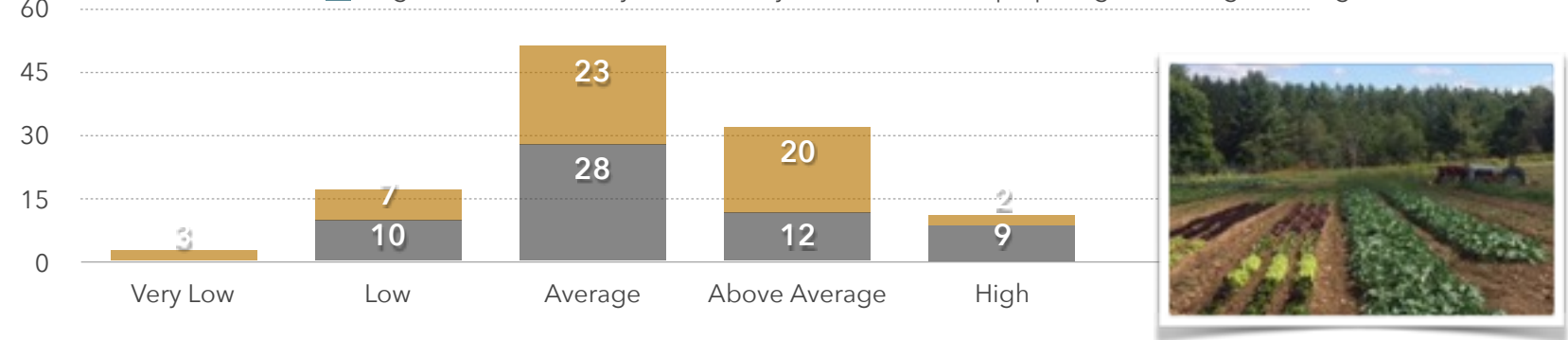
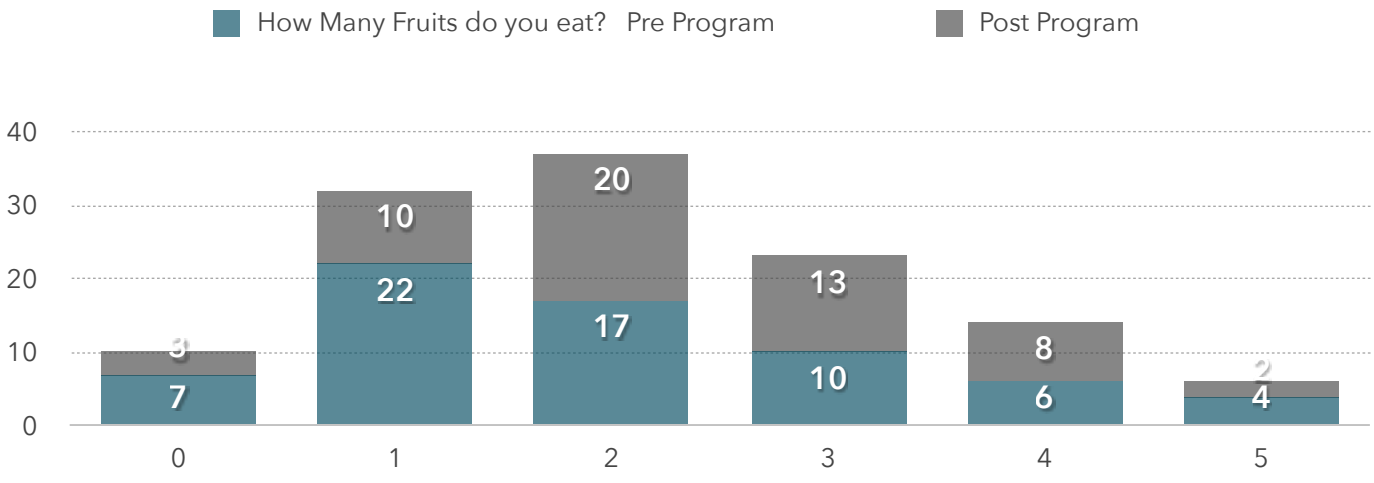




Health Care Share 2015

A Farm to Patient Collaboration



Health Care Share Member Feedback:

"My family really liked it because we experimented with some vegetables we never would have tried."

"This has helped my family become aware of the benefits of eating fresh fruits and vegetables"

"I really enjoyed and appreciated all the different vegetables! It helped me loose weight"

"My kids liked eating healthier, and I heard my daughter tell her teacher about it."

"I loved the vegetables and the weekly recipes. Without the program I wouldn't have ever tried and found that I love many of the meals"

Health Care Share Primary Health Care Provider Feedback:

"I never felt like I was getting charity. They treated us like regular customers, and I actually looked forward to going each week."

"This program is a fantastic opportunity to encourage wellness, good nutrition, and—by extension—prevention of the major medical issues that plague Americans"

Health Care Share Farmer Feedback:

"The program was great for us! Our regular CSA numbers were down this year so it was really helpful for our farm to have the Health Care Share as another wholesale outlet."



The aim of the Health Care Share project is to increase access and consumption of healthy foods for low-income and at-risk health families in Rutland County.

Additional goals were to support healthy cooking habits, create a niche market for local farms and work with primary care providers to offer a preventative health initiative.



- The Project:**
- 75 families (289 people) enrolled in the HCS through primary care providers and Community Health Team case managers.
 - Member eligibility is based on food security and at-risk health status.
 - Four new and beginning local farmers contracted with the Vermont Farmers Food Center to provide weekly farm shares of fresh, produce distributed from July 8-September 23rd 2015 (12 weeks).
 - Community volunteers and youth groups packed produce into share bags each week at the Vermont Farmers Food Center.
 - Members received recipes, nutrition information, storage tips, tasting/ cooking demos along with weekly shares.
 - Four local youth and one leader were employed in a 6 week summer job working on farms with volunteers to implement the program.
 - HCS members completed pre and post program self-reported surveys to provide feedback on the effectiveness of the program.
- Highlights of the survey results*

Health Care Share team and partners:

Vermont Farmers Food Center

Community Health Team of Rutland Regional

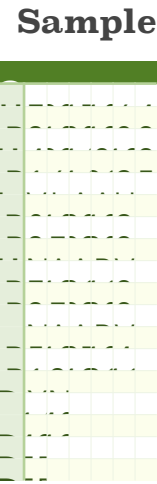
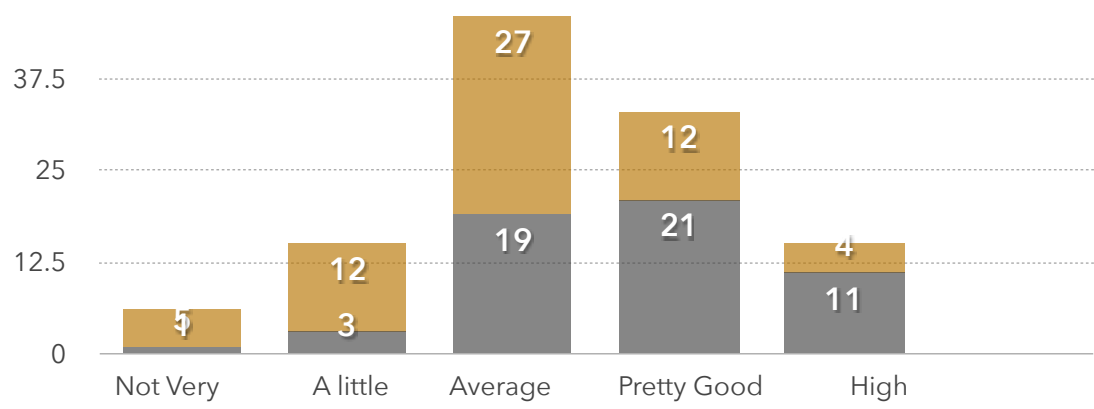
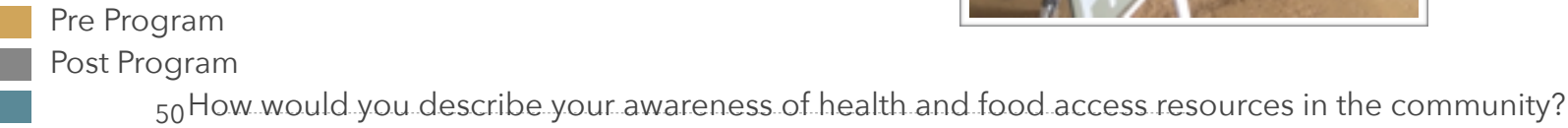
Green Mountain Family Medicine

Community Health Centers of Rutland Region



74% of members consistently participated in the 12 week program

73% of participants returned for a Harvest Share 2 months after the 12 week program



- Additional Successes of the Program:**
- Relationship and trust building among members with volunteers, staff, farmers and one another, contributed to consistent participation and behavior changes throughout the 12 weeks.
 - Providers appreciated the program as a “win win” for all involved.
 - 14 members were inspired to join cooking or other health related classes as a result of the program.
 - New farmers benefited from the equivalent of 20 new CSA (Community Supported Agriculture) customers.
 - One member started volunteering weekly at one of the farms. Two members volunteered weekly helping with cooking classes.
 - 18 members enrolled were part of addiction recovery programs. 72% demonstrated consistent engaged participation throughout all 12 weeks.
 - More than 150 volunteers from throughout the community helped pack shares during the 12 week program.

On behalf of the Vermont Farmers Food Center we thank everyone for making the first year of the Rutland Health Care Share a great success and we look forward to working together in the future continuing to build this project in our Community!

