

2025 Briefing Vermont Foodbank

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Vermont Foodbank



About Vermont Foodbank

- **The mission of Vermont Foodbank** is to gather and share quality food and nurture partnerships so that no one in Vermont will go hungry.
- **Vermont Foodbank is the largest and only statewide Food Bank** serving all 14 counties in Vermont.
- **VF operate three distribution centers:**
 - **Barre** - our largest distribution center serving northern and central Vermont (Orange County & north)
 - **Brattleboro** - serving southern and eastern VT (Windsor, Windham, Bennington)
 - **Rutland** - serving central and western VT (Rutland & Addison)

What you can do:

The Vermont Foodbank (VF) is seeking **\$5 million total in FY26 from the State of Vermont:**

- **\$1.75 million** in base funding for Responsive Readiness
- **\$3.25 million** for food purchase and distribution & and to support network capacity for our network partner food shelves and meal sites

Revenue Versus Level of Service

VF Philanthropic & Operations Revenue State Appropriation Level of Service



Food Security Update



Experiences and Ongoing Challenges of Food Insecure Households in VT & ME



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Research Service

<https://scholarworks.uvm.edu/calsfac/207/>

Experiences and Ongoing Challenges of Food Insecure Households in VT & ME

Key Findings

1. The majority of food insecure (FI) households continued to face food access challenges closely tied to household finances, and at least 1 in 4 also struggled with transportation and time poverty challenges.

2. FI households had up to 8 times greater prevalence of adverse financial events during and since the financial shock of the COVID-19 pandemic as compared to food secure (FS) households.

3. On average, FI households experienced 3 adverse financial events over the past 4 years, compared to 1 among FS households. More than 1 in 4 FI households missed utility payments, had new credit card debt, only paid credit card minimums, were unable to pay medical bills/debt, missed rent payments, or took on additional work to cover costs.

4. The majority of FI households employed multiple strategies to mitigate the effects of inflation, which likely impacted food and nutrition security including purchas-

ing cheaper food, less produce, fewer animal products, and less food overall.

5. FI households faced greater challenges than FS households in accessing healthcare, with at least 1 in 4 lacking transportation, money for medical visits, or being unable to get an appointment.

6. Respondents in FI households had twice the rate of anxiety and/or depression compared to FS households (62.3% compared to 31.2%), but only 34.0% of FI respondents had received mental health therapy in the last 12 months.

7. These findings suggest that FI households faced greater financial shocks in the last few years, which affected food acquisition, food security, and health in complex, interconnected ways. Attention to ongoing financial, transportation, and healthcare access and affordability challenges are critical in assisting households that continue to struggle with food insecurity and may not recover from shocks as well as food secure households.

UVM Study Data cont'd.

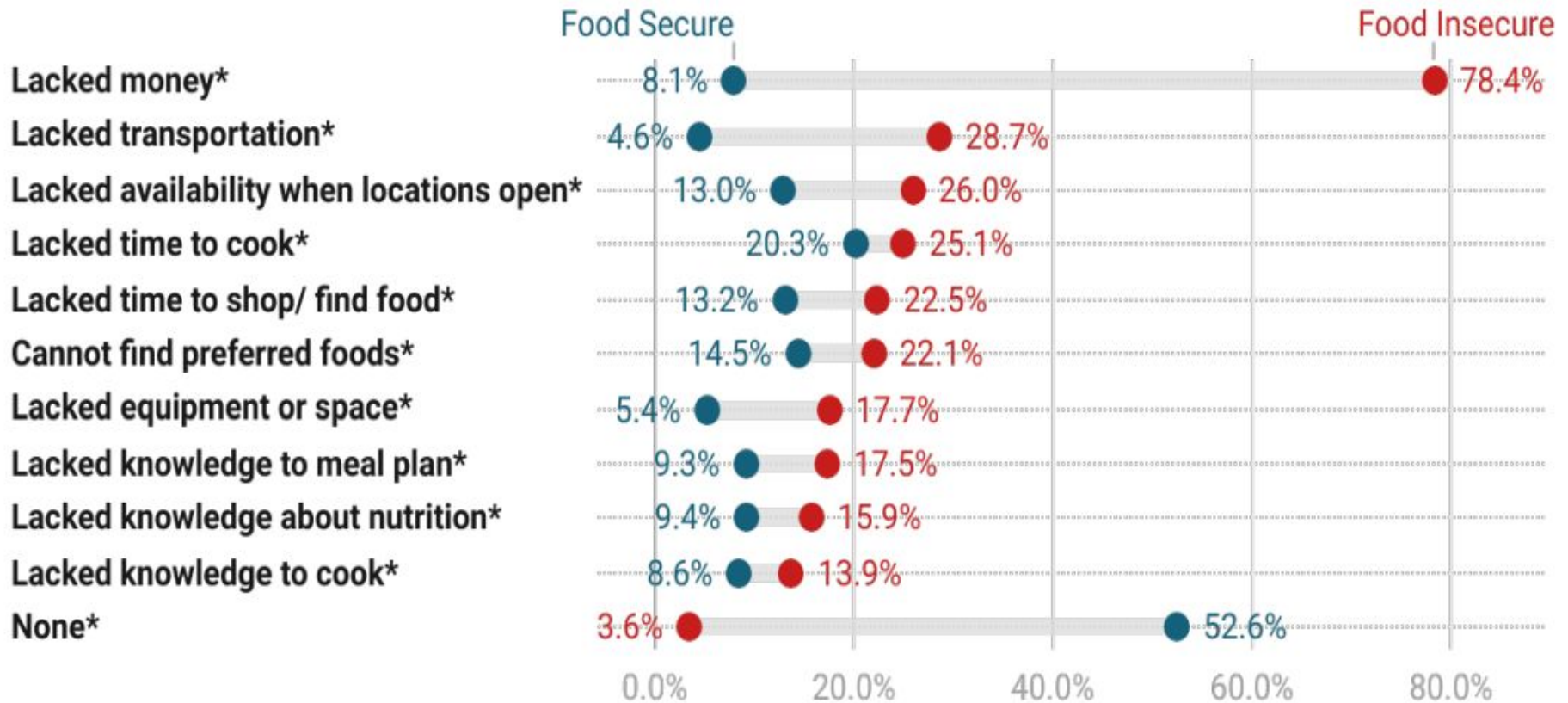


Figure 5. Food access challenges indicated by respondents, by food security status. * indicates a statistically significant difference ($p < 0.05$).

UVM Study Data cont'd.

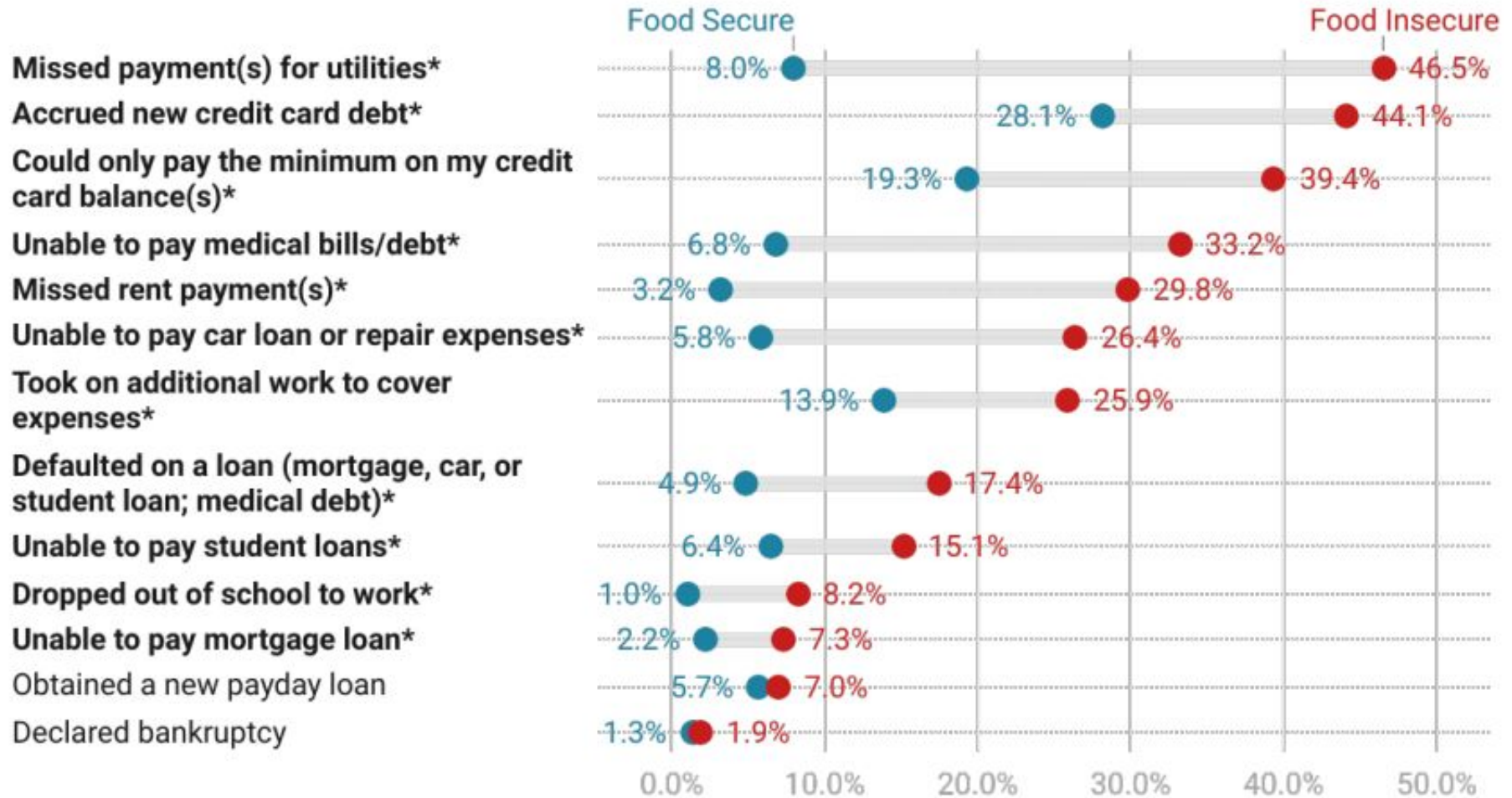


Figure 3. Adverse financial events experienced by households since the start of the COVID-19 pandemic (March 2020), by food security status. * indicates a statistically significant difference ($p < 0.05$).

■ Food secure ■ Food insecure

VT Foodbank by the numbers

IMPACT

More Than



72,000 People
Served Each Month,
on Average

More Than



14.5 Million Pounds of
Food Distributed

More Than



299 Vermont Farms
Supported

More Than



215 Network Partners
Shared Food with
Neighbors

Where the Food Comes From

FEDERAL FOODS



Commodity Supplemental
Food Program (CSFP)
The Emergency Food
Assistance Program (TEFAP)

DONATED FOODS



Local Farm Gleaning
Corporate & Individual
Donations

PURCHASED FOODS




Vermont Farms &
Food Producers
Feeding America
Food Vendors





Where the Food Goes



CSFP provides food to income-eligible adults over age 60.

NETWORK PARTNERS represent 225 food shelves, meal sites, and community organizations across Vermont.

VEGGIEVANGO FOOD DISTRIBUTIONS are held at partner schools and hospitals to directly distribute fresh foods to people who need and want it.

SASH PRODUCE DROPS deliver fresh produce to people at SASH housing sites throughout Vermont.

BACKPACK PROGRAM provides kids in partner schools with food to bring home when school is not in session.

Learn More at vtfoodbank.org

Where does food come from?

Donated Food

About 60% of food Vermont Foodbank comes from donations, from sources like:

- Local & regional grocery retailers
 - Includes Fresh Rescue, keeping food out of landfills and shelf-stable grocery foods
- Larger wholesale donations from manufacturers
- Donated food has no limitations on who may receive it.
- Community Food Drives

United States Department of Agriculture Food

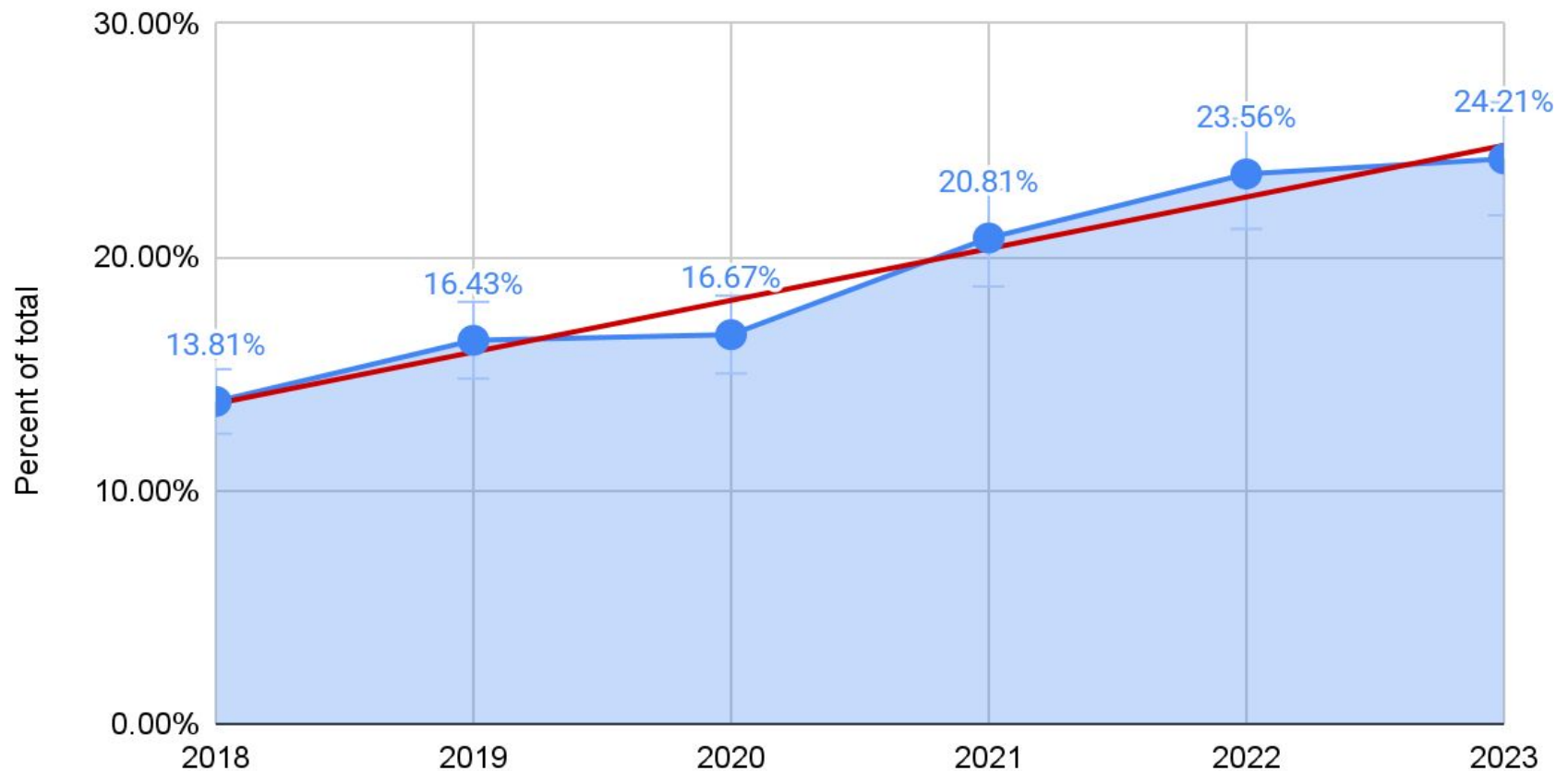
About 15-20% of the food distributed comes from the USDA, used to be called Commodity Food.

- Food for The Emergency Food Assistance Program
- Food for the Commodity Supplemental Food Program
- Program eligibility guidelines mean not everyone can access this food and about 70-85 partners carry this food at any time due to requirements, administrative burden, and dignity of shopping experience for neighbors.

Purchased Food

Grocery Foods & Produce are purchased to offer a variety of options to help keep shelves stocked and food on tables.

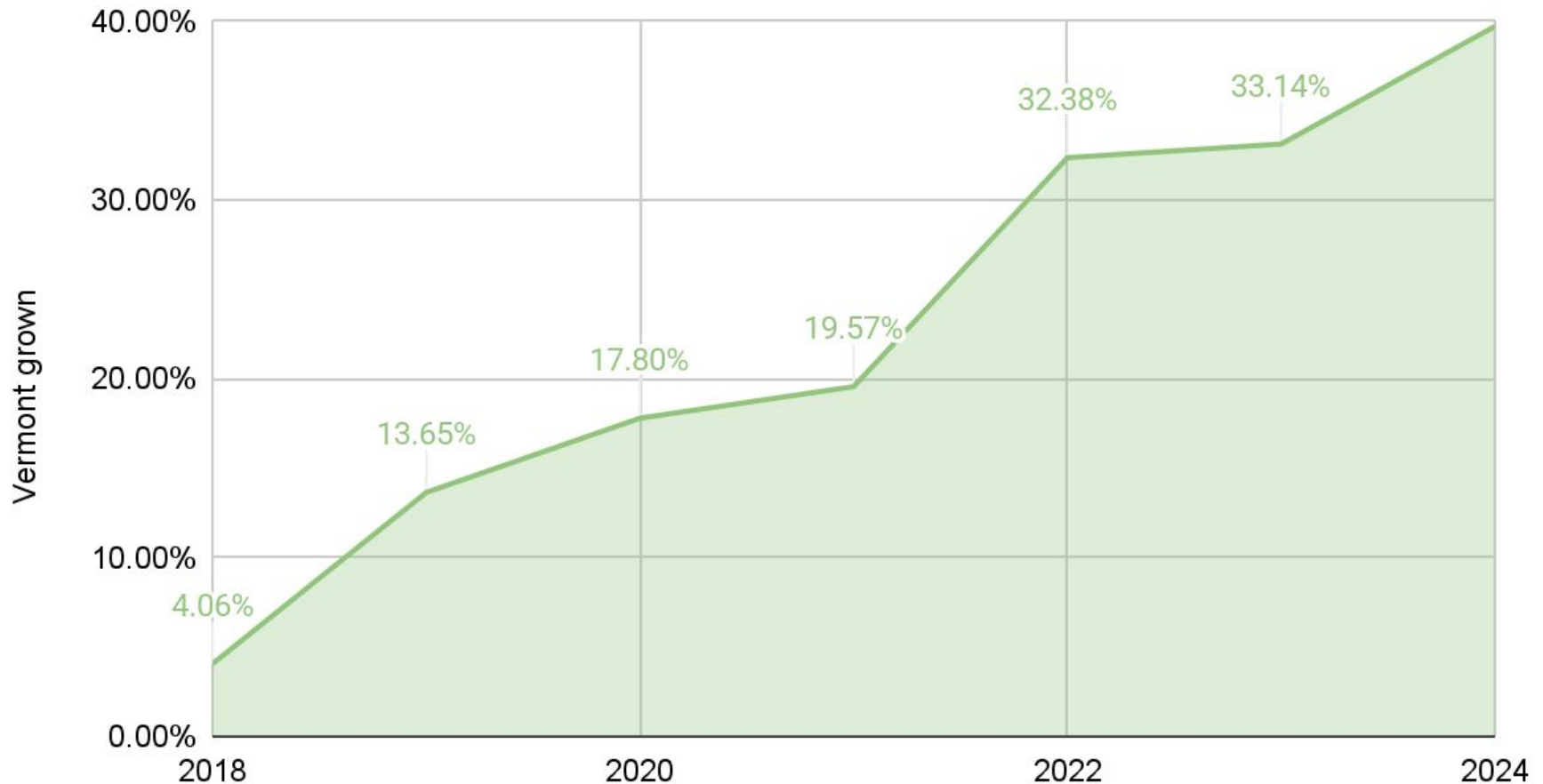
Purchased pounds as % of total pounds distributed



Purchased Food

Local Vermont food has been a significant quantity of purchased food thanks to investments in **Vermonters Feeding Vermonters** from the Legislature and State of Vermont.

Vermont-grown food as % of purchased food



Federal-State-Vermont Foodbank partnership

Vermont Foodbank is the agency designated to carry out several federal food programs in collaboration with state agency staff:

The Emergency Food Assistance Program (TEFAP) - in collaboration with the Agency of Education. The program provides USDA foods to qualifying households through our network of food shelves and meal sites. Food is federally funded, but federal funding has not kept up with storage and distribution costs.

Commodity Supplemental Food Program (CSFP) - in collaboration with Agency of Human Services, Department of Aging and Independent Living. Program provides a monthly food box of USDA foods to adults over 60 with qualifying income.

3SquaresVT Application Assistance - Vermont Foodbank is the only statewide application assister helping neighbors sign up for 3SquaresVT.

SNAP Education - Vermont Foodbank carries operates VT Fresh, the Vermont version of SNAP Education making fresh food more accessible to people through recipes and cooking demonstrations.

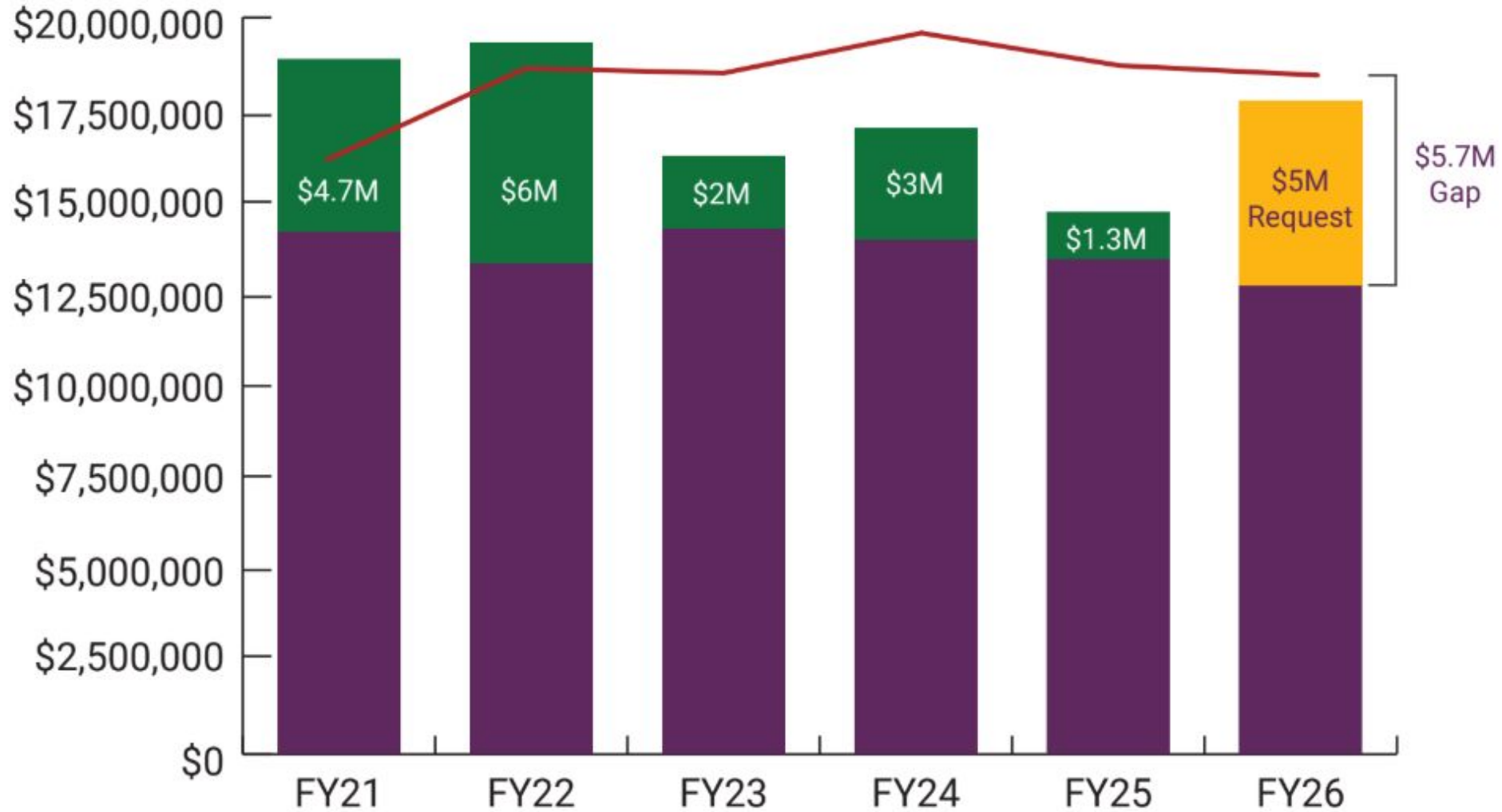
Changes in Federal Support

Current changes/threats impacting the food system in Vermont:

- **Cancellation of about 12 truck loads of USDA/TEFAP food** coming directly to Vermont Foodbank, which means less food for our 80 TEFAP partners to distribute to neighbors. This is roughly 1 truck load of primarily protein (eggs and meat) per month. 17% of total TEFAP for 2025.
- **Cancellation of the Local Food Purchase Assistance Program** resulting in less fresh, local food for distribution to neighbors by organizations across the state, less funds/market for farms
- **Cancellation of the Local Food for Schools and Child Care** resulting in less fresh, local food in school settings, less funds/market for farms
- **Threat of tariffs on foods imported from Canada**
- **Threats to SNAP/3SquaresVT at the federal level.** This program currently brings \$155 million into Vermont and allows people to purchase food directly from grocery stores, country stores, farms and farmers markets and is the largest and most effective food security program in the state and the country.

Revenue Versus Level of Service

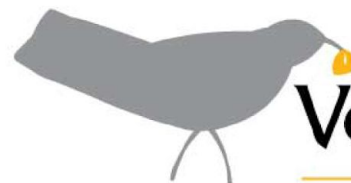
VF Philanthropic & Operations Revenue State Appropriation Level of Service



Thank you!

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