



2023 Commitment at the So Burlington Food Shelf to Increase Food Security/Food Justice

Goal #1 – Increase farm yields 20% to donate a minimum of 8,000 lbs. of organic food to three local food shelves:

-Farmstand at the South Burlington Food Shelf+ – This program has three food education components (year 15, with increasing volume due to rising needs).

-Feeding Chittenden – Surplus food is delivered in the early morning for their chef to use in their breakfast and lunch program (year 4).

-Abenaki Food Shelf in Shelburne – We are a Land Link Project farm (year 4).

Activities:

- a. Wash, package, and invoice cases of food for each of the three days we set up our Farmstand at the South Burlington Food Shelf.
- b. Train our interns to set up an appealing display for folks to select whatever they want.

Measurement:

- a. Anecdotal record keeping, photographs, testimonials.
- b. Eight-question feedback surveys (June and November).

Goal #2 – Provide food education at our Farmstand at the South Burlington Food Shelf three times each week, May 1 – November 30 (24 lessons), and one time each week, December 1 – April 30 (20 weekly lessons), with taste tests and recipes to teach how to prepare yummy entrées, salads, and sides on a budget.

Activities:

- a. Prepare a calendar of 44 seasonal mini-lessons with recipes on a budget to teach at our Farmstand at the Food Shelf+ program using the 40+ veggies, herbs, and winter foods from our licensed kitchen. Our recipes and taste tests will acknowledge cultural diversity.
- b. Prepare the recipes and practice safe food handling from our licensed kitchen for food shelf instruction year-round.
- c. Teach our protocols for setup, facilitate taste tests, record taste test data, and provide nourishment information related to our recipes.

Measurement:

- a. Data on taste test feedback, including the number of people who participated.
- b. Anecdotal record keeping, photographs, testimonials.
- c. Eight-question feedback surveys (June and November).

Goal #3 - Cultivate organic veggie and herb plant starts and teach food shelf participants in May and June - Some participants like to grow some of their own food. We provide them with plants, instructions, videos links, and organic compost, plus provide follow-up support at the food shelf through the season. We are committed to building food independence.

Activities:

- a. Cultivate 1,200 plant starts while considering cultural inclusion, with instructions for how to grow your own food (pots, raised beds, simple spaces, etc.) on a budget.
- b. Teach interns how to utilize the instructions on how to grow your own food (including container gardens for folks without land).
- c. Demonstrate how to plant and teach the value of organic seeds, soil, practices, and composting.

Measurement:

- a. Record number of plants invoiced from the farm.
- b. Anecdotal record keeping with photo contest of their growing successes.
- c. Eight-question feedback surveys (June and November).

Goal #4 - Build incentives to bring food shelf participants to our farms and receive explicit instruction in our 40 raised beds by offering each adult participant food selections from our raised beds or Farmstand each time they come to the farm and engage in our lessons.

Activities:

- a. Communicate the evenings (two times each week, 4:00–6:30 p.m.) we will instruct on how to grow your own food at our 40 raised beds.
- b. Prepare simple veggie wraps, salads, and the like with herbal sun teas for food shelf participants to build community and enjoy for dinner that night.
- c. Invite food shelf participants who attend our instruction to harvest and/or select \$30 in food from our Farmstand.

Measurement:

- a. Record attendance with time in and out.
- b. Keep a spreadsheet on the number of Farmstand Dollars participants receive and utilize.
- c. Ask questions on the November survey regarding their experiences and what else they would like to learn.

Goal #5 – Expand from our Abenaki Gateway Educational Gardens to cultivate heritage crops for the Abenaki Food Shelf on our four-acre site and save heritage seeds for the Abenaki Land Link Project. Statewide, farmers are donating their equipment, land, and time to assist the Abenaki people with increasing their food security as articulated by the Abenaki Nation. We are currently serving 24 native families. There are >1,500 Abenaki native people in VT.

Activities:

- a. Maintain and teach food shelf participants at the 7 Sisters Abenaki Gateway site. There are 30 beds with mixed veggies, herbs, and perennial gardens.
- b. Under the direction of Chief Don Stevens, cultivate Heritage Abenaki Food for the Abenaki Food Shelf in the next town over; increase to 100 ft. in 2023.
- c. Plant and harvest food and process seeds for the seed bank and food for winter storage.

Measurement:

- a. Our 2023 goal is to cultivate >500 lbs. of heirloom organic foods and >2,000 seeds.
- b. Help educate Abenaki people with Chief Don Stevens, his team, and Abenaki Food Shelf participants.
- c. Manage seed bank at our farm with folks from the Abenaki Nation to study and document seed resilience given climate change.