stamp before the end of the month. This program helped me save."

"Lower weight, lower blood pressure, walk to pick up produce"

"Was able to share with my brother's family, he just passed from cancer. The veggies were good for them."

"Makes you think clearer when you eat good fruits and vegetables."

85 % reported consuming half or more of their weekly farm share. Of what could not be consumed, 68% reported giving produce to someone else rather than throw away

85% of Farmacy member households have someone diagnosed with high cholesterol, high blood pressure obesity/ overweight, diabetes  
86% report increase in confidence in ability to prepare nutritious meals

84% ➡ Of 2018 Farmacy Members completed the program; missed three or fewer of 15 weekly farm share pick-ups.

495 ➡ Individuals benefited from increased access to fresh fruits and vegetables through 150 Farmacy Memberships

VFFC is grateful for the support of the following organizations:



COMMUNITY HEALTH CENTERS  
OF THE RUTLAND REGION



