

The Vermont Farmers Food Center's Health Care Share (VFFC HCS) initiative aims to increase access and consumption of fresh, local fruits and vegetables for low-income and at-risk health families in Rutland County through collaboration with Health Care Providers, new farmers and partners. In 2016 the VFFC HCS increased to 125 Memberships; expanded distribution of farm shares – 12-15 lbs of nutrient diverse foods and educational resources– to 15 weeks; maintained existing partnerships, and cultivated new collaborations with health care partners and farms.



"My daughter, who has severe high blood pressure, has lower numbers, lost weight and developed an interest in what we get and how we can use it." –2016 HCS Member



"We love the whole program, admire the concept and we really like those we are in it with - from kids, to farmer, to you." –2016 HCS Farmer

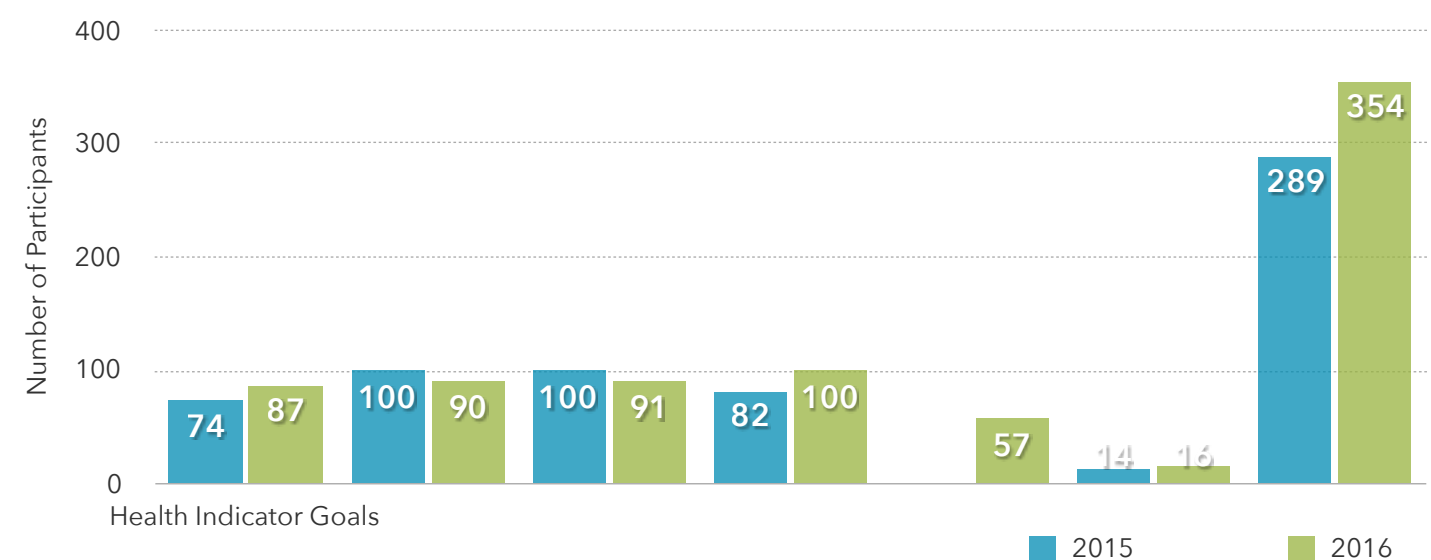


"We recognize that the local farm-fresh food that clients receive coupled with nutrition counseling and cooking lessons is a great asset to many food insecure families with whom we work." – Health Care Partner

VFFC HEALTH CARE SHARE YEAR TWO PROGRAM OUTCOMES

| Health Indicator Goal | 2015 | 2016 |
|--|-------|-------|
| 1. Members completed participation in 15 week program | 74 % | 87 % |
| 2.Members reported regularly using all of their share | 100 % | 90 % |
| 3.Increased perceived control over diet and household purchasing | 100 % | 91 % |
| 3.Increase in readiness to eat more Fruits & Vegetables | 82 % | 100 % |
| 4.Year two program members | - | 57 |
| 5.Members that participated in classes and volunteer activities | 14 | 16 |
| 6.Total Individuals Reached in 2016 | 289 | 354 |
| Total unduplicated individuals served 2015-2016 | | 452 |

HCS 2015-2016 OUTCOMES



Lessons Learned and Goals for HCS 2017

- An unanticipated outcome learned from the program was the high level of interest and need expressed by HCS members for employment and job skills development opportunities related to VFFC HCS. VFFC will continue to develop and seek support in generating such opportunities for members and community.
- VFFC's collaborative partnerships allowed the project to exceed in delivery of quantity of crops distributed. New farm partnerships and collaborations will continue this trend in 2017.
- VFFC continues to seek sustainable funding for the HCS. In 2017, sponsorships and community benefits funds will be targeted as on-going, long term support of the HCS community based health initiative.

2016 VFFC HCS Community Impact

- 22% increase in individuals reached from 2015 to 2016.
- 354 Rutland County Residents reached in 2016, 116 of which were children under the age of 18 living in HCS member households.
- 8 Health Care Partners – Primary Care Providers, Community Health Team Case Managers and health services providers referred and enrolled eligible HCS members.
- 4 small scale and emerging Rutland County farmers in the HCS Farmers Network benefitted from the income equivalent of approximately 30 new CSA customers.
- 6 Rutland Area Youth ages 16-19 and two young adult crew leaders, were employed in a ten week summer job training experience working with the VFFC HCS.



Thank you to Vermont Farmers Food Center Health Care Share community partners and funders.