



American
Heart
Association.

FOOD IS MEDICINE BENEFITING VERMONT FARMS AND RURAL COMMUNITIES



Food is Medicine (FIM) programs—such as produce prescriptions—help Vermonters access fresh fruits and vegetables prescribed by healthcare providers while directing food dollars to Vermont farms.

Food is Medicine is not just a health initiative -- it is an economic and agricultural strategy for Vermont that aligns with all three of Governor Scott's goals when considering new initiatives: growing the economy, making Vermont more affordable, and protecting the state's most vulnerable.

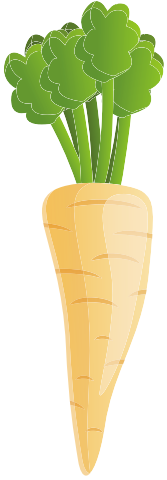
FOOD IS MEDICINE PROGRAMS MATTER

THEIR ECONOMIC BENEFITS HAVE RIPPLE EFFECTS BY:

- **Supporting farmers:** Programs purchase food directly from local farms, creating reliable demand that helps farmers plan and stay in business.
- **Keeping dollars local:** FIM programs circulate dollars through local communities, supporting farm jobs, suppliers, and regional food infrastructure.
- **Strengthening rural economies:** Participating farms and food hubs are located in rural areas where agriculture is a key economic driver. **Every dollar spent on local food generates an additional \$1.60 in economic activity for Vermont. This funding benefits farmers, food hubs, distributors, local processors, and rural communities.**
- **Improving health and reducing long-term costs:** Increased access to fruits and vegetables helps prevent and manage diet-related disease.



IMPACT ON VERMONT AGRICULTURE



- FIM programs provide stable, seasonal markets for local farms.
- Produce prescription programs support diverse crop production, helping farms stay resilient amid rising costs and climate pressures.
- In 2024, Vermont produce prescription programs **purchased \$405,430 in food from 39 Vermont farms—a 162% increase** from 2023, showing strong demand and farmer participation.
- Rutland's Farmacy program has **invested over \$450,000** in Vermont farms since 2015.
- Farmers report that produce prescription programs make "budget and planting decisions easier" by providing reliable markets, and creates "a perfect match" for farms committed to growing affordable, accessible healthy food for their communities.

PARTICIPATING FARMS

Boardman Hill Farm — West Rutland
Darby Farm — Alburgh
Dubs Farms — Berkshire
Evening Song — Shrewsbury
Familia Farm — West Pawlet
Finn & Roots Farm — Bakersfield
Full Moon Farm — Hinesburg
Hackett's Orchard — South Hero
Happy Bird Poultry Farm — Isle La Motte
Hunger Moon Farm — Enosburg Falls
Jericho Settlers' Farm — Jericho
JK Markle Potatoes — St Albans
Last Resort Farm — Monkton
New Leaf Organics — Bristol
Northeast Vine Supply — (location not listed)
Old Road Farm — Granville
Pete's Greens — Craftsbury

Pierson Farm — Bradford
Pomykala Farm — Grand Isle
Quill Hill Farm — Poultney
River Berry Farm — Fairfax
Rocky Hill Farm — Westford
Root 5 Farm — Fairlee
Sandy Bottom Farm — Isle La Motte
Stevens Farmstead — Sudbury
Singing Cedars Farmstead — Orwell
Smokey House Center — Danby
Spring Lake Ranch — Cuttingsville
Stone's Throw Farmstead — Shrewsbury
SVT Farm — Wells
Tell a Tale Farm — West Rutland
The Farm at VYCC — Richmond
West Farm — Jeffersonville
Yoder Farm — Danby

POLICY OPPORTUNITY:

State investment in FIM programs can:

- Strengthen Vermont's farm economy
- Support rural jobs and food infrastructure
- Improve health outcomes for Vermonters
- Reduce long-term healthcare costs

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Sources:
[Vermont Youth Conservation Corps; 2024 Data Report: CSA & Healthcare Community of Practice, Farm to Plate](#)