

2025 Briefing Vermont Foodbank

April 1, 2025

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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

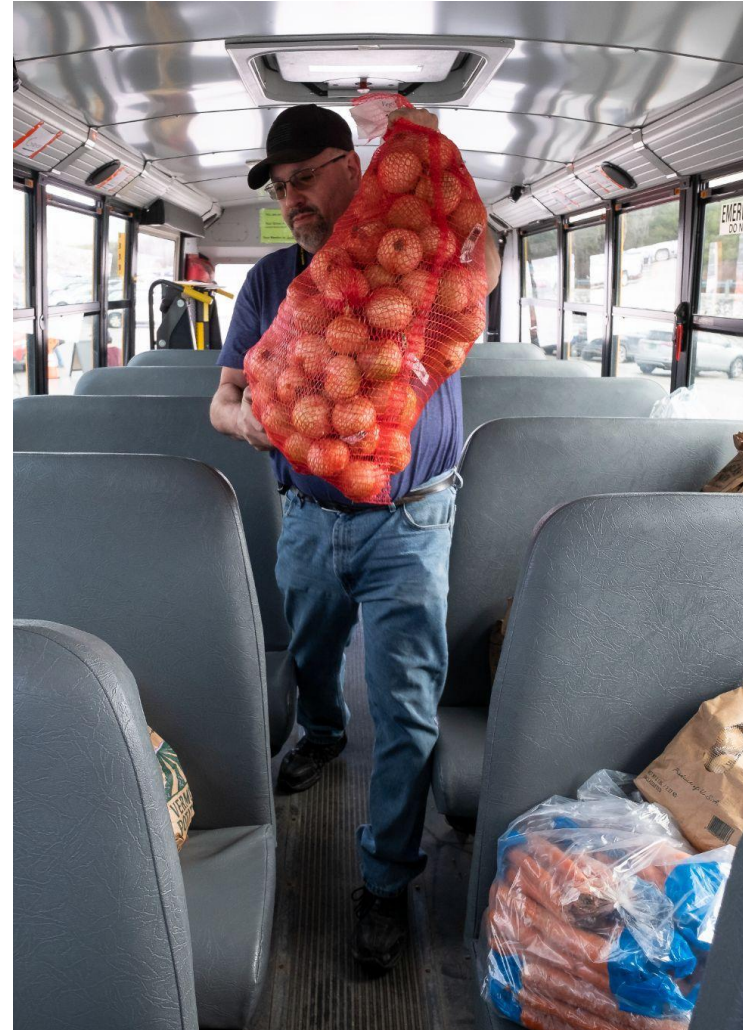
VF Philanthropic & Operations Revenue State Appropriation Level of Service



Vermont Foodbank Request

Responsive Readiness:

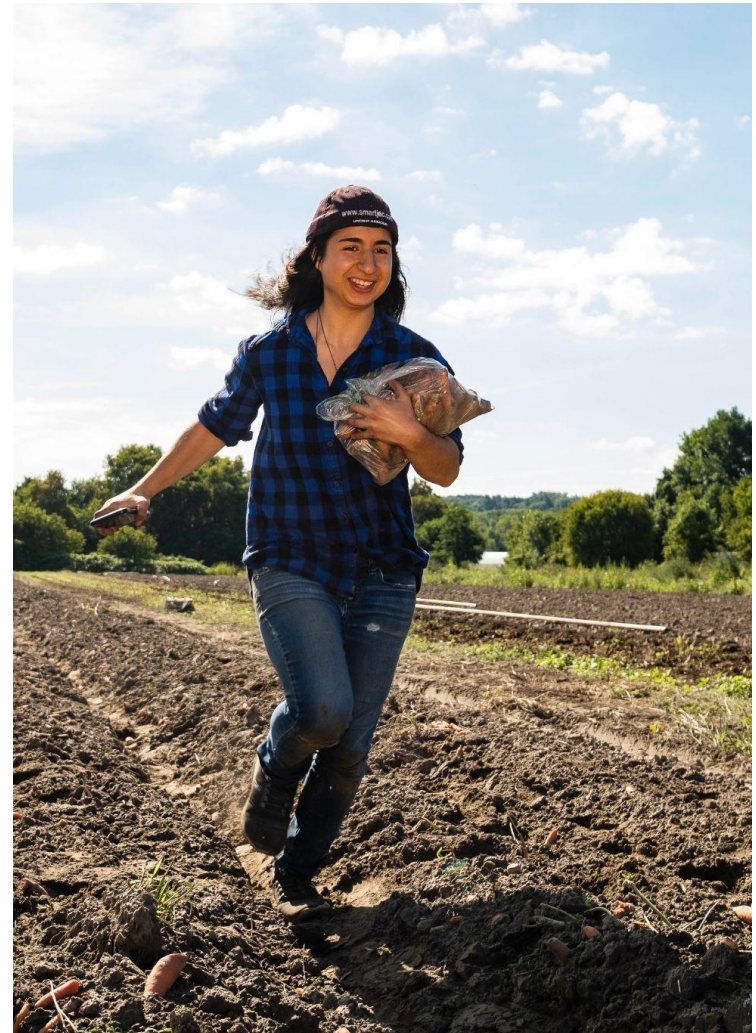
- Vermont Foodbank seeks to formalize an agreement with the State with a **\$1.75 million base budget appropriation through Vermont Emergency management.** This will ensure that our warehouses are stocked, our fleet is ready, and that we and our network are resourced to meet challenges today and ready to help people recover.



Vermont Foodbank Request

Food Purchase & Distribution:

- **The State can support neighbors with the food they need today, including food from Vermont farms with the *Vermonters Feeding Vermonters* program.** Through this program, the Vermont Foodbank purchases Vermont-grown food directly from farms and distributes it throughout the Vermont Foodbank network of food shelves and meal sites, and program partners like housing sites, hospitals and schools.



Food Security in Vermont



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



University
of Vermont



1865 THE UNIVERSITY OF
MAINE

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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.

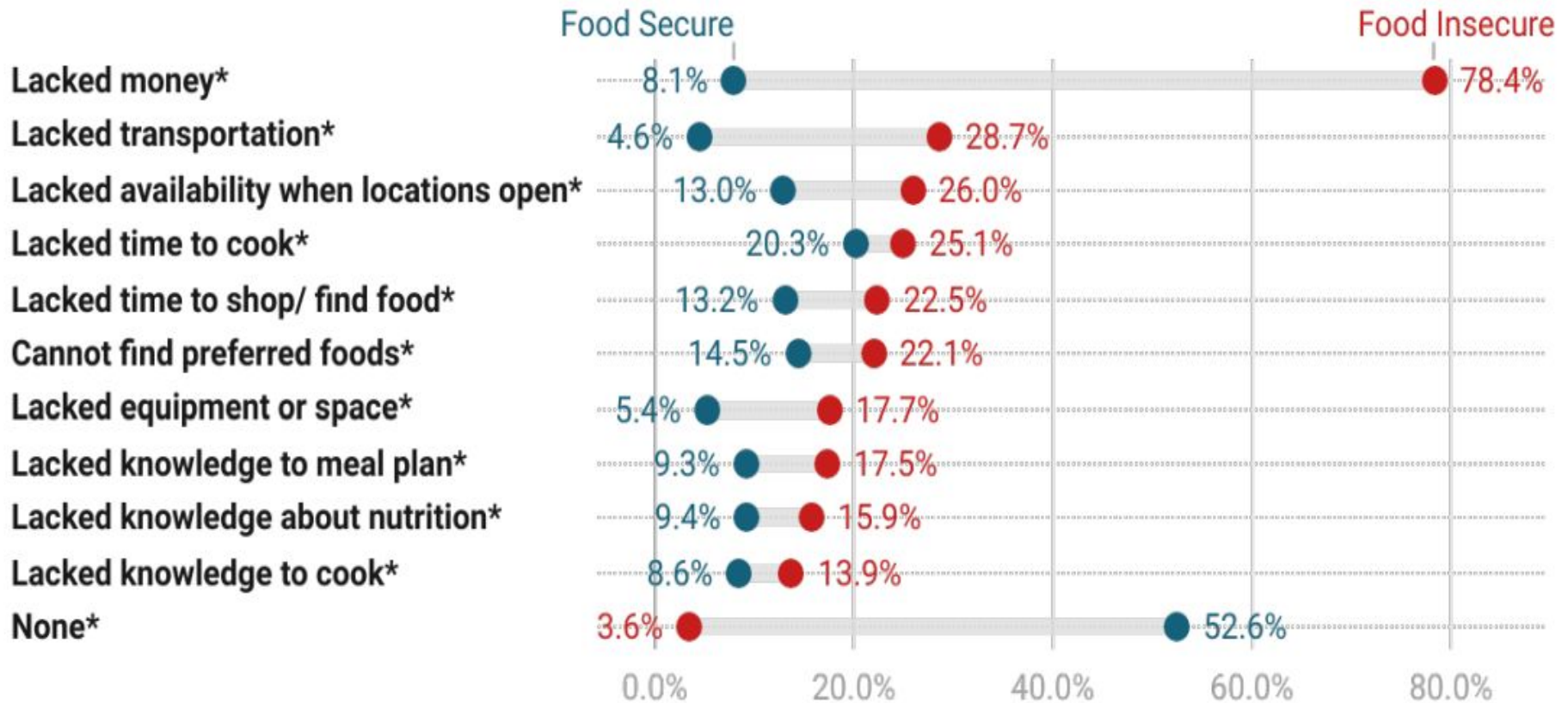


Figure 5. Food access challenges indicated by respondents, by food security status. * indicates a statistically significant difference ($p < 0.05$).

UVM Study Data cont'd

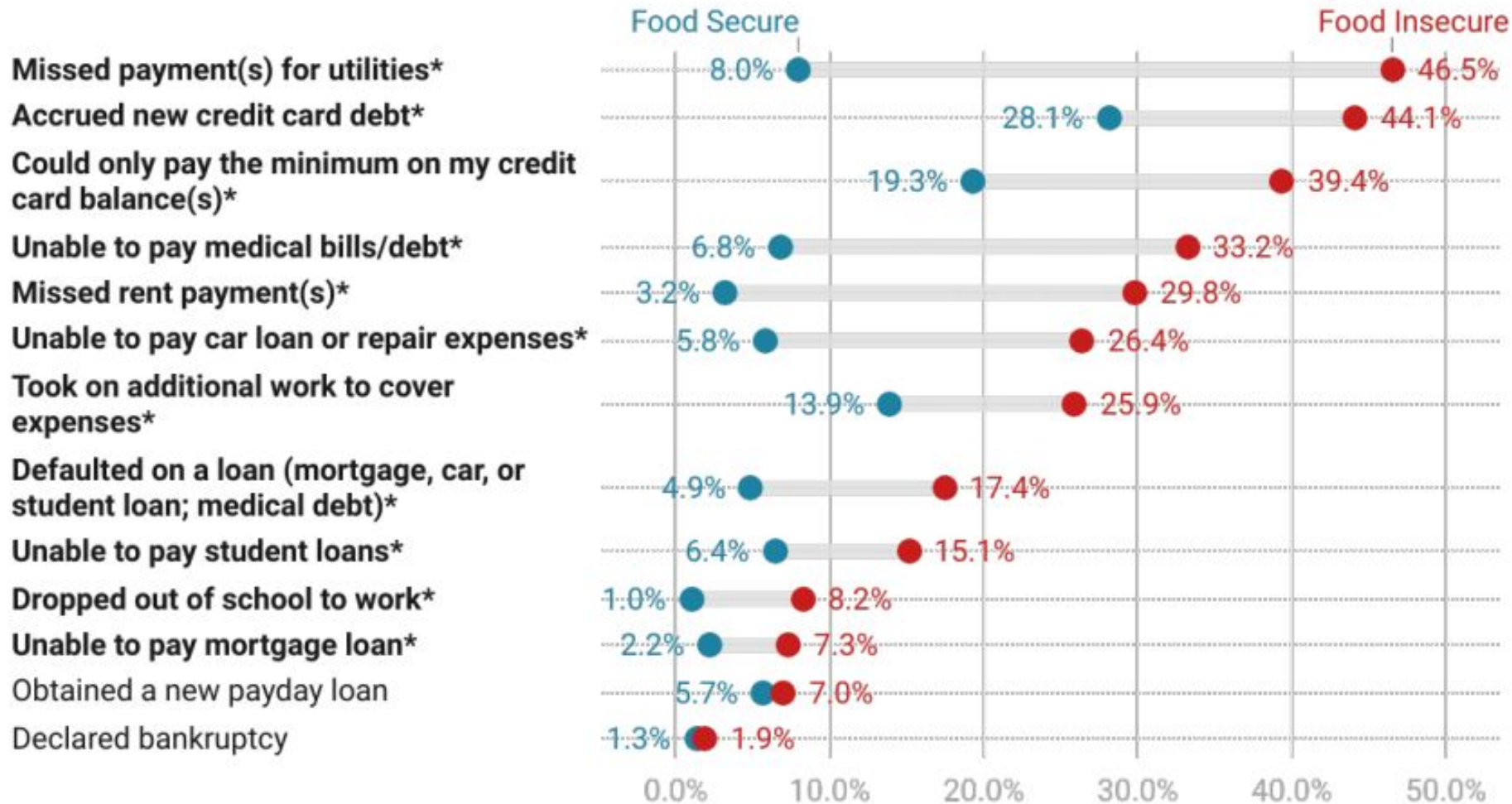


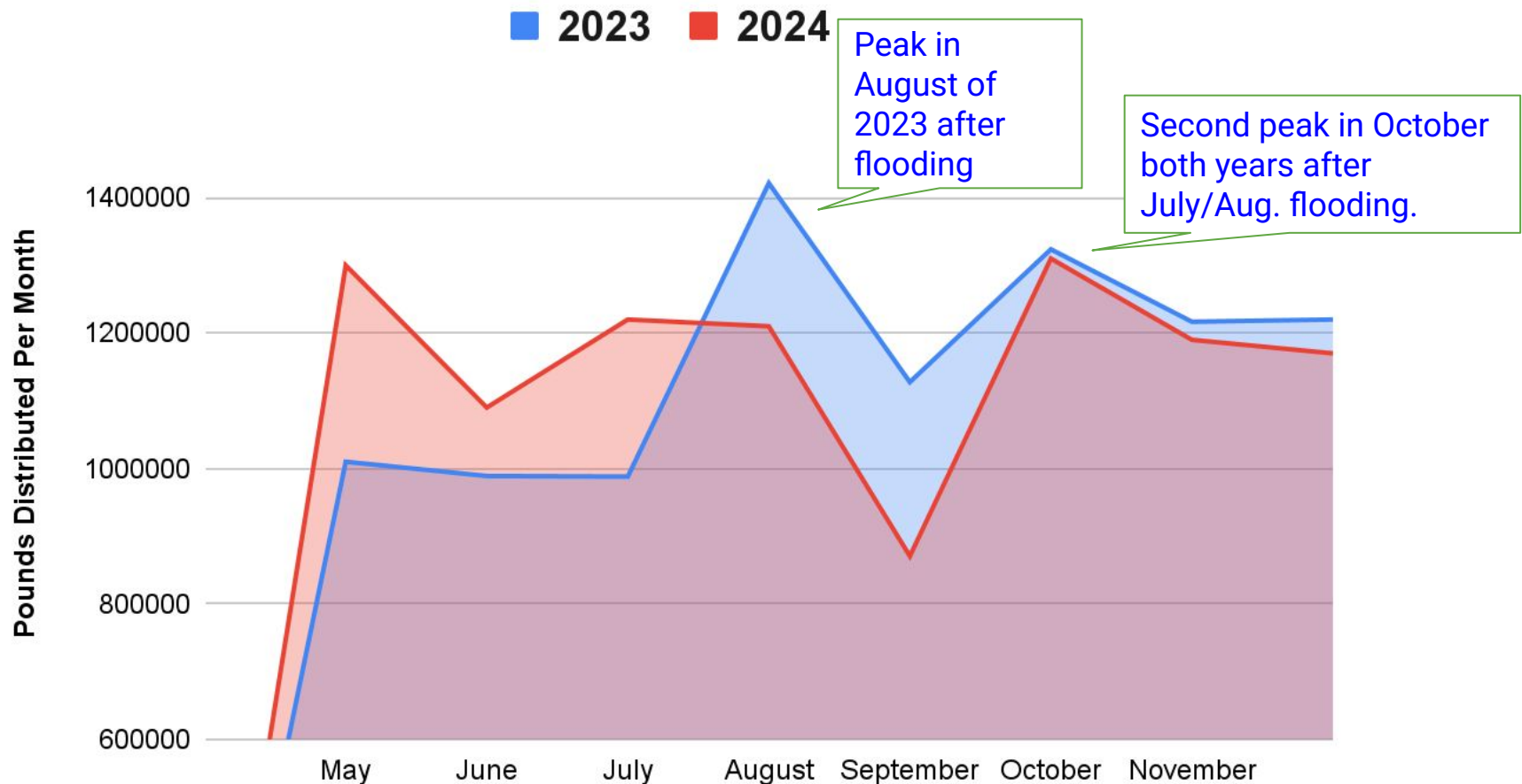
Figure 3. Adverse financial events experienced by households since the start of the COVID-19 pandemic (March 2020), by food security status. * indicates a statistically significant difference ($p < 0.05$).

■ Food secure ■ Food insecure

What we know - pounds distributed

Disruptions of all types impact what our neighbors need

Most recently, flooding has caused sharp increases in the need for food in communities across the state.



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 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

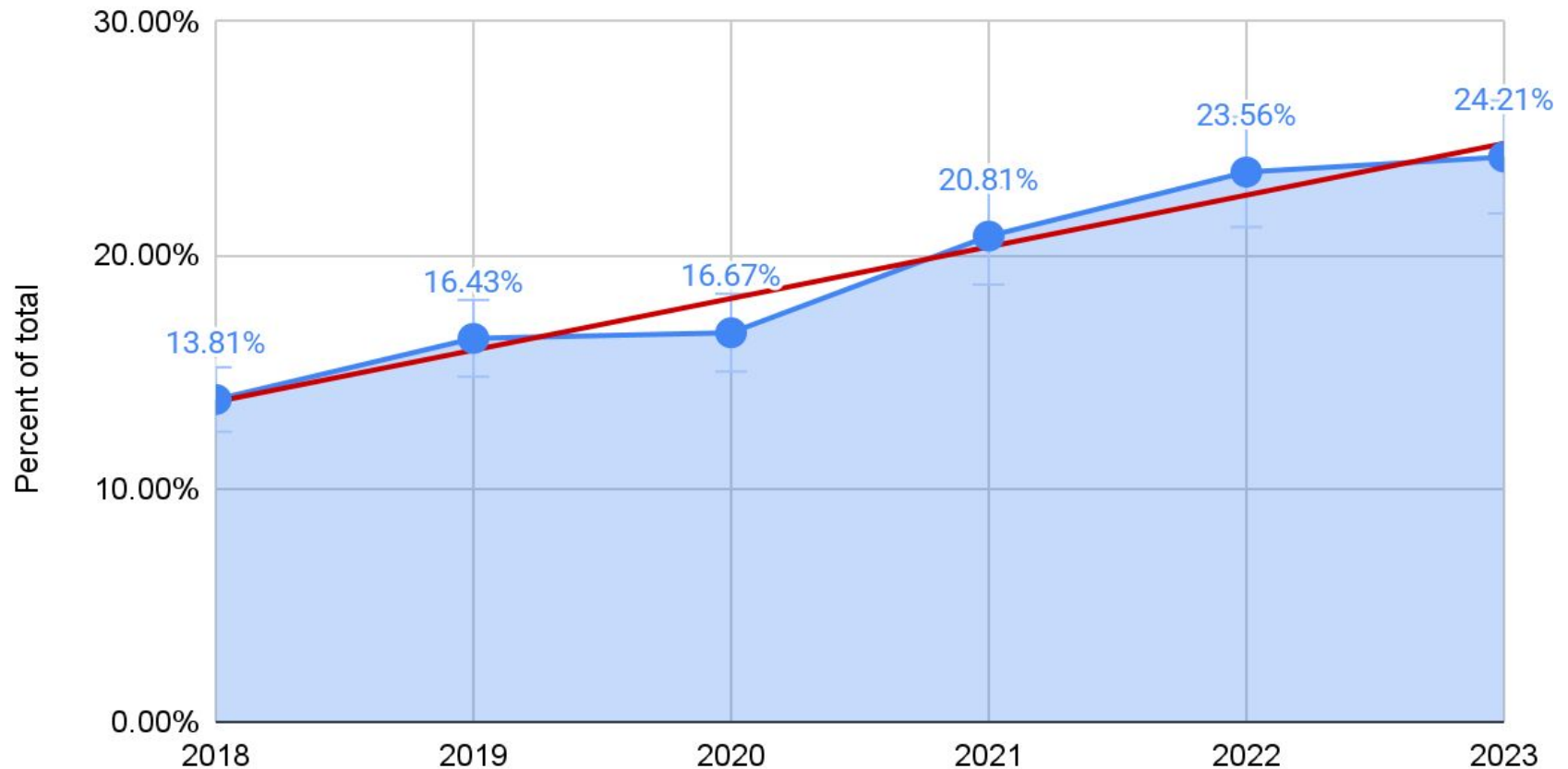
About 15-20% of the food distributed comes from the USDA, used to be called Commodity Food.

- 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



From our Partners



"Lamoille Community Food Share relies on the Vermont Foodbank both in times of crisis, like flooding events that seem to impact Lamoille neighbors with frightening regularity, and to help us meet that growing, everyday food needs of those we serve. Vermont Foodbank stability is critical to the resiliency of the charitable food system in Vermont. " ~ Lamoille Community Food Share, Morrisville

“In July 2023 the Montpelier Food Pantry, located in the basement of the Trinity Methodist Church on Main St. in Montpelier, was flooded up to the rafters. Everything we had in the basement was gone, (food, refrigerators and freezers, shelving, office equipment and computers, you name it).Every step of the way the Food Bank did what they could to support our efforts. We knew, even before the 2024 flood, the high likelihood of more frequent flooding. As communities across the state know, we need to be ready to respond to the next flood before it hits. ” ~ Eva, a neighbor and volunteer with Montpelier Food Pantry/Just Basics

Systemic Challenges

Impacts on food security are some of the **longest-lasting after-effects** of disasters & disruptions.

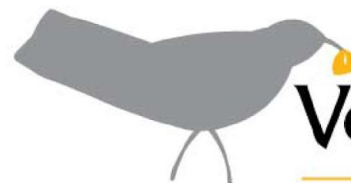
Right now, government **must support the charitable food system** to improve food security for everyone in Vermont.

While, together, we continue the work for **permanent, dignified, and sustainable food security solutions**.

The State of Vermont can make policy choices to ensure food security for everyone who lives here.

Thank you!

We look forward to working together to create a more food secure Vermont.



Vermont Foodbank
— vtfoodbank.org