

# 2022 ANNUAL REPORT







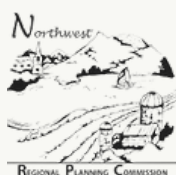
Open Farm Week Gleaning at Sandy Bottom Farm in Isle La Motte

## ABOUT HEALTHY ROOTS

As a program of the **Northwest Regional Planning Commission**, we work to improve food access, education , and develop essential infrastructure and programs that support farm viability--All of which directly impacts the health and wellness of our Northwest Vermont Communities.

## OUR COLLABORATIVE PARTNERS

- **Host Organization:** Northwest Regional Planning Commission
- Franklin County Industrial Development Corporation
- Franklin/Grand Isle Community Action
- Franklin County Natural Resources Conservation District
- Northwestern Medical Center
- South Hero Land Trust
- The Abbey Group

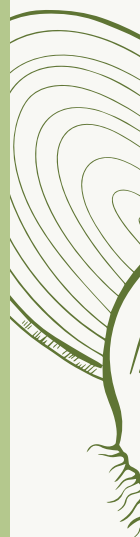


## WHAT WE DO

**Gleaning &  
Local Food Access**

**Farm & Food  
Business Support**

**Farm to School**



# GLEANNING & LOCAL FOOD ACCESS

Gleaning is the act of harvesting food post commercial harvest and donating that food to people that need it. Healthy Roots gleans and distributes local food in our community and is also a member of the Vermont Gleaning Collective.

## 2022 by the numbers...

**50,170 lbs.**

of produce gleaned, recovered and purchased.



**20 Farm & Food Donors**

were gleaning partners, with 5 new partners joining this year.



Northwest Tech Center gleaning kale at River Berry Farm in Fairfield.

**37 Recipient Sites**

with 73% of sites receiving regular deliveries.

**206 Volunteers**

engaged in gleaning & deliveries.

*"Working with Healthy Roots as enabled River Berry Farm to donate nearly 8 tons of produce to local food shelves and kitchens this year. The regular pickups of graded seconds vegetables and weekly gleaning by Peter Jenkins and his crews benefits our farm and the people that gain access to the healthy vegetables. We are proud to be a part of a great organization that not only gleans and distributes local produce but also works hard to coordinate student school groups into the gleaning process. Seeing local high school students learning about vegetable farming, and helping feed their local community by gleaning vegetables enriches our farm every day. We are fortunate to have such a great organization like Healthy Roots working for all of us that call Franklin County Home."*

**-The folks at River Berry Farm in Fairfax**



# GLEANNING & LOCAL FOOD ACCESS CONT.



## 41 FOOD BOXES/CSAS\*

10 CSAs were a part of the pilot year of the **Northwest Farmacy CSA**, developed in partnership with the NOTCH Richford Health Center. 10 individuals received weekly CSAs sourced from local farms over the course of 14 weeks. Healthy Roots also regularly provided locally grown, culturally preferred produce to 31 migrant households in partnership with NorthWest Family Foods and Bridges to Health.

\*Total lbs. for these food boxes are included in the 50,170 lbs. total.

## VERMONT EVERYONE EATS

Provides nutritious meals to Vermonters in need of food assistance, as well as stabilizing source of income for restaurants, farmers and producers. Healthy Roots administered the program in Franklin/Grand Isle Counties.

## 50,687 MEALS

organized and distributed to 17 different sites.

## 9 LOCAL RESTAURANTS & CATERERS

prepared 47,844 of those meals.

## ON AVERAGE 35% LOCAL FOOD PURCHASED

as part of ingredients for meals across the entire program. This far exceeded the program's 10% local ingredient minimum.





Wendy Brouillette, of Breezy Acres Farm in Montgomery, speaking with chefs from Black Flannel.

# BUSINESS SUPPORT

Healthy Roots Collaborative maintains a network of 180 growers and makers in Northwest, VT. We offer them direct service in business and infrastructure development and new market access.

## 65 Farmers & Producers

Healthy Roots co-hosted 3 events this year, engaging over 65 farms and food producers in networking, community engagement & market access facilitation.

## \$488,000

brought into the community to purchase local food through Everyone Eats, Northwest Farmacy CSA & Migrant Household Food Boxes.

## 5 Farms

were provided support for in-depth sales & marketing development.

*"My work with Healthy Roots under the auspices of the DBIC Technical Assistance grant has been immensely helpful. Their expertise, insight and support have been indispensable as I face down dreaded spreadsheets and get a clear, actionable picture of what I want to achieve as I grow my business and access new and broader markets with my farmstead product(s). I am grateful for the guidance they have provided and motivated to continue to work together to achieve my goals armed with concrete data and vetted sales and marketing strategies."*

**-Lauren Gitlin, Villa Villekulla Farm**

# FARM TO SCHOOL

Healthy Roots provides opportunities for schools to visit local farms to learn about agriculture, food access, and to help glean!



Folsom School getting their hands and shoes dirty at Pomykala Farm in Grand Isle.

## 160 STUDENTS

participated in Healthy Roots gleaning and food access programming.



Grand Isle School at West Shore Farm in Alburgh.

## 13 GLEANING FIELD TRIPS

which included 5 schools and 1 church youth group.

## 2 SCHOOLS

engaged in the growing, harvesting and/or processing of traditional Abenaki crops.

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*"My favorite part was going into the corn and engaging in a tradition that has been a part of Vermont for generations; getting to harvest corn and glean corn and eat corn. Corn is life."*

-Robert, student @Northwest Tech Center





Goat friend from Villa Villekulla Farm.

# FUNDING

All of this programming would not be possible without the support of our generous funders. We are so grateful to have such amazing partners in this work.

**FOUNDATIONS/  
PHILANTHROPIC**  
31%



**GOVERNMENT**  
35%

**NON-PROFIT**  
34%

ben & jerry's  
foundation  
greening the grassroots since 1985

## THANK YOU!

Harris and Frances  
Block Foundation



The Abbey Group



Vermont Housing &  
Conservation Board  
VERMONT FARM & FOREST  
VIABILITY PROGRAM



Vermont Foodbank

NORTHEAST DAIRY BUSINESS  
INNOVATION CENTER



FRANKLIN COUNTY  
INDUSTRIAL DEVELOPMENT  
CORPORATION

National Life  
Group®



George W. Mergens Foundation

CSWD  
Chittenden Solid Waste District

Perrigo®  
Charitable Foundation

SOUTH HERO  
LAND TRUST



EVERYONE EATS !

**Fountain Fund  
of the Vermont  
Community Foundation**

**Vermont Community  
Development  
Program**

**Economic  
Development  
Administration**

**Grand Isle  
Health Council**