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March is National Nutrition Month!



March is National Nutrition Month, so, amidst all of the snow and cold weather we're experiencing in Vermont, we'll be focusing on fresh food, healthy food choices, and fresh food access for all.

We are committed to improving access to fresh healthy produce for Vermonters who need food assistance. In addition to our [Food Distribution Program](#), four programs focus on fresh and local produce:

- [Gleaning](#)
- [Pick For Your Neighbor](#)
- [VT Fresh](#)
- [Vermont Fresh: A Fruit and Vegetable Handbook](#)

Our produce distribution is **up 62%** over last year, and Vermont-grown produce distribution is **up 61%**!



Do you support our vision of a Vermont where everyone has access to fresh fruits and vegetables? Then please consider supporting our goal of providing 6 million servings of fresh produce per year. [You can make a gift online here.](#) Every gift matters!

All month long, we'll celebrate National Nutrition Month with new stories and info on [our blog](#) and social media. Follow us on, [Facebook](#), [Twitter](#), [Pinterest](#) or [Instagram](#).

[Learn More](#)

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New Video Shows Hunger in Vermont

1 in 4 Vermonters: that's the number of people who access the Vermont Foodbank network each year.

We know the face of hunger is changing. Every day, people around us are struggling with tough choices, between food and medicine, food and heat or electricity, food and housing.

Please watch our new video about hunger in Vermont:

[Tweet](#)



Save the Date: Hunger Action Conference

Join us for our annual Hunger Action Conference at the Killington Grand Resort Hotel in Killington, Vermont on May 8th.

This day-long conference is a valuable opportunity for learn from experts on the causes and effects of hunger as we work together to address the challenges in our communities.



This year's conference will explore the relationship between hunger, health and nutrition and offer tangible takeaways for addressing the dietary needs and well-being of the people we serve.

[Learn More](#)

Legacy Donors

In February, we celebrated our Legacy Donors, the individuals and businesses who have given to the Foodbank for 10 or more consecutive years.

The list is long, and growing. We are so grateful for the longtime support of so many donors!



[Learn More](#)

Will Blog for Food

Our blog is home for Foodbank news as well as information about food and hunger in Vermont. In the past month, **make sure you didn't miss:**

- Getting to know Vermont Foodbank staff: [Wayne Holt](#), [Henry LaPerle](#) and [Eric Selmer](#).
- [Program Types Surveyed in Hunger in America Study](#)
- [The solution is right in front of us](#)
- [RAFFL and Vermont Foodbank Team-Up](#)
- [Stretching your shopping budget, A guest post from City Market](#)
- [Citizens Bank awards Vermont Foodbank \\$15,000](#)
- [Clients save money and eat well with EITC and 3SquaresVT](#)
- [CKA benefits from Vermont Smoke & Cure donations](#)
- [Chester-Andover Family Center: VT Fresh Success](#)
- [2014 Annual Report](#)

Also, don't forget to [sign up](#) for volunteer and advocacy news, to take a tour of the Barre or Brattleboro facility, or to receive updates via text message.

[Tweet](#)

The Year Sarah Has Enough Food



It's likely you know a child like Sarah without even realizing it – that's because she is one of tens of thousands of children in our communities who receive food from the Vermont Foodbank.

Reliable, steady support from caring people like you will allow us to feed those in need every day of every month.

Make sure that children like Sarah know that someone cares that they have a nutritious meal every day, that they aren't hungry on the weekend, and that they don't go to bed hungry at night.

[Please make a sustaining, monthly gift today.](#)

[Forward this e-newsletter to a friend!](#)



[Give Now](#)