

# **UPPER KINGDOM FOOD RESOURCE DIRECTORY**

# **FOOD ACCESS & NUTRITION EDUCATION**

## **WEBSITES:**

**North Country Hospital:**

**[www.northcountryhospital.org/community-resources/foodresourcedirectory](http://www.northcountryhospital.org/community-resources/foodresourcedirectory)**

**NEK Council on Aging:**

**<http://nekcouncil.org/nutrition>**





If you would like to have one-on-one help to find resources, it's easy! United Way 2-1-1 is here to help! Dial 2-1-1 to speak to a specialist who will help you locate services in your area.

- ▶ A local call from anywhere in Vermont
- ▶ A free and confidential service
- ▶ Person-to-person assistance
- ▶ Available 24 hours/7 days

In 2016, over 35,000 Vermonters called 2-1-1 for help finding needed community services such as rent and mortgage assistance, food and shelter, healthcare, job training, transportation, childcare, and senior care. If you need help for yourself, a neighbor or a loved one, call 2-1-1!

# TABLE OF CONTENTS

---

## FOOD ACCESS RESOURCES

SNAP / 3 SQUARES VT (*VT Dept for Children and Families(DCF), Economic Services Division*) ..... 1

## CHILDREN, YOUTH AND YOUNG FAMILIES

Head Start / Early Head Start Programs (*NEK Community Action*) ..... 2

Summer Meal Program (*VT Agency of Education, Hunger Free VT*) ..... 3

Women Infants and Children (WIC) (*Administered by Vermont Dept. of Health*)..... 3

## SENIORS

Commodity Supplemental Food Program (*Administered by VT Food Bank*) ..... 4

NEK Council on Aging..... 5

▶ Meals On Wheels ..... 6

▶ Senior / Community Noon Meal Sites ..... 7

## ADULTS ALL AGES

Food Distributions (Periodic, non-permanent sites)..... 9

Food Shelves ..... 10

Locally-grown Food

▶ Community Gardens..... 11

▶ Coupons Redeemable for CSA Shares..... 12

• Farm Share (*NOFA-VT*) ..... 12

• Senior Farm Share (*NOFA-VT*) ..... 12

▶ Farmer's Markets ..... 13

▶ Farmer's Market Coupons ..... 13

• CROP CA\$H (*NOFA-VT*)..... 13

• Farm to Family (*VT Dept for Children & Families, Economic Services Division*)..... 13

▶ Salvation Farms (*Gleaning locally grown food; distribution via VT Food Bank, food shelves, schools, other non-profits; not directly available to consumers*) ..... 14

# **NUTRITION EDUCATION RESOURCES**

## **FOOD, NUTRITION & GARDENING EDUCATION (YOUTH)**

Expanded Food & Nutrition Education Program ( <i>UVM Extension</i> ) .....	15
Green Mountain Farm to School / Harvest of the Month Education Materials.....	16
The Learning Kitchen Curriculums-Youth (Middle-School) & Young Adult (High School) ( <i>Hunger Free VT</i> ).....	17
Vermont Community Garden Network ( <i>Gardens for Learning Grant Program with focus for children at risk of summertime hunger</i> ) .....	18
Vermont Food Education Every Day (VT-FEED) ( <i>NOFA-VT and Shelburne Farms</i> ) .....	19

## **FOOD, NUTRITION & GARDENING EDUCATION (ADULTS)**

Food Access & Affordable Housing Initiative ( <i>VT Housing &amp; Conservation Board</i> ) .....	21
Master Gardener Program & Master Composter Program ( <i>UVM Extension</i> ).....	22
ServSafe Education-Food Safety for Restaurants ( <i>North Country Career Center</i> ) .....	23
The Learning Kitchen Curriculum-Adult Version ( <i>Hunger Free VT</i> ) .....	24
The National Center for Home Food Preservation ( <i>USDA, University of Georgia</i> ) .....	25
Vermont Community Garden Network.....	26
VT Fresh Program ( <i>VT Food Bank-- in partnership with selected food shelves</i> ).....	27

## **CHRONIC DISEASE EDUCATION FOR PREVENTION, MANAGEMENT & SUPPORT**

*(NORTH COUNTRY HOSPITAL, NEWPORT, VT)*

Chronic Disease Self-Management Program.....	28
Diabetes Prevention Program.....	28
Diabetes Self-Management Program.....	28
Diabetes Support Group ( <i>by Registered Dietitians</i> ).....	29
Individual Nutrition Counseling ( <i>by Registered Dietitians</i> ).....	29

## **ONLINE NUTRITION EDUCATION RESOURCES**

*(CURRICULUMS AND EDUCATIONAL HANDOUTS TO SUPPORT  
COMMUNITY & SCHOOL INTERVENTIONS)*

USDA, Food & Nutrition Service	
▶ Choosemyplate.gov ( <i>Resources For Community &amp; School Interventions</i> ).....	30
▶ Snap-Education Connection ( <i>Resource Center For Snap-Education</i> ) .....	30
Foodspan Curriculum ( <i>John Hopkins University, Food System Curriculum Grades 9-12</i> ) .....	31

# FOOD ACCESS RESOURCES

## SNAP / 3 SQUARES VT

*(Administered by VT Department for Children & Families, Economic Services Division)*

**What:** The Supplemental Nutrition Assistance Program (SNAP) is a federal food benefit program offering financial assistance for income eligible individuals and families for food purchases at approved retail sites by use of Electronic Benefit Transfer (EBT) cards.

**Agency:** This program is under the jurisdiction of USDA and was formerly known as the Food Stamp Program. In Vermont the SNAP Program is also known as 3 Squares VT and is administered by the Vermont Department for Children & Families, Economic Services Division.

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### Application Process:

**Apply online or print a paper application**

Web: <http://www.vermont.gov/mybenefits>

**Request a paper application to be mailed:**

Benefit Service Center: 1-800-479-6151

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### Information:

**Senior Helpline:**

Tel. No: 1-800-642-5119

**VT Foodbank 3 Squares VT Outreach:**

Tel. No: 1-800-716-2613

**NEK Community Action (NEKCA):**

Newport: 802-334-7316

Canaan: 802-266-7134

Island Pond: 802-723-5276

Web: <http://nekcavt.org>

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### Administered by:

**Department for Children and Families (DCF),  
Economic Services Division**

Tel. No: 1-800-479-6151

Web: <http://www.vermont.gov/mybenefits>

Also: <http://www.vermontfoodhelp.com>



# CHILDREN, YOUTH AND YOUNG FAMILIES

## HEAD START / EARLY HEAD START PROGRAMS

**Focus:** Head Start & Early Head Start provides comprehensive, family-centered services for parents and children, with resources and referrals in the areas of education, health, nutrition, community resources and family support.

**Early Head Start Serves:** Income-eligible expectant families and children birth to three years

**Early Head Start Home-Based Program:** A home visitor goes to the family's home each week working with parents to provide learning experiences for their children. Infant and toddler playgroups are offered for the community.

**Family Home-based Child Care Partnership with Head Start:** A Head Start teacher goes to the homes of family based child care providers three times each month, year round, to provide guidance on quality care and early education. A Head Start home visitor also visits children's homes.

**Head Start Serves:** Income eligible children ages 3-5 years (two years prior to starting kindergarten).

**Head Start Centers:** (1) Full day, full year centers. Children attend a classroom setting five days each week, full day/year round or (2) Part-day, part year centers. Children attend a classroom four to five part-day sessions each week from September through May.

### Location of Head Start Centers

**Albany Area:** 802-755-6811

**Barton Area:** 802-525-6291

**Derby Area:** 802-766-8100

**Family Child Care:** 802-334-1092

**Gilman Area:** 802-892-5997

**Hardwick Area:** 802-472-5496

**Island Pond Area:** 802-723-6231

**Lyndonville Area:** 802-626-8616

**Newport Area:** 802-334-7253

**North Troy Area:** 802-988-2262

**St. Johnsbury Area:** 802-748-3201

**Agency:** NEKCA Head Start and Early Head Start (NEK Community Action)

**Serving:** Caledonia, Essex and Orleans Counties

**Location Program Office:**  
191 High St., Barton, VT 05822

**Tel. No:** 802-525-3362x205

**Website:** [www.nekcavt.org](http://www.nekcavt.org)

#### Contact:

Heidi Cooperstein,  
Nutrition Manager

Email: [hcooperstein@nekcavt.org](mailto:hcooperstein@nekcavt.org)

Linda Michniewicz,  
Program Director

Email: [lmic@nekcavt.org](mailto:lmic@nekcavt.org)

**Tel. No:** 802-525-3362 Ext 213



## SUMMER MEALS PROGRAM (or SUMMER FOOD SERVICE PROGRAM)

**Program:** Provides free meals at selected sites during summer months. USDA reimbursable meal patterns (similar to school food service meal patterns) are used to plan and prepare the meals.

**Target Audience:** Children and teens age 18 and younger

**Local sponsors:** Public or non-profit schools; local government agencies; private non-profits, private or public non-profit camps, private or non-profit universities or colleges. Sponsors must be able to provide capable staff, managerial skills, and administrative and financial ability to manage a foodservice effectively.

**Meal Sites:** Meal sites differ from one community to another, but all sites provide a place where children can receive meals in a safe and supervised setting. Examples of meal sites include: schools, parks, community centers, health clinics, hospitals, apartment complexes, churches, and migrant centers. The meals are provided by local sponsors.

**Federal Funding/Oversight:** US Department of Agriculture's Food and Nutrition Service

**Vermont Program Administration:** Child Nutrition Program, Vermont Agency of Education

**Address:** 219 N. Main St., Suite 402, Barre, VT 05641

**Contact:** Jamie Eurley, Child Nutrition Consultant

**Tel. No:** 802-479-1207

**Email:** jamie.eurley@vermont.gov

**Website:** [education.vermont.gov/nutrition/summer-food-programs](http://education.vermont.gov/nutrition/summer-food-programs)

**Agency role:** Vermont Agency of Education administers the Summer Meals Program in Vermont for USDA; approves local sponsors, providing training, education and technical assistance; coordinates reimbursement.

### To Locate Meal Sites (By County):

#### Hunger Free Vermont

Tel. No: 802-865-0255, Ext 119

Email:

[childnutrition@hungerfreevt.org](mailto:childnutrition@hungerfreevt.org)

Web: <http://www.hungerfreevt.org/summer-meals-sites>



#### Vermont 2-1-1 Resource Directory

Tel. No: Dial 2-1-1

Web:

<http://www.vermont211.org>



## WOMEN INFANTS AND CHILDREN (WIC)

(Administered by Vermont Dept. of Health)

Focus: Provides supplemental foods, healthcare referrals, nutrition education, breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are found to be at nutritional risk. Provides the ability to purchase WIC approved foods utilizing an electronic benefits card at approved grocery stores.

**Agency:** Vermont Dept. of Health, Newport District Office

**Serving:** Orleans and Northern Essex Counties

**Clinic Location:** 100 Main Street, Suite 220, Newport, VT 05855

**Satellite Clinics:** Island Pond and Canaan

**Tel. No:** 802-334-6707

**Website:**

<http://healthvermont.gov/wic/about.aspx>

# SENIORS

## COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

*(Administered by Vermont Food Bank)*

**Who (Income Eligible):** Senior citizens, 60 years of age or older.

**Amount/Type of Monthly Free Food:** 40-pound box of food each month, picked up by a participant (or a proxy) at designated sites. Includes canned meat, canned fruits & vegetables, juices, cereals, cheese, pasta or rice, beans or peanut butter and more.

### Application Process



**Administered by:**

**Vermont Food Bank**  
Tel: 1-800-214-4648  
(Simple Pre-screening)

Download an application:  
<http://www.vtfoodbank.org/share-food/CSFP>



## NEK COUNCIL ON AGING

**Agency:** Northeast Kingdom Council on Aging

### **Mission:**

- Provides lifestyle and care options to help older Vermonters maintain maximum independence in secure, comfortable surroundings with dignity and grace.
- Embraces older individuals, their families and extended network of care givers, regardless of income, gender, race, or sexual orientation.
- Provides trained staff to assess needs and client-directed requests.

### **Service area:**

- Serves residents of Caledonia, Essex, and Orleans Counties
- Private, 501c-3 non-profit organization, incorporated in 1979
- One of five regional councils located in Vermont

**Nutrition focus:** To offer older adults the resources and opportunity to enjoy healthy meals.

**Meals On Wheels Program:** Delivers meals to homes for those who can't get out to shop and who have limited ability to cook. Meals appropriate for diabetics, vegetarians, or other special dietary needs may be requested. Affiliated with the nationally recognized Meals on Wheels America. Funded by the Older American Act (OAA) with a requested confidential donation of \$3.50 for those 60+. However, no one can be turned away for lack of donation.

**Noon-time Community Dining Rooms:** Also funded by OAA, the NEK Council contracts with organizations to offer nutritious meals and fellowship in community settings. There is a suggested donation of \$3.50 for 60+ and \$5.00 for those under 60 years of age. There are also free or low cost community-wide meals at certain sites.

### **Agency Locations**

#### **Saint Johnsbury**

481 Summer St., Suite 101  
St. Johnsbury, VT 05819  
Tel. No: 802-748-5182 or  
800-642-5119  
Fax: 802-748-6622

#### **Newport**

Derby Time Square  
5452 US Route 5, Suite A  
Newport, VT 05855  
Tel. No: 802-334-2190  
Fax No: 802-334-3389

#### **Island Pond**

32 Main St.  
Island Pond, VT 05855  
Tel. No: 802-723-3013  
Wednesdays & by appointment

### **Contact:**

Lallie Mambourg,  
*Nutrition Director*  
Tel. No: 800-642-5119 or  
802-748-5182  
Email: [info@nekouncil.org](mailto:info@nekouncil.org)  
Web: <http://nekouncil.org>



## MEALS ON WHEELS

*(Home delivered meals)*

### Who:

- Seniors, age 60 and older
- Those living with a disability and unable to prepare their own meals

### Food Provided:

- Up to seven hot/or frozen meals each week with home delivery
- Typical meal: An entree; potato, pasta or rice; vegetable and/or fruit; bread; milk; dessert
- Special diets may be available upon request

### Delivery Schedule:

- Each program has a different delivery schedule
- Meals may be delivered five days a week (or less often) by volunteer drivers

### Cost:

- Seniors are not required to pay for meals
- A donation is encouraged when possible
- 3SquaresVT (SNAP) benefits may be used to donate for home delivered meals

### Enrollment:

**Senior HelpLine:** Tel. No: 800-642-5119

### NEK Council on Aging:

*St. Johnsbury* Tel. No: 802-748-5182  
*Newport* Tel. No: 802-334-2190

### Essex County (Northern) Contracted Sites—

*(Meals on Wheels prepared at contracted sites /  
Coordinate for volunteer meal delivery)*

#### Island Pond Community Services, Inc.

##### Sunrise Manor

PO Box 446 | Island Pond, VT 05846

Serves: Canaan, Wallace Pond

Delivery days: Monday, Friday

Serves: Canaan, East Charleston, West Charleston,  
Island Pond, Morgan, Newark

Delivery days: Monday, Tuesday, Friday

Contact: Melinda Gervais-Lamoureux, Manager

Tel. No: 802-723-6130

Email: melindag@ruraledge.org

### Orleans County-Contracted Sites

*(Meals on Wheels prepared at contracted sites /  
Coordinate for volunteer meal delivery)*

#### Maple Lane Nursing Home

PO Box 500 | Barton, VT 05822

Serves: Barton, Brownington, Glover, Orleans, Irasburg

Delivery days: Tues., Fri.

Contact: Deb Hamel, Dietary

Tel. No: 802-754-8575

#### Craftsbury Community Care Center

1784 East Craftsbury Road

Craftsbury, VT 05826

Serves: Albany, Craftsbury

Delivery days: Mon., Thurs.

Contact: Donna Greenwood, *Dietary Dept*

Kimberly Roberge, *Center Director*

Tel. No: 802-586-2414

#### Greensboro Nursing Home

47 Maggie's Pond Road Greensboro, VT 05841

Serves: Greensboro (Orleans County)

Delivery days: Monday, Wednesday

Serves: Hardwick, East Hardwick (Caledonia County)

Delivery days: Monday, Friday

Contact: Patrick Bolio, Dietary Manager

Tel. No: 802-533-7051

#### Cornucopia

125 Main Street, # 3 (rear entrance)

Newport, VT 05855

Serves: Derby, Holland, Jay, Newport, North Troy,  
Troy, Westfield

Delivery days: Wednesday, Friday

Contact: Vaunne Masse, Manager/Director

Cosmo Tedone, Jr., Chef

Tel. No: 802-487-9380

Administered by: Umbrella, Main Office

1222 Main St., Suite 301

St. Johnsbury, VT 05819

Tel. No: 802-748-1992

Web: <http://umbrellanek.org>

Email: [info@umbrellanek.org](mailto:info@umbrellanek.org)

# SENIOR / COMMUNITY NOON MEALS

Orleans & Northern Essex Counties (By Day of the Week)

Week Day	Orleans County			Essex County (Northern)
	GLOVER	NEWPORT CENTER	GLOVER	
Monday	<b>Glover Senior Meals</b> Town Hall (Basement) Rte 16 Glover, VT 05839 9:00-2:00 Activities 9:00-11:00 Breakfast 12:00 Noon Meal Director: Gloria Powers Tel: 802-525-9558 <b>NEKCouncil/Aging</b>	<b>NEWPORT CENTER Newport Center Do Drop In</b> Cross Rd.-Fire Station Newport Center, VT 05857 10:00-2:00 Activities 12:00 Noon Meal Contact: June Sheltra Tel: 802-334-6443	<b>GLOVER Community Meals</b> Town Hall (basement) Rte 16 Glover, VT 05839 9-2:00 Activities 9-11:00 Breakfast 12:00 Noon Meal Director: Gloria Powers Tel: 802-525-9558	<b>ISLAND POND Island Pond Community Services Sunrise Manor</b> Island Pond, VT 05846 Manager: Melinda Gervais-Lamoureaux Tel: 802-723-6130 <b>NEKCouncil/Aging</b>
	<b>BARTON Barton Sr Center / Meal Program</b> Barton Memorial Bldg 19 Village Square Barton, VT 05822 Director: Brenda Lowther Tel: 802-525-4400 <b>NEKCouncil/Aging</b>	<b>COVENTRY Coventry Sr Meals</b> Coventry Community Center, 168 Main St, Coventry, VT 05825 11:30 AM Meal Director: Debbie Lucas Cell: 802-673-6472	<b>NEWPORT CITY St. Mark's Episcopal Church</b> 44 Second Street Newport, VT 05855 "Souper Tuesday" Last Tues of Each Month Coordinator: Tim Daley Church: 802-334-7365	<b>ISLAND POND Island Pond Community Services Sunrise Manor</b> Island Pond, VT 05846 Manager: Melinda Gervais-Lamoureaux Tel: 802-723-6130 <b>NEKCouncil/Aging</b>
Tuesday				

Suggested meal price NEK Council on Aging affiliated sites: \$3.50 for those 60 years or older; \$5.00 for all others  
 Price for other community meal sites varies:  
 Check with contact person.

Prepared by: Upper Kingdom Food Access  
 A Grassroots Community Initiative  
 Focus: Orleans & Northern Essex Counties  
 Vision: Healthy outcomes from better eating

Week Day	Orleans County				Essex County (Northern)	
Wednesday	<p><b>NEWPORT CITY</b>  <b>Newport Sr Center</b>  <b>Forever Young Club</b>                      222 Main Street                      Newport, VT 05855                      President:                      Lorraine Sargent                      Tel(H): 802-334-8171                      Newport Parks &amp; Rec                      Tel: 802-334-6345</p>	<p><b>NORTH TROY</b>  <b>North Troy Sr Meals</b>                      160 Railroad Street                      North Troy,                      VT 05859                      Manager:                      Nancy Allen                      Tel: 802-988-4741  <b>NEKCouncil/Aging</b></p>	<p><b>ORLEANS</b>  <b>Lake Region</b>  <b>Senior Center</b>                      15 Main Street                      Orleans, VT 05860                      Director:                      Irene Lanoue                      Tel: 802-754-6442  <b>NEKCouncil/Aging</b></p>	<p><b>IRASBURG</b>  <b>United Church of</b>  <b>Irasburg</b>                      Irasburg, VT 05845                      3rd Thur Each Month                      [Closed July &amp; Aug]                      Contact:                      Odessa Sanville                      Church:                      Tel: 802-754-2615</p>	<p><b>NEWPORT CITY</b>  <b>United Church of</b>  <b>Newport</b>                      3rd Street                      Newport, VT 05855                      3rd Thur Each Month                      Contact:                      Merle Chilcott                      Tel(H): 802-334-1703                      Church:                      Tel: 802-334-6033</p>	<p><b>CANAAN</b>  <b>Canaan Sr Center</b>                      American Legion                      Canaan, VT 05903                      Manager:                      Denise Carrier                      Tel: 802-266-8895</p>
	<p><b>BARTON</b>  <b>Barton Sr Center /</b>  <b>Meal Program</b>                      Barton Memorial Bldg                      19 Village Square                      Barton, VT 05822                      Director:                      Brenda Lowther                      Tel: 802-525-4400  <b>NEKCouncil/Aging</b></p>	<p><b>DERBY</b>  <b>Derby Senior Meal</b>  <b>Program</b>                      Elks Club                      Newport Derby Road                      Derby, VT 05929                      2nd Thu. Each Month                      Contact: Allen Yale                      Tel. (H): 802-766-5159  <b>NEKCouncil/Aging</b></p>	<p><b>WESTFIELD</b>  <b>Community Center</b>                      Troy &amp; Area Lion's Club                      N. Hill Rd &amp; School St.                      Westfield, VT 05874                      10:30-2:00 Activities                      12:00 Noon Meal                      Contact: Town Clerk's                      Office LaDonna Dunn                      /Connie LaPlume                      Tel: 802-744-2484</p>	<p><b>ISLAND POND</b>  <b>Island Pond</b>  <b>Community Services</b>  <b>Sunrise Manor</b>                      Island Pond, VT 05846                      Manager: Melinda                      Gervais-Lamoureux                      Tel: 802-723-6130  <b>NEKCouncil/Aging</b></p>		
Friday	<p><b>NEWPORT CITY</b>  <b>Cornucopia</b>                      125 Main St. #3                      (rear entrance)                      Newport, VT 05855                      Program Manager:                      Vaunne Masse                      Tel: 802-487-9380  <b>NEKCouncil/Aging</b></p>	<p><b>ORLEANS</b>  <b>Lake Region</b>  <b>Senior Center</b>                      15 Main Street                      Orleans, VT 05860                      Director:                      Irene Lanoue                      Tel: 802-754-6442  <b>NEKCouncil/Aging</b></p>				

# ADULTS ALL AGES

## FOOD DISTRIBUTIONS

*(Periodic, non-permanent sites—sometimes called “pop-up” food shelves)*

### **Brighton Community Meals**

*(Sponsored by Brighton Community Meals, Vermont Food Bank and Community Partners)*

**What:** A monthly food distribution offered at Brighton Elementary School in Island Pond.

**Serving:** Island Pond and surrounding towns

**Days open:** Second Monday of month during the school year; 5-6 PM  
(Call to confirm)



#### **Contact**

#### **Brighton Elementary School**

825 Railroad St. (Rte 114)  
Island Pond, VT 05846

Tel. No: 802-723-4373

### **NEK Food Share Program**

*(Sponsored by Faith In Action-Northern Communities Partnership)*

**What:** NEK Food Share Program delivers  $\geq$  8,000 lbs ~ monthly basis to selected NEK towns on a rotating basis.

**Offered by:** Faith in Action - Northern Communities Partnership

**State and Local Partners:** Vermont Food Bank, local government, community organizations and individuals

**Serving:** Seniors, those with disabilities, and all in need

FAITH IN ACTION NORTHERN COMMUNITIES PARTNERSHIP, INC

A Nonsectarian 501C3



Who Is My Neighbor?

#### **Contact**

#### **Cabot Home Office: FIANCP, Inc.**

3339 Main St., PO Box 157  
Cabot, VT 05647

Tel. No. 802-563-3322

Web: [www.fiancp.com](http://www.fiancp.com)

#### **NEK Office: FIANCP, Inc.**

71 Depot St., PO Box 515  
Lyndonville, VT 05851

Tel. No. 802-626-1212

Email: [nekfaithinaction@gmail.com](mailto:nekfaithinaction@gmail.com)

## FOOD SHELVES

### What:

- Food shelves provide food to those in need to be prepared and consumed in the home.
- They are run by local, non-profit community agencies.

### **Orleans County Newport**

#### **Northeast Kingdom Community Action**

70 Main Street, Newport, VT 05855

Serves: Orleans, Essex, Caledonia Counties

Days: Open during regular business hours

Contact: Tammy Patten Lamoureux

Tel. No: 802-334-7316 or 800-639-4065

#### **Saint Mark's Episcopal Church**

44 Second Street, Newport, VT 05855

Serves: Newport and surrounding towns

Days: Mondays 11:30AM-12:30PM

Contact: Tim Daley, Manager

Tel. No (C): 802-334-7365

Email: [info@saintmarksnewport.com](mailto:info@saintmarksnewport.com)

Web: <http://www.stmarksnewport.org>

#### **United Church of Newport**

63 Third Street, Newport, VT 05855

Serves: Newport and surrounding towns

Days: Second Tuesday of month (10AM-1 PM) & second Wednesday (10AM- noon). (Follows VT Food Bank delivery on first Thursday of month.)

Contact: Church office,

Tel. No (C): 802-334-6033

Merle Chilcott, Manager

Tel. No (H): 802-334-1703

Email: [office@unitedchurchnewportvt.org](mailto:office@unitedchurchnewportvt.org)

Web: <http://www.unitedchurchnewport.org>

### **Barton**

#### **Barton United Church**

15 Glover Road, Barton, VT 05822

Serves: Lake Region Parish area

Days: Emergency food only, no schedule

Contact: Rev. Evelyn Coupe/Dorothy Hathaway

Tel. No (C): 802-525-3607

Church personnel on-site: Wed & Fri 9 AM-12 Noon

### **Jay**

#### **Jay Area Food Shelf**

Town Clerk Municipal Building

1036 VT Rte 242, Jay, VT 05859

Serves: Jay, Lowell, North Troy, Troy, Westfield

Days: Thursdays 9:00AM-12:00 Noon

Contact: Town Clerk's Office

Tel. No: 802-988-2996

Kim Lucier

Tel. No (H): 802-848-3133

### **Orleans**

#### **Orleans Federated Church**

24 School Street, Orleans, VT 05860

Serves: Albany, Barton, Brownington, Evansville, Glover, Irasburg, Orleans, Westmore

Days: 2nd and 4th Mondays, 8:30-10:30AM

Request: No emergency food calls

Contact: Church Office

Tel. No (C): 802-754-6486

Food Shelf Manager

Tel. No (H): 802-754-6098

### **Essex County (Northern)**

#### **Canaan**

#### **Northeast Kingdom Community Action**

217 Gail Street, Canaan, VT 05903

Serves: Orleans, Essex, & Caledonia Counties

Days open: Mon, Tues, Wed (All-day);

Thurs (PM only)

Contact: Iris Lindor, Tel. No: 802-266-7134

#### **Island Pond**

#### **Northeast Kingdom Community Action**

Town Hall Basement, Island Pond, VT 05846

Serves: Orleans, Essex, & Caledonia Counties

Days open: Thursday (9 AM-1 PM)

Contact: Iris Lindor, Tel. No: 802-266-7134





## COMMUNITY GARDENS

### Orleans County

#### Fresh Start Community Farm

**Newport Locations:** Summer Street, Gardner Park, Lake Road

**Derby Locations:** Shattuck Hill, Dailey Memorial Library

**Type:** Work for a food share

**Contact:** Jenn Bernier; Jen Leithead

Email: [freshstartcommunityfarm@yahoo.com](mailto:freshstartcommunityfarm@yahoo.com)



### Essex County (Northern)

#### Island Pond Community Garden

**Location:** Green Mountain Bible Church, Route 105, Island Pond, VT 05846

**Type:** Grow your own plot

**Contact:** Pastor Neal Perry/Bekah Perry: 802-754-2396 Justin Hannington: 802-723-6184

## COUPONS REDEEMABLE FOR CSA SHARES

### Farm Share Program

*(Administered by NOFA-VT)*

**What:** Provides limited income Vermonters the opportunity to support their local CSA farmer and receive reliable access to high-quality produce on a weekly basis through a cost-share model. Recent history: Served more than 750 Vermonters and 39 farms in 2015.

**How it works:** Limited income participants apply in March (summer share) or August (fall share) indicating their preferred farm on the application. Farm Share members typically pay 50% of the full CSA price with the remaining balance subsidized by funds raised by the CSA farm and NOFA-VT.

#### Applicant information:

<http://nofavt.org/farmshare/applicant>

#### Farmer information:

<http://nofavt.org/farmshare/farmer>

#### Vermont coordinator:

Northeast Organic Farmer's Association of Vermont (NOFA-VT)

**Address:** PO Box 697, Richmond, VT

**Tel. No:** 802-434-4122

#### Website:

<http://nofavt.org/farmshare>

### Senior Farm Share Program

*(Administered by NOFA-VT)*

**What:** Assists low-income seniors, living in a participating housing site, to have increased access to fresh, local produce from a local farm through a weekly food share program.

**Eligibility:** Low-income seniors who are 60 years or older and those with disabilities who live in approved housing sites. Income eligibility for 2016 was a monthly income at or below \$1,815 for a single person, \$2,456 for a couple.

#### Senior access to fresh produce:

(1) \$50 Senior Farm Share OR (2) \$30 Farm to Family Coupons, but NOT BOTH.

**How it works:** For a 5-10 week period (July-September), the housing coordinator at the participating housing sites picks up a weekly "share" of fresh produce from a nearby participating farm.

#### Participant application:

<http://nofavt.org/programs/seniorfarmshare/participant>

*Available from the housing site coordinator for the Senior Farm Share Program*

#### Housing site application:

<http://nofavt.org/programs/seniorfarmshare/sitecoordinator>

### Participating Housing Sites:

#### Orleans County

##### Governor's Mansion Apartments

Second Street, Newport, VT 05855

Contact: Shelby Budziak  
Tel. No: 802-535-6264  
Email: [shelbyb@ruraledge.org](mailto:shelbyb@ruraledge.org)

##### Governor Prouty

26 Governor Drive, Newport, VT 05855

Contact: Heidi Kimball  
Tel. No: 802-473-3921  
Email: [heidik@ruraledge.org](mailto:heidik@ruraledge.org)

##### Newport Senior Housing

107 Main Street, Newport, VT 05855

Contact: Shelby Budziak  
Tel. No: 802-535-6264  
Email: [shelbyb@ruraledge.org](mailto:shelbyb@ruraledge.org)

#### Lakebridge

26 Compass Drive, Newport, VT 05855

Contact: Heidi Kimball  
Tel. No: 802-473-3921  
Email: [heidik@ruraledge.org](mailto:heidik@ruraledge.org)

#### Essex County (Northern)

##### Sunrise Manor

PO Box 446, Island Pond, VT 05846

Contact: Melinda Gervais-Lamoureux, *Manager*  
Tel. No: 802-723-6130  
Email: [melindag@ruraledge.org](mailto:melindag@ruraledge.org)

#### Federal Sponsor:

The USDA Senior Farmers' Market Nutrition Program funds 100% of the fresh food costs. (Valued at \$50/share).

#### Vermont administration:

NOFA-VT

**Contact:** Mike Good  
Tel. No: 802-434-4122

**Email:** [mike@nofavt.org](mailto:mike@nofavt.org)

**Website:** <http://nofavt.org/seniorfarmshare>



## FARMER'S MARKETS

### Craftsbury Farmer's Market

Craftsbury Common, Craftsbury, VT

**Day(s):** Saturdays, until mid-October

**Time:** 10 AM - 1 PM

**Accepts:** Farm-to-Family Coupons

**Web:** [www.craftsburyfarmersmarket.com](http://www.craftsburyfarmersmarket.com)

### Newport Farmer's Market

Gardner Park, (Across from Waterfront Plaza)

Newport, VT

**Day(s):** Wednesdays, Saturdays until mid-October, open rain or shine;

**Time:** 9 AM – 2 PM

**Accepts:** EBT Cards, CROP CA\$H, Farm-to-Family Coupons

**Tel. No:** 802-274-8206 / 802-334-6858

## Vermont Farm To Family Coupons

(Administered by VT Department for Children and Families, Economic Services Division)

**What:** Provides \$30 worth of coupons to be utilized over the season to buy fresh fruits, vegetables and herbs at participating Vermont farmer's markets for income eligible households.

**Who is eligible:** The 2016 household income limits were \$1,815/month for a single person; \$2,456 a month for a couple; or \$3,739 for a family of four.

**Local coupon availability:** A limited number of coupons are available beginning late June of each year. Coupons are provided at the time of application and are valid for one market season, expiring on October 31st each year.

### NEK Community Action Agency

- Issues a limited number of coupons on a first come, first serve basis.
- Some coupons are reserved for seniors, aged sixty or older, with limited income

**Tel. No:** 802-334-7316

**Web:** <http://nekcv.org>

### Newport District Office, VT Dept. of Health

- Distributes coupons to WIC families (with a child over 6 months old)
- Tel. no: 802-334-6707 OR 1-800-952-2945 (For dates/ times/ places for coupon pick-up)

## FARMER'S MARKET COUPONS

### CROP CA\$H Program

(Administered by NOFA-VT)

**What:** The CROP CA\$H program provides coupons for fresh produce when customers spend their SNAP benefits at participating farmer's markets. CROP CA\$H provides a one-to-one match of SNAP benefits, up to \$10 per market day. The program is commitment free and can be utilized each week of the market.

**Who is eligible:** Recipients of SNAP benefits.

### Participating Farmers Markets:

<http://nofavt.org/cropcash/participatingmarkets>

- **Orleans County:** Newport Farmer's Market
- **Essex County:** No participating markets

**State administration:** Northeastern Organic Farmers Association of Vermont (NOFA-VT)

NOFA-VT, PO Box 697, Richmond, VT 05477

**Contact:** Mike Good; **Tel. No:** 802-434-4122

**Email:** [mike@nofavt.org](mailto:mike@nofavt.org)

**Web:** <http://nofavt.org/cropcash>

### Participating Farmers Markets:

- **Orleans County:** Craftsbury Farmer's Market, Newport Farmer's Market
- **Essex County (northern):** No farmer's markets

**State administration:** VT Department for Children and Families, Economic Services Division

280 State Drive, Waterbury, VT 05671-1020

**Contact:** Pat Duda, *Director, Food and Nutrition Programs*

**Tel. No:** 802-241-0603

**Web:** <http://dcf.vermont.gov/benefits/f2f>

## SALVATION FARMS

*(Gleaning locally grown food with distribution via VT Foodbank, food shelves, schools, and other non-profit organizations; gleaned food is not directly available to consumers)*



**Mission:** To build increased resilience in Vermont's food system through agricultural surplus management.

**Vision:** To increase community food security, food independence, food access, food equality and food resilience in Vermont.

**Themes:**

- To build an innovative management system for the bounty of Vermont's agricultural surplus.
- To engage Vermonters with local farms and the food system.
- To ensure that Vermont grown food is available to everyone.
- To facilitate Vermont statewide connectivity of capture and movement of agricultural surplus (fruit, vegetables and meat) to institutions and individuals who currently have limited access.

**Vermont Food Loss on Farms Study (2016):**

[http://salvationfarms.org/VT\\_Food\\_Loss\\_Study\\_2016.pdf](http://salvationfarms.org/VT_Food_Loss_Study_2016.pdf)

The study measured food loss on Vermont farms based upon farmer surveys administered in Spring 2016 and available agricultural data. The study was conducted by a Salvation Farms team and Isgood Community Research. Food loss occurs when edible, quality food is neither sold nor donated and therefore goes uneaten. The outcome of the study indicated that 14.3 million pounds of wholesome vegetables and berries are lost in Vermont annually.

**Contact**

**Executive Director:** Theresa Snow

**Mail Address:** Salvation Farms,  
PO Box 1174, Morrisville, VT 05661

**Physical Address:**  
49 Portland Street, Morrisville, VT

**Tel. No:** 802-888-4360

**Web:** <http://www.salvationfarms.org>

# NUTRITION EDUCATION RESOURCES

## FOOD, NUTRITION & GARDENING EDUCATION (YOUTH)

### EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)

*(Administered by University of Vermont Extension)*

**What:** Provides nutrition education featuring topics such as how to: (1) make and plan nutritious meals, (2) increase physical activity, (3) stretch food dollars, (4) access food assistance programs and (5) practice food safety skills. All programs support the Dietary Guidelines for Americans and incorporate USDA's MyPlate.

**Audience:** Limited income families with youth.

**Educational methods / settings:** Personalized classes, workshops and one-on-one home visits.

#### Curriculums for Families with Young Children

• **Around the Table with EFNEP** is a six lesson curriculum developed to assist limited-resource families with young children to eat healthy on a budget and to become more physically active. Group discussion and hands-on activities are used to explore topics such as, how to plan and prepare healthier meals, tips on how to save money when grocery shopping and how to grow food. After completing six lessons participants are eligible to receive an EFNEP Certificate of Graduation.

• **Eating Smart-Being Active** is an eight lesson curriculum designed for low income adults with young children and developed at Colorado State University and University of California at Davis. The curriculum can be used to teach adults one-on-one or in small group classes (2-12 people). There are eight core lessons (each designed to be taught in 60-90 minutes) covering the following topics: physical activity, nutrition and healthy lifestyle choices; food preparation; saving money at the grocery store; eating a variety of healthy foods from all the food groups while reducing fat, sugar and salt; and feeding children. Each lesson includes hands-on activities including: a food preparation activity; tasting opportunity; physical activity. There are three additional lessons to supplement the core curriculum developed for pregnant women or those with infants: Eating Smart and Being Active During Pregnancy; Feeding Your New Baby; Feeding Your Baby Solid Foods.

#### Curriculums/Programs for Young Children

• **The Book-In-Bag Program** is designed for students at the kindergarten, first and second grade level. This course encourages young children to explore food and nutrition related topics through reading comprehension. The EFNEP Nutrition Educator reads a storybook with a food-related message; leads a hands-on learning activity related to the lesson; and

provides a healthy snack with recipes. Students are encouraged to make the recipe at home with their families. The Book-in-Bag Program was inspired by the Kansas State University Extension program.

• **Choose Health: Food, Fun, and Fitness** is a six lesson curriculum designed for 8-12 year old children developed by Cornell University Extension Program with the goal to engage youth in activities that encourage healthy eating and active play. The focus for the lessons is as follows: (1) Drink low-fat milk or water instead of sweetened drinks; (2) Color your plate! Eat more vegetables and fruits; (3) Read it before you eat it! The nutrition facts label; (4) Make half your grains whole! Eat more whole grains; (5) Healthier foods! Eat fewer high-fat and high-sugar foods; (6) Power-up your day! Eat breakfast. During each session students participate in games and other physical activities and make healthy snacks and meals with recipes sent home in family newsletters.

• **Show Me Nutrition: Choices and Challenges** is a seven lesson curriculum designed for students at the 7th and 8th grade level developed by University of Missouri Extension Program. This curriculum is designed to help develop critical thinking and decision making skills about important issues like maintaining a healthy body image, the health risks of eating disorders and the advertising tactics used to sell products to teens. Other skills taught and encouraged: fitting physical activity into our daily lives; advocating for a community that supports physical activity; making healthy fast-food choices; and food shopping and healthy cooking.

#### Contact

**Federal sponsor:** National Institute of Food & Agriculture, USDA

**Web:** <https://nifa.usda.gov/program/expanded-food-and-nutrition-education-program-efnep>

**Vermont administration:** University of Vermont Extension

**Web:** <https://uvm.edu/extension/food/efnep/>

**Locally serving:** Caledonia, with outreach to Essex and Orleans Counties

**Address:** UVM Ext Caledonia Office,  
374 Emerson Falls Rd., Suite 1  
St. Johnsbury, VT 05819-9083

**Contact:** Bernadette Bessette, EFNEP Educator

**Email:** [bernadette.bessette@uvm.edu](mailto:bernadette.bessette@uvm.edu)

**Tel. No.:** (802) 751-8307 ext.361 or (800) 545-8920

## GREEN MOUNTAIN FARM TO SCHOOL

**What:** Green Mountain Farm-to-School (GMFTS) is a non-profit organization in Newport, VT that strengthens local food systems by promoting positive economic and educational relationships between schools, farms, and communities. GMFTS supplies fresh, local food to schools and institutions and gives students of all ages the knowledge and skills they need to make healthy food choice through school gardens, farm-to-school programs, a regional food hub, and mobile learning kitchen that also serves free meals to kids during the summer.

### Programs:

#### Farm-to-School

The farm-to-school program provides programs, resources, and networking opportunities to schools in the Northeast Kingdom, supporting their efforts to build school gardens, source local food, and provide nutrition and agriculture education. We work with schools to develop a sustainable program that builds staff capacity to embed farm-to-school activities across the classroom, cafeteria, and community. We provide different levels of service depending on a school's readiness for farm-to-school, their priorities, and their resources, with the goal of bringing all schools to a thriving program level.

*Contact: Maire Folan, Farm-to-School Program Manager; Email: mfolan@gmfts.org*

#### Farm Direct

A regional food hub distributing local food to schools, institutions, and businesses while fostering relationships with local farmers, and strengthening the local economy through easy, one-stop ordering and coordinated delivery.

*Contact: Amrita Parry, Farm Direct Coordinator  
Email: aparry@gmfts.org*



#### Lunchbox

The Lunchbox is a mobile summer food service program that provides children with healthy, free, and locally-sourced meals throughout the summer and increases consumer knowledge and skills about how to purchase and prepare low-cost, healthy meals. Throughout the year, we engage consumers through food tastings at local retailers and hosting on-farm community meals. The Lunchbox also coordinates a nutrition incentive program to promote the purchase of fresh produce by low-income Vermonters.

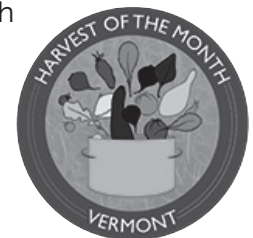
*Contact: Consumer Education Coordinator*

#### Vermont Harvest of the Month

*(<http://www.vermontharvestofthemonth.org>)*

Vermont Harvest of the Month is a statewide, web-based campaign to promote local, seasonal foods through ready-to-go materials and in-person technical assistance. The program provides free, downloadable resources, including lesson plans and recipes, to celebrate Vermont-grown foods in the classroom, cafeteria, and community.

*Contact: Consumer Education Coordinator*



### Contact

Agency: Green Mountain Farm to School

Address: 115 2nd Street, Newport, VT 05855

Web: [greenmountainfarmtoschool.org](http://greenmountainfarmtoschool.org)

Tel. No (all-contacts): 802-334-2044



# THE LEARNING KITCHEN CURRICULUM

VERSIONS: *YOUTH (Middle School), YOUNG ADULT (High School), and ADULT (Coordinated by Hunger Free Vermont)*

**Nutrition education curriculum:** The Learning Kitchen curriculum consists of six lessons designed to improve food security for families with limited budgets (adapted for various age groups).

**Focus:** Participants engage in hands-on cooking and nutrition education activities that focus on planning meals based upon a healthy pattern; shopping strategies when on a limited budget to maximize nutritional content; and cooking skills and techniques to enhance

preparation of healthy meals/snacks.

**Host sites/target audiences:** (1) Schools (especially where at least 50% of students qualify for free or reduced price meals); (2) Low-income family housing sites; (3) After-school programs targeted to low-income youth; (4) Parent-Child Centers; (5) Health & community centers; (6) Other centers or programs that target low-income youth, young adults, or adults.

Youth Version <i>(Middle school)</i>	Young Adult Version <i>(High school)</i>	Adult Version
Lesson 1: Well-Balanced Lesson 2: Fruits, Veggies, & Vitality Lesson 3: Go-To Grains Lesson 4: Sweet Enough Lesson 5: Strong and Healthy Lesson 6: Putting it all Together	Lesson 1: More Produce, Please Lesson 2: Go-To Grains Lesson 3: Strong & Healthy Lesson 4: Shopping & Planning Lesson 5: Store Tour Lesson 6: Putting it all Together	Lesson 1: Well Balanced Lesson 2: Strong & Healthy Lesson 3: Produce & Protein Lesson 4: Shopping & Planning; Lesson 5: Store Tour Lesson 6: Putting it all Together

Original development: The curriculum was originally developed in collaboration with the University of Vermont Extension, Expanded Food and Nutrition Education Program (EFNEP).

## Volunteer Host Coordinator & Educators:

**Host Coordinator:** Serves as the primary contact person for the series and completes the initial application.

Responsibilities include:

- Recruits and coordinates instructors
- Recruits eligible participants
- Identifies a suitable class location

- Accounts for grant funds
- Arranges for the purchase of groceries used for in-class cooking
- Completes all necessary paperwork
- Attends each lesson

**Nutrition Educator:** Should be well-versed in health and nutrition; Capable of effectively teaching a group of participants.

Responsibility:

- Delivers the program curriculum to participants

**Chef:** Should be comfortable in the kitchen and able to lead a group while offering guidance around recipe preparation.

Responsibility:

- Teaches the cooking portion of curriculum involving the preparation of featured recipes

## Time commitment:

- A time commitment of 3½ hours each week for 6 weeks... for the host coordinator and for each of the educators.
- In-class time requires 2½ hours.
- Outside of class time varies, but typically requires at least an extra hour or more.

## Host Organization Responsibilities:

- To recruit a qualified nutrition educator and a chef
- To participate in a Learning Kitchen orientation
- To identify and connect with others in the community who can help support the series. For example, those capable of donating food for participants to take home such as:
  - ▶ farmers
  - ▶ store owners
  - ▶ community gardens
  - ▶ food shelf representatives
  - ▶ school representatives—such as food service staff / school wellness committees
- To recruit eligible participants to attend. (Suggest recruitment of 8-11 (up to 16) participants)

## Hunger Free VT Responsibilities:

To fund:

- Food samples for six lessons (\$150)
- Instructor compensation (\$300)
- Purchase of gift cards (\$10) for Lesson 5 (Store Tour -Young Adult and Adult series)

To provide:

- Instructor's Guide (downloadable)
- Materials for teaching aids
- Set of recipe cards for each participant
- Educational reinforcement items for each participant
- Information to share with the community to reinforce lesson messages via parent letters, community newsletters, websites or Facebook pages
- Support and assistance throughout the process of planning and hosting a series

**Agency:** Hunger Free Vermont  
**Address:** 38 Eastwood Drive, Suite #100, Burlington, VT 05403  
**Web:** [www.hungerfreevt.org/what/the-learning-kitchen.html](http://www.hungerfreevt.org/what/the-learning-kitchen.html)  
**Contact:** Katy Davis, Nutrition Education & Outreach Manager  
**Email:** [kdavis@hungerfreevt.org](mailto:kdavis@hungerfreevt.org)  
**Tel. No:** 802-865-0255 Ext 110

## VERMONT COMMUNITY GARDEN NETWORK

(Programs: Both youth and adult education)

**Mission:** To support and grow the state's vibrant network of community and school gardens. This mission is achieved by growing gardens, gardeners, and garden leaders.

### Resources for Community Gardening Education / Support:

- **Community/School Garden Organizer Toolkit**  
<http://vcgn.org/garden-organizer-toolkit/coordinates-tools>  
Topics: Start a Community-based Garden; Organizing & Leadership; Fundraising & Outreach; Sample Garden Documents & Forms; Learning in the Garden
- **Grow It! Statewide Garden Leader Workshops**  
<http://vcgn.org/what-we-do/growit/>  
Regional workshops for community and school garden leaders to learn strategies and build organizing skills for their garden groups, as well as share stories and resources with fellow garden leaders. Presented by VCGN, in collaboration with Charlie Nardozi, every spring and fall.
- **Edible Landscaping & Community Gardening Toolkit for Affordable Housing Communities**  
<http://vcgn.org/housing-toolkit/>  
Developed by VCGN and Vermont Edible Landscapes in collaboration with statewide partners, this toolkit is a resource for housing authorities, residents, housing site managers, buildings and grounds staff, service providers, and others who want to establish, enhance, or support edible landscaping and community gardening at housing sites.
- **Gardens for Learning Grant Program**  
<http://vcgn.org/gardens-for-learning>  
The Gardens for Learning Grant Program provides grants and technical assistance supporting summer gardening, nutrition and cooking programs for children at risk of summertime hunger in Vermont communities. Sites utilized to reach food insecure families across the state include: affordable housing

sites; schools; and community centers. Each site is responsible for planning its own program and tailoring hands-on activities to suit the needs of pre-school to middle-school age youth within the framework of the Gardens for Learning educational standards. The Gardens for Learning educational standards include hands-on activities focused on gardening; nutrition; and cooking.

- **Green Thumbs At Work: Garden Grants for Small Businesses**  
<http://vcgn.org/green-thumbs-at-work>  
Awards supported by VCGN and the Vermont Department of Health. Open to any Vermont business or organization with fewer than 50 employees. These grants support the establishment of workplace food gardens for employees. The total grant award is \$1,750, including \$500 in grant funds, a \$250 Gardener's Supply gift card, and \$1,000 of garden planning and technical assistance from Charlie Nardozi and VCGN.
- **Garden Grants**  
<http://vcgn.org/garden-organizer-toolkit/garden-grants>  
Vermont & New England-based Grant Programs; Youth Gardening Grant Programs; General Grant Programs that Support Garden Projects

### Contact

**Agency:** Vermont Community Garden Network

**Address:** 12 North Street, Suite 5, Burlington, VT 05401  
Contacts:

Jess Hyman, *Executive Director* ([jess@vcgn.org](mailto:jess@vcgn.org));

Libby Weiland, *Statewide Network Coordinator* ([libby@vcgn.org](mailto:libby@vcgn.org))

Carolina Lukac, *Garden Education Manager* ([carolina@vcgn.org](mailto:carolina@vcgn.org))

Trish Deshamps, *Office Manager* ([trish@vcgn.org](mailto:trish@vcgn.org))

**Web:** <http://vcgn.org>; Tel. No:802-861-4769

## VERMONT FOOD EDUCATION EVERY DAY (VT-FEED)

*(Coordinated by Northeast Organic Farming Association of Vermont and Shelburne Farms)*



**What:** Supports Vermont Farm to School initiatives through a variety of networks and collaborations.

- **Coordinates the Vermont Farm to School**

**Network:** Facilitates local connections; fosters local engagement, and works to increase farm to school initiatives across Vermont.

Web address: <http://vermontfarmtoschool.org>  
 Listserv: <http://vermontfarmtoschool.org/join-farmtoschool-listserv>

- **Serves as the Northeast Regional Lead for the National Farm to School Network:**

Works to build a strong regional farm to school movement and to strengthen our collective impact.

Web: <http://www.farmtoschool.org/our-network/northeast-region>

- **Hosts Jr Iron Chef VT: Annual statewide culinary competition for middle and high school teens:**

Encourages youth involvement to make healthy choices, to develop culinary skills, and to learn about local foods with the goal to create positive food system change.

Contact: Jr. Iron Chef VT Coordinator, NOFA-VT

Web: <http://vtfeed.org/jrironchefvt>



- **Provides leadership to advocate for policy and resources at both the state and federal level to support farm to school initiatives:**

- ▶ Hosts Farm to School Awareness Day at the Statehouse (each winter) in partnership with the Vermont Agency of Agriculture Food and Markets
- ▶ Organizes testimony and develops materials for the various Legislative Committees to support the economic, health, and educational benefits of Vermont Farm to School.
- ▶ Advocates for federal policy supportive of farm to school, including the Farm Bill and the Healthy, Hunger Free Kids Act.
- ▶ Provides Vermont's Congressional delegation with information on the impacts of proposed legislation relating to farm to school, to ensure that policies enacted will provide the greatest benefit to Vermonters.

- **Encourages and supports strong farm to school programs in schools across the state:**

- ▶ Provides training, professional learning and technical assistance: To teachers, food service staff, administrators, farmers, summer meal sites and nonprofit organizations.
- ▶ Coordinates Farm to School Institute: The Institute is a year-long professional learning opportunity for school teams to develop robust farm to school programs with the support of a coach.

- **Develops resources and evidence-based best practices:** Related to food, farm and nutrition curriculums, community action planning, cafeteria practices, and local purchasing and procurement by institutions. Available at: <http://vtfeed.org/resource-library>

## VERMONT FOOD EDUCATION EVERY DAY (VT-FEED)

(Coordinated by Northeast Organic Farming Association of Vermont and Shelburne Farms)

### Examples of available school resources:

- ▶ **Vermont Farm to School (Food, Farm, and Nutrition) Curriculum Units:** This guide includes seven in-depth food, farm, and nutrition units for grades K-12. Classroom educators from around Vermont created the units and VT FEED made modifications to increase accessibility for a variety of classroom settings. Utilize an entire unit, or select individual lessons. Each unit focuses on a different theme specific to the developmental needs for that grade level and contains a "Snapshot" that outlines the components of the unit and lesson summaries. Published by VT FEED.
- ▶ **New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks:** Developed by Vermont school nutrition professionals with support from the New England Culinary Institute. It includes 78 kid-tested and approved recipes that meet the new USDA Dietary Guidelines and feature local, seasonal foods. Each recipe is in USDA format, yields school-sized quantities, includes a nutritional analysis, and contains information on the specific food components that credit toward meeting the USDA meal pattern for child nutrition programs. This resource was jointly created under the direction of VT FEED, the Vermont Agency of Education's Child Nutrition Program, and the School Nutrition Association of VT.

### Agency Coordinators

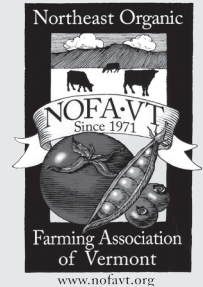
**Agency: Northeast Organic Farming Association of Vermont (NOFA-VT)**

**Address:** PO Box 697,  
Richmond, VT 05477  
**Web:** <http://www.nofavt.org>

**Focus:** NOFA-VT is a nonprofit association of farmers, gardeners, and consumers working to promote an economically viable and ecologically sound Vermont food system for the benefit of current and future generations.

**Contact:** Abbie Nelson, VT FEED Program Director,  
Education Director, NOFA-VT

**Email:** [info@nofavt.org](mailto:info@nofavt.org)  
**Tel. No:** 802-434-4122



**SHELburne FARMS**  
*Educating for a Sustainable Future*

**Agency: Shelburne Farms**

**Address:** 1611 Harbor Rd.,  
Shelburne, VT 05482

**Web address:**  
<http://www.shelburnefarms.org>

**Focus:** Shelburne Farms is a nonprofit organization providing education to support a sustainable future. The home campus is a 1,400-acre working farm, forest, and National Historic Landmark.

**Contacts:**  
Betsy Rosenbluth, VT-FEED Project Director,  
Shelburne Farms, Northeast Regional Lead,  
National Farm to School Network

Ryan Morra, Professional Learning Coordinator,  
Shelburne Farms;

**Email:** [info@shelburnefarms.org](mailto:info@shelburnefarms.org)  
**Tel. No:** 802-985-8686



# FOOD, NUTRITION & GARDENING EDUCATION (ADULT)

## FOOD ACCESS & AFFORDABLE HOUSING INITIATIVE

*(Sponsored by Vermont Housing & Conservation Board)*

**Background:** Starting in 2014-15, the Vermont Housing & Conservation Board began to explore existing collaborations in Vermont between food access programs and affordable housing sites which provide services that address residents' access to fresh, nutritious and affordable food.

### **Food Access & Affordable Housing Report (2015):**

<http://www.vhcb.org/pdfs/training/Integrating-Food-Access-and-Affordable-Housing.pdf>  
Offers recommendations and resources related to food access programming in affordable housing communities such as: (1) existing models and best practices for food access programming; (2) recommendations to reduce waste of charitable food received by tenants of affordable housing; (3) recommendations for ensuring food access programming enhances food justice; (4) a guide to working with affordable housing providers; (5) index of organizations in Vermont supporting increased food access programming.

### **Contact**



Vermont Housing &  
Conservation Board

**Agency:** Vermont Housing &  
Conservation Board

**Address:** 58 East State Street, Montpelier, VT 05602

**Web:** <http://www.vhcb.org>

**Contact:** Ian Hartman, Outreach and Partnership  
Coordinator, VT Farm & Forest Viability Program

**Email:** [ian@vhcb.org](mailto:ian@vhcb.org)

**Tel. No:** 802-828-1098

## MASTER GARDENER PROGRAM & MASTER COMPOSTER PROGRAM

(Administered by UVM Extension)

### Certified Master Gardeners

**Certified Master Gardeners** are local volunteers who receive education and training in research-based home horticulture practices and utilize this expertise to then provide/support gardening education to local communities.

**Two steps to become a “Certified Master Gardener”:** (1) Complete the UVM Extension Master Gardener course, and (2) Volunteer 40 hours in the community to share classroom knowledge.

**UVM Extension Master Gardener curriculum (13 weeks):** Covers the fundamentals of home gardening including: soils and soil fertility, plant pests and disease management, fruit and vegetable production, healthy lawn management, annual and perennial culture, caring for shrubs and trees, introduction to landscape design, and invasive pest and plant control.

**Course requirements:** Completion of 6 National Plant Diagnostic Network modules, a self-assessment, a pre-course student survey, a post-course survey, and participating in all live interactive on-line classes.

**Course fee:** \$395 (subject to change), which includes the online textbook. A printed copy of all course materials may be purchased for an additional \$55.

**Annual updates to maintain active status as a Certified Master Gardener:** (1) Complete 5 hours of continuing education and (2) Complete 20 hours of approved volunteer community service.

### Certified Master Composters

**Certified Master Composters** are local volunteers who receive education and training in research-based home backyard composting and apply this expertise to then provide/support composting education to local communities.

**Two steps to become a “Certified Master Composter”:** (1) Complete the UVM Extension Master Composter course (4 class sessions), and

(2) Complete 20 hours of approved community outreach within 2 years of completing coursework.

**UVM Extension Master Composter curriculum (4 weeks):** Covers the fundamentals of backyard composting including topics such as: composting methods, recipes, biology; compost use for disease control; site and container selection; and Vermont’s new Universal Recycling Law (Act 148). Instructors: Professionals within Vermont’s green industry.

**Course requirements:** Participation in 4 live interactive classes on-line via GoToWebinar. Also available to view as a recording.

**Course fee:** \$50, which includes the online course guide. A print copy is available for additional \$10. Types of activities approved for community outreach: Provide talks and displays at fairs, farmer’s markets, and other similar venues; assist with UVM Extension Master Gardener projects that have a composting component; provide leadership in implementing community or school composting projects. Annual updates to maintain active status as a Certified Master Composter: (1) Complete 5 hours per year of approved community outreach and (2) Complete the required forms to maintain registration.

### Contact

**Agency:** University of Vermont Extension



**Address:** 63 Carrington Dr.,  
Jeffords Hall, Room 206,  
Burlington, VT 05405

**Web:** [www.uvm.edu/mastergardener/](http://www.uvm.edu/mastergardener/)

**State Coordinator:** Beret Halverson, UVM Extension Master Gardener Program

**Email:** [beret.halverson@uvm.edu](mailto:beret.halverson@uvm.edu) OR  
[master.gardener@uvm.edu](mailto:master.gardener@uvm.edu)

**Tel. No:** 802-656-1777

## SERVSAFE, FOOD SERVICE EDUCATION

*(A Nationally Accredited Program from The National Restaurant Association)*

*(Offered locally by North Country Career Center)*

**What:** ServSafe courses are designed by The National Restaurant Association to promote safe food handling procedures for individuals who work in the food service industry. Knowledge of food safety has application for individuals who provide food education in schools or community settings.

### **ServSafe Courses (Offered by North Country Career Center):**

#### **(1) ServSafe – Manager Training**

\$200 (8 hours) includes text and exam. Learn how to train employees in food sanitation, and how to prevent foodborne illness. Earn nationally accredited certification from the National Restaurant Association. Up to 50% in tuition assistance may be available.

#### **(2) ServSafe – Food Handler’s Training**

\$25 (2.5 hours) includes text and exam. Learn food safety practices for preparing and serving food. Nationally recognized certification that is practical for all food service employees. Up to 50% in tuition assistance may be available.

### **Contact**



**Agency (local):** North Country Career Center

**Address:** 209 Veteran’s Avenue, Newport, VT 05855

**Web:** <http://nc3.ncsuvt.org/home>

**Contact:** Gwen Bailey-Rowe, Assistant Director Adult Education

**Email:** [gwen.bailey-rowe@ncsuvt.org](mailto:gwen.bailey-rowe@ncsuvt.org)

**Tel. No:** 802-334-5469

# THE LEARNING KITCHEN CURRICULUM

VERSIONS: *YOUTH (Middle School), YOUNG ADULT (High School), and ADULT (Coordinated by Hunger Free Vermont)*

**Nutrition education curriculum:** The Learning Kitchen curriculum consists of six lessons designed to improve food security for families with limited budgets (adapted for various age groups).

**Focus:** Participants engage in hands-on cooking and nutrition education activities that focus on planning meals based upon a healthy pattern; shopping strategies when on a limited budget to maximize nutritional content; and cooking skills and techniques

to enhance preparation of healthy meals/snacks.

**Host sites/target audiences:** (1) Schools (especially where at least 50% of students qualify for free or reduced price meals); (2) Low-income family housing sites; (3) After-school programs targeted to low-income youth; (4) Parent-Child Centers; (5) Health & community centers; (6) Other centers or programs that target low-income youth, young adults, or adults.

Youth Version <i>(Middle school)</i>	Young Adult Version <i>(High school)</i>	Adult Version
Lesson 1: Well-Balanced Lesson 2: Fruits, Veggies, & Vitality Lesson 3: Go-To Grains Lesson 4: Sweet Enough Lesson 5: Strong and Healthy Lesson 6: Putting it all Together	Lesson 1: More Produce, Please Lesson 2: Go-To Grains Lesson 3: Strong & Healthy Lesson 4: Shopping & Planning Lesson 5: Store Tour Lesson 6: Putting it all Together	Lesson 1: Well Balanced Lesson 2: Strong & Healthy Lesson 3: Produce & Protein Lesson 4: Shopping & Planning; Lesson 5: Store Tour Lesson 6: Putting It all Together

Original development: The curriculum was originally developed in collaboration with the University of Vermont Extension, Expanded Food and Nutrition Education Program (EFNEP).

## Volunteer Host Coordinator & Educators:

**Host Coordinator:** Serves as the primary contact person for the series and completes the initial application.

Responsibilities include:

- Recruits and coordinates instructors
- Recruits eligible participants
- Identifies a suitable class location

- Accounts for grant funds
- Arranges for the purchase of groceries used for in-class cooking
- Completes all necessary paperwork
- Attends each lesson

**Nutrition Educator:** Should be well-versed in health and nutrition; Capable of effectively teaching a group of participants.

Responsibility:

- Delivers the program curriculum to participants

**Chef:** Should be comfortable in the kitchen and able to lead a group while offering guidance around recipe preparation.

Responsibility:

- Teaches the cooking portion of curriculum involving the preparation of featured recipes

## Time commitment:

- A time commitment of 3½ hours each week for 6 weeks... for the host coordinator and for each of the educators.
- In-class time requires 2½ hours.
- Outside of class time varies, but typically requires at least an extra hour or more.

## Host Organization Responsibilities:

- To recruit a qualified nutrition educator and a chef
- To participate in a Learning Kitchen orientation
- To identify and connect with others in the community who can help support the series. For example, those capable of donating food for participants to take home such as:
  - ▶ farmers
  - ▶ store owners
  - ▶ community gardens
  - ▶ food shelf representatives
  - ▶ school representatives—such as food service staff / school wellness committees
- To recruit eligible participants to attend. (Suggest recruitment of 8-11 (up to 16) participants)

## Hunger Free VT Responsibilities:

To fund:

- Food samples for six lessons (\$150)
- Instructor compensation (\$300)
- Purchase of gift cards (\$10) for Lesson 5 (Store Tour -Young Adult and Adult series)

To provide:

- Instructor's Guide (downloadable)
- Materials for teaching aids
- Set of recipe cards for each participant
- Educational reinforcement items for each participant
- Information to share with the community to reinforce lesson messages via parent letters, community newsletters, websites or Facebook pages
- Support and assistance throughout the process of planning and hosting a series

**Agency:** Hunger Free Vermont  
**Address:** 38 Eastwood Drive, Suite #100, Burlington, VT 05403  
**Web:** [www.hungerfreevt.org/what/the-learning-kitchen.html](http://www.hungerfreevt.org/what/the-learning-kitchen.html)  
**Contact:** Katy Davis, Nutrition Education & Outreach Manager  
**Email:** [kdavis@hungerfreevt.org](mailto:kdavis@hungerfreevt.org)  
**Tel. No:** 802-865-0255 Ext 110

# THE NATIONAL CENTER FOR HOME FOOD PRESERVATION

(Administered by University of Georgia, <http://nchfp.uga.edu>)

## The National Center for Home Food Preservation:

### USDA Complete Guide to Home Canning, 2015 Revision

Introduction

Guide 01: Principles of Home Canning

Guide 02: Selecting, Preparing, and Canning Fruit and Fruit Products

Guide 03: Selecting, Preparing, and Canning Tomatoes and Tomato Products

Guide 04: Selecting, Preparing, and Canning Vegetables and Vegetable Products

Guide 05: Preparing and Canning Poultry, Red Meats, and Seafood

Guide 06: Preparing and Canning Fermented Food and Pickled Vegetables

Guide 07: Preparing and Canning Jams and Jellies

#### Available:

Web download: <http://nchfp.uga.edu>

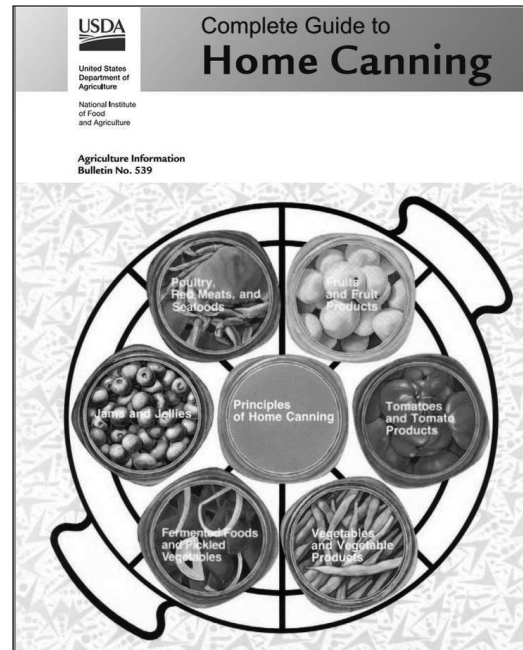
Purchase print version from Purdue University

Extension: <https://www.extension.purdue.edu/usdacanning/>

#### “PUT IT UP!”: Food Preservation for Youth

Free lesson plans, teaching tools for teaching youth how to preserve at home.

**Web download:** <http://nchfp.uga.edu>



## Contact



**National Center for Home Food Preservation**

**Agency:** The National Center for Home Food Preservation, located at the University of Georgia, is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture (NIFA-USDA).

**Contact:** Elizabeth Andress, Project Director

**Email:** [eandress@uga.edu](mailto:eandress@uga.edu)

**Web:** <http://nchfp.uga.edu>



## VERMONT COMMUNITY GARDEN NETWORK

(Programs: Both youth and adult education)

**Mission:** To support and grow the state's vibrant network of community and school gardens. This mission is achieved by growing gardens, gardeners, and garden leaders.

### Resources for Community Gardening Education / Support:

- **Community/School Garden Organizer Toolkit**  
<http://vcgn.org/garden-organizer-toolkit/coordinates-tools>  
Topics: Start a Community-based Garden; Organizing & Leadership; Fundraising & Outreach; Sample Garden Documents & Forms; Learning in the Garden
- **Grow It! Statewide Garden Leader Workshops**  
<http://vcgn.org/what-we-do/growit/>  
Regional workshops for community and school garden leaders to learn strategies and build organizing skills for their garden groups, as well as share stories and resources with fellow garden leaders. Presented by VCGN, in collaboration with Charlie Nardozi, every spring and fall.
- **Edible Landscaping & Community Gardening Toolkit for Affordable Housing Communities**  
<http://vcgn.org/housing-toolkit/>  
Developed by VCGN and Vermont Edible Landscapes in collaboration with statewide partners, this toolkit is a resource for housing authorities, residents, housing site managers, buildings and grounds staff, service providers, and others who want to establish, enhance, or support edible landscaping and community gardening at housing sites.
- **Gardens for Learning Grant Program**  
<http://vcgn.org/gardens-for-learning>  
The Gardens for Learning Grant Program provides grants and technical assistance supporting summer gardening, nutrition and cooking programs for children at risk of summertime hunger in Vermont communities. Sites utilized to reach food insecure families across the state include: affordable housing sites; schools; and community centers. Each site is responsible for planning its own program

and tailoring hands-on activities to suit the needs of pre-school to middle-school age youth within the framework of the Gardens for Learning educational standards. The Gardens for Learning educational standards include hands-on activities focused on gardening; nutrition; and cooking.

- **Green Thumbs At Work: Garden Grants for Small Businesses**  
<http://vcgn.org/green-thumbs-at-work>  
Awards supported by VCGN and the Vermont Department of Health. Open to any Vermont business or organization with fewer than 50 employees. These grants support the establishment of workplace food gardens for employees. The total grant award is \$1,750, including \$500 in grant funds, a \$250 Gardener's Supply gift card, and \$1,000 of garden planning and technical assistance from Charlie Nardozi and VCGN.
- **Garden Grants**  
<http://vcgn.org/garden-organizer-toolkit/garden-grants>  
Vermont & New England-based Grant Programs; Youth Gardening Grant Programs; General Grant Programs that Support Garden Projects

### Contact

**Agency:** Vermont Community Garden Network

**Address:** 12 North Street, Suite 5,  
Burlington, VT 05401

#### Contacts:

Jess Hyman, *Executive Director*  
([jess@vcgn.org](mailto:jess@vcgn.org));

Libby Weiland, *Statewide Network Coordinator*  
([libby@vcgn.org](mailto:libby@vcgn.org))

Carolina Lukac, *Garden Education Manager*  
([carolina@vcgn.org](mailto:carolina@vcgn.org))

Trish Deshamps, *Office Manager*  
([trish@vcgn.org](mailto:trish@vcgn.org))

**Web:** <http://vcgn.org>; Tel. No:802-861-4769

## VT FRESH PROGRAM

(Sponsored by Vermont Foodbank-- in partnership with selected food shelves)

### VT Fresh Strategy:

To increase access and improve availability of fruits and vegetables at community food shelves. The program model combines research and evidence based approaches to:



- Help change the FOOD ENVIRONMENT in community food shelves by increasing the prominence, convenience and availability of fruits and vegetables.
- Facilitate preference change and increase knowledge, awareness and skills for selecting and preparing these foods through COOKING DEMOS and TASTE TESTS.
- Reinforce core nutrition messages and affect fruit and vegetable consumption decisions by improving DISPLAYS, SIGNAGE and PROMOTIONS of these products.

**VT Fresh Program:** Includes the provision of increased amounts of fresh produce at partnering food shelves accompanied by supporting food demos/samples/recipes.

### Upper Kingdom Availability:

- **Brighton Community Meals monthly food distribution**
  - ▶ Contact: Brighton Elementary School
  - ▶ Tel. No: 802-723-4373
  - ▶ Day / Time: 2nd Monday each month during the school year, 5-6:00 PM
  - ▶ VT Fresh Program: Offered in partnership with the Upper Kingdom Food Access Community Initiative
- **NEKCA Newport Food Shelf**
  - ▶ Day / Time: Call to request current information about availability of fresh produce
  - ▶ Contact: Tammy Patten Lamoureux, Community Outreach Manager
  - ▶ Tel. No: 802-334-7316

### Contact

**Agency:** Vermont Foodbank

**Address:**

Barre Distribution Center,  
33 Parker Rd.,  
Barre, VT 05641

**Web:** <https://www.vtfoodbank.org>

**Tel. No:** 802-476-3341

**Contact:** Michelle Wallace, *Director of Community Health & Fresh Food Initiatives*

**Email:** [mwallace@vtfoodbank.org](mailto:mwallace@vtfoodbank.org)

**Tel. No:** 802-477-4125



# CHRONIC DISEASE EDUCATION FOR PREVENTION, MANAGEMENT & SUPPORT

*(Provided by North Country Hospital, Newport)*

## CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

**Program Description:** Six-week evidence-based program to learn how to manage symptoms of chronic disease.

**Location / frequency program offered:** Varies

**Instructor credentials:** Instructors (community lay-leaders) receive specific 4-day training.

**Eligibility to participate:** Self-referral. Open to family members, caregivers and friends.

**Registration:** Required

**Cost:** No cost to attend

## DIABETES PREVENTION PROGRAM

**Program Description:** The Diabetes Prevention Program is an evidence-based year-long program designed to help reduce the risk of developing diabetes by promoting healthy lifestyle choices and encouraging healthy body weight. Learn about label reading, healthy choices when eating out or cooking at home, and how to reduce fat and calorie intake, and ways to increase physical activity.

**Location / frequency program offered:** Varies

**Instructor credentials:** Instructor (community lay-leader) receives specific 2-day training.

**Eligibility to participate:** Self-referral for those who are overweight and at-risk for type 2 diabetes mellitus;

**Registration:** Required.

**Cost:** No cost to attend

## DIABETES SELF-MANAGEMENT PROGRAM

**Program Description:** Six-week evidence-based program to learn about managing diabetes symptoms. Topics include nutrition label reading; communication skills; stress management; role of physical activity; etc.

**Location / frequency program offered:** Varies

**Instructor credentials:** Instructors (community lay-leaders) receive specific 4-day training.

**Eligibility to participate:** Self-referral. Open to individuals with diabetes as well as family members.

**Registration:** Required.

**Cost:** No cost to attend

### Contact

J. Fedele | Email: [jfedele@nchsi.org](mailto:jfedele@nchsi.org)

Phone: 802-334-3208





## DIABETES SUPPORT GROUP

**Program Description:** Monthly meetings to provide education on diabetes related topics and to offer support and tips specific to diabetes.

**Location of meetings:** North Country Hospital

**Frequency:** Monthly meetings, however, the group does not meet year-round

**Meeting dates and times:** Contact the dietitians for dates and times of support group meetings.  
**Instructor credentials:** Registered Dietitian (RD or RDN), Bachelor or master's degree, credentialed by the Academy of Nutrition & Dietetics

**Eligibility to participate:** Self-referral for those interested in obtaining diabetes related information. In addition to patients, the support group welcomes family members, caregivers, and others involved in providing support.

**Registration:** Requested.

**Cost:** No cost to attend

## INDIVIDUAL NUTRITION COUNSELING BY A REGISTERED DIETITIAN (RD)

**Program Description:** One-on-one meeting with a Registered Dietitian: to provide assessment and medical nutrition therapy for specific diseases/ conditions: to set goals related to diet, weight loss, etc.; to answer nutrition related questions.

**Location of appointments:** Dietitian's office (on-site at North Country Hospital Campus)

**Credentials:** Registered Dietitian (RD or RDN), Bachelor or master's degree, credentialed by the Academy of Nutrition & Dietetics.

**Referral:** Requires physician referral (call RD to get assistance).

**Insurance or other fee-for service payment structure:** No fee charged for patients who receive care in NCQA recognized Blueprint for Health Patient Centered Medical Homes located in Orleans and Northern Essex counties. For all other patients, the fee depends on insurance coverage or participation in select programs, please call for specific individual coverage information.

### Contact

R.Zabinski or S. Rivers, Registered Dietitians,  
North Country Hospital

**Email:** rzabinski@nchsi.org or  
srivers@nchsi.org

**Tel. No:** 802-334-4155 or 802-334-4158



North Country Hospital  
Where caring runs deep.

# ONLINE NUTRITION EDUCATION RESOURCES

(Curriculums and educational handouts to support community and school interventions)

## USDA, FOOD & NUTRITION SERVICE

(Nutrition education resources for community and school professionals from USDA)

### CHOOSEMYPLATE.ORG

**What:** Nutrition education materials for school and community professionals

**Web:** <http://www.choosemyplate.gov/resources-professionals>

#### Examples of community-based nutrition education interventions:

- **Eat Healthy, Be Active Community Workshops (For adults):**

- ▶ Six 1-hour workshops: Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, handouts --based on the Dietary Guidelines.
- ▶ Topics: (1) Enjoy healthy food that tastes great; (2) Quick, healthy meals and snacks; (3) Eating healthy on a budget; (4) Tips for losing weight and keeping it off; (5) Making healthy eating part of your total lifestyle; (6) Physical activity is the key to living well.
- ▶ **Web:** <https://health.gov/dietaryguidelines/workshops>

- **Eat Smart, Live Strong Activity Kit (For seniors):**

- ▶ Promotes two key behaviors: (1) increase fruits and vegetable consumption to 3½ cups per day (1½ cups of fruits and 2 cups of vegetables); (2) participate in at least 30 minutes of physical activity most days of the week.
- ▶ The activity kit includes a Leader's Guide and 4 sessions developed to reinforce these behaviors: (1) Reach your goals; (2) Challenges and solutions; (3) Colorful and classic favorites; (4) Eat smart, spend less.
- ▶ **Web:** <https://snaped.fns.usda.gov/resource-library/>

#### Examples of school-based nutrition education interventions:

- **Dig In! Standards-based Nutrition Education from the Ground-up (For 5th-6th grades):**

- ▶ 10 lessons explore growing, harvesting, tasting and learning about fruits and vegetables.
- ▶ Downloadable or print copies available to schools, childcare providers, and summer meal programs participating in USDA's Child Nutrition programs.
- ▶ **Web:** <http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>

- **10-Tips Nutrition Education Series:**

- ▶ **Web:** <http://www.choosemyplate.gov/10-tips-nutrition-education-series>

### SNAP-EDUCATION CONNECTION

**What:** The SNAP-Ed Connection is an online resource center for State and local SNAP-Ed providers.

**Web:** <http://snaped.fns.usda.gov/snap-ed-library>

#### Examples of SNAP-Ed resources:

- **MyPlate for My Family (For parents & care-givers):**

- ▶ Focus: Parents involved in planning, preparing, purchasing food;
- ▶ Small group discussion: 5-7 participants; 45 minute sessions
- ▶ Supports: SNAP-Ed nutrition education and obesity prevention interventions, based upon recommendations from the Dietary Guidelines for Americans
- ▶ Provides: Educator' Guide and handouts for four discussion sessions: (1) MyPlate Family Meals; (2) How much food and physical activity? ; (3) Vegetables and fruits—Simple solutions; (4) Family Time Active and Fun!

- **Eat Right When Money's Tight**

- ▶ Money for Food Curriculum" contains 12 lessons for families (from University of Wisconsin).



## FOODSPAN CURRICULUM

*(Food system curriculum developed by John Hopkins University, Grades 9-12)*

**What:** A free downloadable curriculum provides high school students (grades 9-12) with opportunity:

- To develop an understanding of the current food system and relevant health concerns
- To develop healthy, responsible food choices
- To consider advocating for a food system which promotes a healthy food supply for all

**Web:** <http://www.foodspanlearning.org>

### Curriculum components:

- There are 3 units including 17 total lessons (to be taught sequentially or stand-alone)
  - ▶ Unit 1: Meet the Food System
  - ▶ Unit 2: Farmer's, Factories, and Food Choices
  - ▶ Unit 3: Consumers and Communities
- Lesson plans include: learning objectives, essential questions, time required, handouts, slides, supply lists, optional in-class activities, lesson extensions (longer homework activities/projects).
- The curriculum is aligned to national education standards: Next Generation Science, National Council on Social Studies, Common Core English Language Arts, National Health Education, Family and Consumer Sciences Education.

### Contact

**Agency:** Center for a Livable Future, Johns Hopkins Bloomberg School of Public Health, John Hopkins University

**Address:** 615 N. Wolfe Street, W7010, Baltimore, MD 21205-2179

**Email:** [clf@jhu.edu](mailto:clf@jhu.edu)

**Tel. No:** 410-502-7578

## SUPPORT PROVIDED BY:



North Country Supervisory Union



Northern Counties Health Care, Inc.  
COMPLETE COMPASSIONATE CARE FOR  
THE WHOLE FAMILY, IN OUR HOME OR YOURS

**Border Health Center**  
DERBY LINE, VT



## PREPARED BY:

### UPPER KINGDOM FOOD ACCESS

A Grassroots Community Initiative

Focus Orleans and northern Essex Counties

**VISION:** Healthy outcomes from better eating

**MISSION:** To foster better eating through education  
about choices in the food system

Contact: Jane U. Edwards

[buildahealthyplate@gmail.com](mailto:buildahealthyplate@gmail.com) | 802-355-9707