



2022

a year in review



dear friends,

We are grateful for your unwavering commitment and generosity, which enabled us to make a significant impact in the fight against hunger in Vermont throughout 2022. Despite the continued challenges presented by the COVID-19 pandemic, we remained steadfast in our mission to ensure that everyone in Vermont has access to nutritious food.

In 2022, Hunger Free Vermont, and everyone we serve, faced many challenges, including Congress's decision to end many of the emergency measures that kept hunger and poverty at bay for millions of American families, along with rampant inflation and supply chain shortages. These challenges made it difficult for many Vermonters to put food on the table. Thanks to the support of all in our community, our team of experts was ready to use our proven strategies, honed over the last 30 years, to help ensure those among us struggling with hunger had a path towards health and wellbeing. The team also dedicated ourselves to developing and launching our strategic plan to create the next stage of our roadmap for ending hunger with permanence and dignity for all in Vermont.

As we move into the 30th year of our work, we are committed to continuing to partner with you and communities around the state to develop innovative solutions that

ENSURE EVERYONE IN VERMONT HAS THE FOOD THEY NEED TO THRIVE.

We are truly thankful to all of you - our donors, partners, volunteers, staff, and board members - who are essential to our success, and we are grateful for your ongoing dedication.

In this report, you will find an overview of our 2022 achievements and challenges, as well as a glimpse into our plans for the future. In the meantime, we are in the midst of carrying out our 2023 projects with passion and determination.

In gratitude,

Anore Horton

Anore Horton, Executive Director



The University of Vermont has conducted research on levels of hunger and poverty in Vermont since the arrival of COVID-19. Their results revealed that over the past two years

2 OUT OF 5 PEOPLE IN VERMONT FACED HUNGER.



That's about **40% OF OUR STATE'S POPULATION**, representing over 258,000 people.



We are working towards a future where everyone in Vermont has equal access to nutritious food, regardless of where we live or the challenges we may face.

WE'RE BUILDING A STRONGER, MORE FOOD-SECURE STATE WHERE EVERYONE HAS THE OPPORTUNITY TO THRIVE.



84,000

84,000 students had continued access to universal free breakfast and lunch as a result of our advocacy.



\$200 million

Our promotion of 3SquaresVT helped tens of thousands of people each month purchase food with dignity, bringing over \$200 million into the local Vermont economy in 2022.



765,000

Last summer, through our successful advocacy strategies, we helped Vermont schools and other summer meal sponsors provide over 765,000 nutritious meals and snacks to kids 0-18 throughout the state.



450

We convened the Vermont Farm Bill Nutrition Coalition to develop unified policy recommendations for this year's Farm Bill reauthorization. We heard directly from more than 450 community members and service providers across the state—as well as legal advocacy organizations, farmers and grocers, food retailers, and school and parent-child center partners—about their priorities for change.



Thanks to you, **84,000 students** across Vermont continue to have

ACCESS TO FREE BREAKFAST & LUNCH, EVERY SCHOOL DAY.



We successfully had our Vermont Universal School Meals bill passed through both houses of the state legislature and signed into law by the governor. As a result of this one-year bill, every public school student in the state continues to have access to nutritious school breakfast and lunch without charge to their families for the 2022-2023 school year!



UNIVERSAL SCHOOL MEALS



REDUCE HUNGER AMONG STUDENTS



IMPROVE STUDENT PERFORMANCE IN MATH AND ENGLISH LANGUAGE ARTS BY UP TO 10 WEEKS OF LEARNING



SUPPORT OUR FARMERS THROUGH INCREASED LOCAL FOOD PURCHASES BY SCHOOLS



REDUCE ADMINISTRATIVE COSTS AND BURDEN AND TAKE MONEY OUT OF THE CAFETERIA

The strong partnerships Hunger Free Vermont staff have forged with School Nutrition professionals throughout Vermont not only provide expert information to maintain and improve our programs, they are the guiding light and the champion of all our efforts to ensure that school meals are a consistent, reliable source of nourishment for students in the collective work we do to contribute to student success and ultimately end childhood hunger in our state.

– Kathy Alexander, SNA-VT Board Member & Director of Mt Abraham Unified School District and Addison Northwest Supervisory Union



WE LAUNCHED OUR LARGEST-EVER SCHOOL MEAL APPLICATION CAMPAIGN:

To help schools in their efforts to feed all their students, Hunger Free Vermont led an outreach campaign that

included direct outreach, advertising, community engagement, and support for school districts to run their own outreach campaigns.

The goal of the campaign was to ensure that schools receive the maximum amount of federal reimbursement possible, making it easier for the Vermont Legislature to permanently fund universal school breakfast and lunch for all Vermont schools.



I am an educator in a public high school and I have seen firsthand the benefits of Universal School Meals. Students feel and are supported, they experience no stigma and no worry about the adults in their homes providing for them. And as a parent, I appreciate knowing my child will be able to eat a freshly prepared meal that I didn't have to provide. – Educator, Burlington

OVER 1,600 OF YOU CALLED, TWEETED, SIGNED SUPPORTER CARDS AND MORE TO MAKE YOUR SUPPORT CLEAR TO LEGISLATORS: WE MUST MAKE UNIVERSAL SCHOOL MEALS PERMANENT.



CHILD HUNGER DOESN'T TAKE A BREAK: **SUMMER MEALS**

We worked to make sure every family knew free summer meals were available:

We have a big family and that usually means added grocery costs during the summer. Summer meals have helped reduce food costs at a time when our grocery bill has never been higher. – Parent, Essex

As the pandemic triggered long-lasting economic challenges in Vermont, many families found themselves struggling to make ends meet. For children who rely on school meals during the school year, summer break can be particularly difficult. That's why our outreach efforts to promote and support free summer meal programs were especially timely.



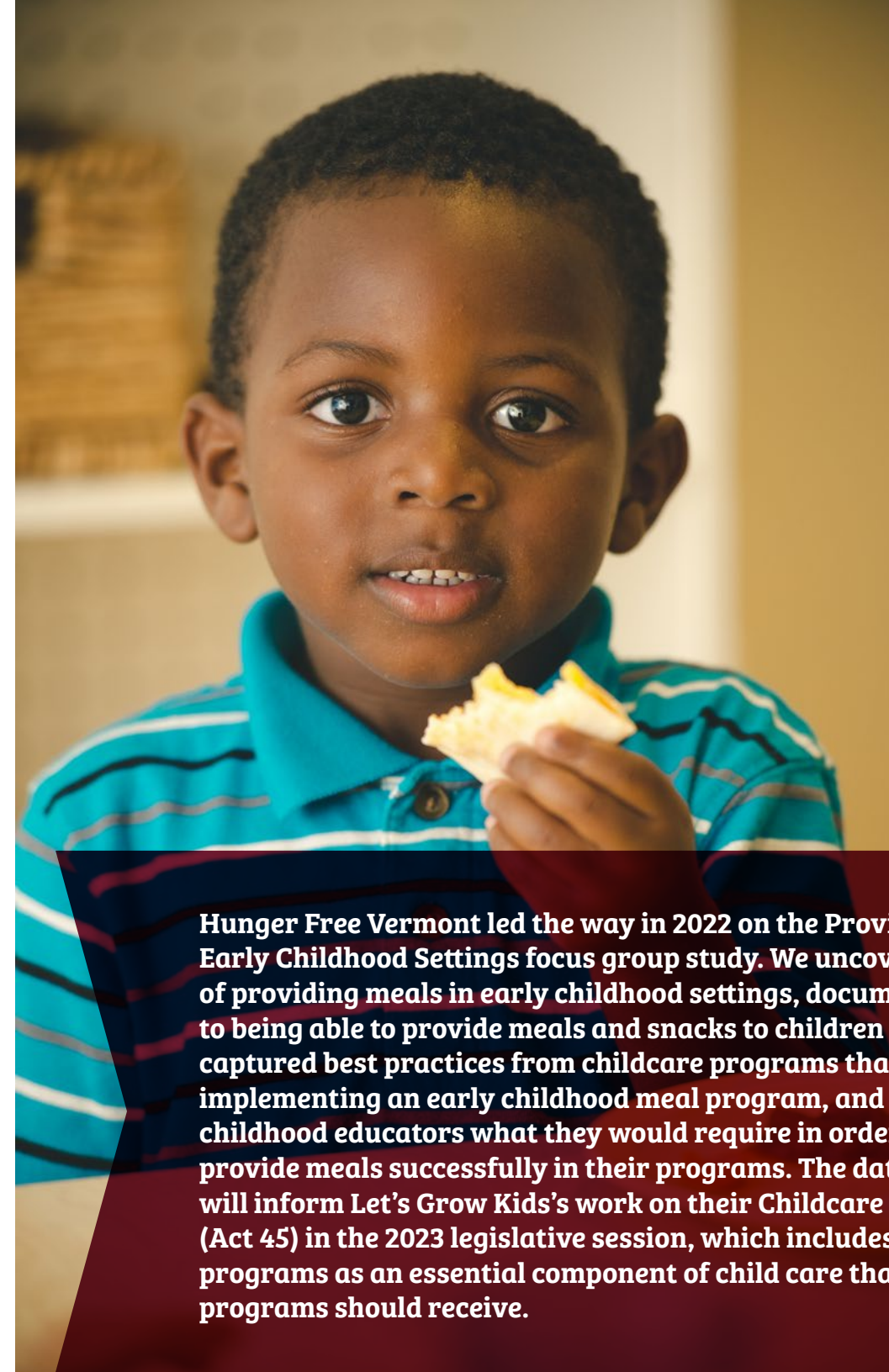
We used printed, online, and radio messages to break down the stigma historically associated with summer meal programs and connect more children in Vermont to healthy and nutritious meals throughout the summer.

We successfully advocated to extend universal free summer meals:

At the start of this year, we knew that the emergency measures providing universal free summer meals might end in June. We worked with federal and state partners to extend the emergency measures through at least the summer of 2022. This would allow Vermont to build on the successes of summer meal sites of the last two summers. At the same time, we felt we had to also create a strategy to implement in case Congress voted against renewing these emergency measures.



We collaborated with our state and federal partners on an advocacy campaign to show how important it was to continue providing universal free summer meals. Without them, many families in Vermont would struggle to afford enough food for their children over the summer. Although Congress waited until the last minute to decide, our efforts paid off and the emergency measures were extended. As a result, **766,163 SUMMER MEALS WERE SERVED IN 2022**, compared to 403,487 during the summer of 2019, before these temporary measures were implemented.



Hunger Free Vermont led the way in 2022 on the Providing Meals in Early Childhood Settings focus group study. We uncovered the true cost of providing meals in early childhood settings, documented the barriers to being able to provide meals and snacks to children in childcare, captured best practices from childcare programs that are successfully implementing an early childhood meal program, and asked early childhood educators what they would require in order to be able to provide meals successfully in their programs. The data from this study will inform Let's Grow Kids's work on their Childcare is Essential bill (Act 45) in the 2023 legislative session, which includes support for nutrition programs as an essential component of child care that all early childhood programs should receive.

ENDING HUNGER FOR VERMONT'S YOUNGEST

Early childhood is a critical time for establishing healthy eating habits, and children who experience food insecurity are at greater risk for negative health outcomes. That's why we empower childcare programs to prioritize nutrition education and food access, improving health for Vermont's youngest.



MAKING SURE EVERYONE IN VERMONT HAS ENOUGH FOOD ON THEIR TABLE

3SquaresVT



I absolutely love working with the advocates at Hunger Free Vermont. They are warm, approachable, and deeply knowledgeable about 3SquaresVT and other hunger-related resources across our state. They provide excellent trainings, and the outreach tools and informational flyers and media posts they create help me broaden my own outreach efforts.

—Travis Poulin, Champlain Valley Office of Economic Opportunity

3SquaresVT BY THE NUMBERS:

70,000

3SquaresVT supported over 70,000 Vermonters every month in making ends meet.

\$1.70

Every \$1 in 3SquaresVT benefits generated about \$1.70 in local economic activity.

\$427

On average, households received \$427 in benefits for food per month.

Our work to promote 3SquaresVT has helped tens of thousands of people each month purchase food with dignity, bringing over \$200 Million into the local Vermont economy in 2022.

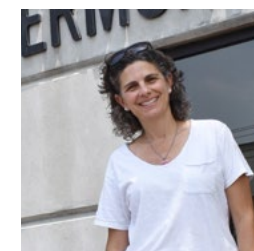
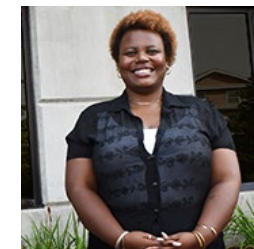
We protected, expanded, and promoted 3SquaresVT throughout 2022. Our strategy to protect this vital resource included:

- **More than 400** service providers, school nutrition professionals, college administrators, early childhood providers, and organizations serving older adults participated in a **FREE** online training on 3SquaresVT, developed and presented by our staff. With so many changes to the program since the start of the pandemic, the training empowered those who guide people through the application process for 3SquaresVT with clear, accurate, and updated information to help their clients.
- We help Vermont grocery stores navigate the complicated rules and regulations of the USDA so they can accept 3SquaresVT. 3SquaresVT helps retailers continue to grow their customer base, become stronger community resources, and ensure everyone can purchase food where they live.

NOURISHING EVERYONE IN VERMONT:

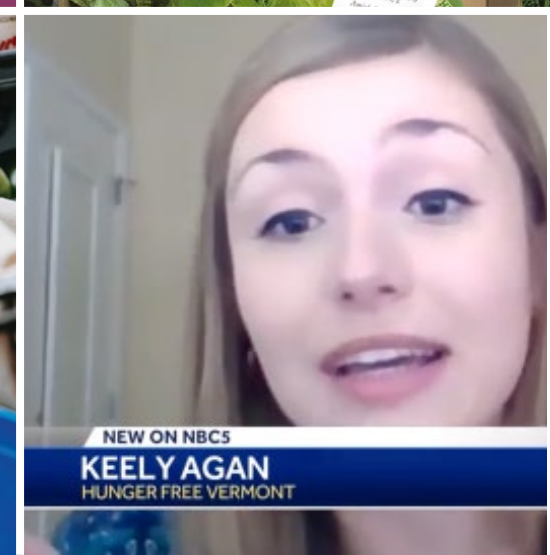
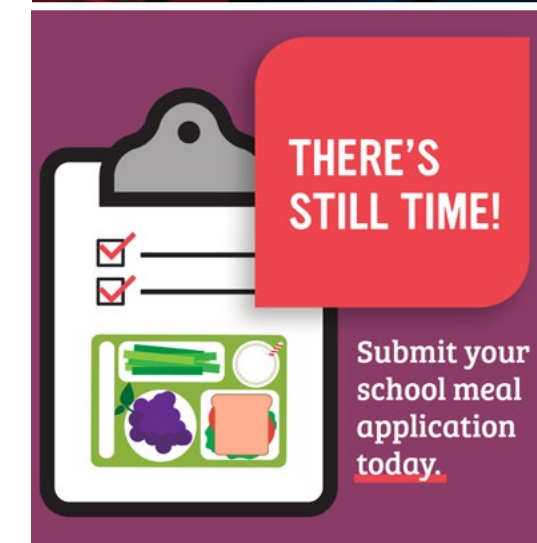
A LOOK AT OUR OUTREACH EFFORTS TO CONNECT COMMUNITIES TO NUTRITION PROGRAMS

Through interviews with local and national media, our social media posts, e-news, and calls to action, we are so proud to have strongly and consistently delivered the message that our families and communities are strongest, and work best for us all when everyone who lives here has what they need to thrive.



To increase our capacity to effectively connect with the many peoples and groups in our state who disproportionately face hunger and poverty, we also expanded our staff to include two Outreach Managers! Our new Outreach Managers are working with our Food Security and Child Nutrition teams to develop creative campaigns to help those of us who are low-income, BIPOC, new Americans, disabled, elders, and/or LGBTQIA+ understand the dignity

and stability that participation in 3SquaresVT, WIC, and school meal programs provides, and know how to access these programs.





PARTNERSHIPS:

- Through our 10 regional Hunger Councils, we continued to deepen and grow a rich network of over 1,100 individuals, groups, and organizations working towards ending hunger in Vermont. From the start of the COVID-19 pandemic, the Hunger Councils have played a crucial role helping us to better understand and respond to the food security needs of our neighbors living in different regions of the state.
- In 2022 we continued to support efforts of the state-recognized Abenaki tribes and of their citizens to increase food security and food sovereignty. In 2022 we worked with the Abenaki tribes to secure **over \$200,000** in funding that went directly to the tribes to fund their own projects. To continue our commitment to offering grant research and application assistance to other peoples and groups in our state who have been disproportionately impacted by hunger and poverty, we brought on a new member to our Development team.

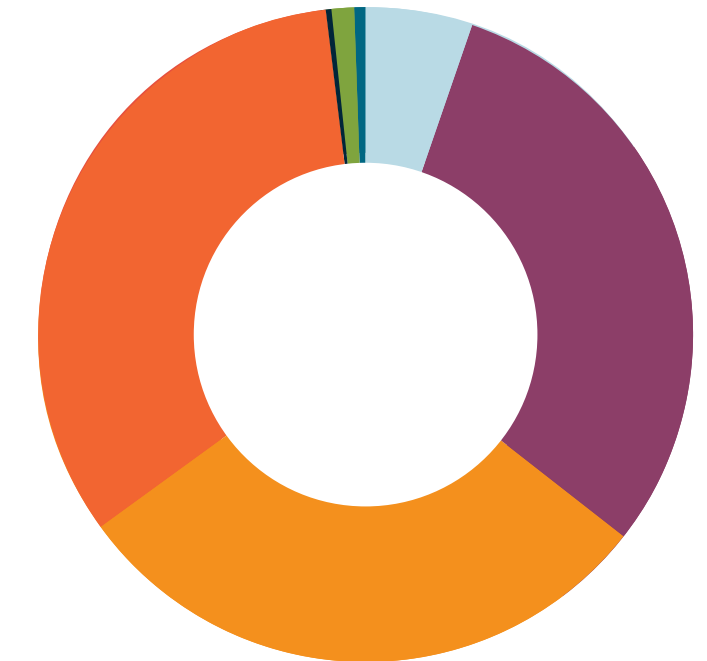
We continued to work to make all of our communications and outreach materials more inclusive. This includes participating in the Vermont Language Justice Project taskforce and translating and producing outreach materials in several languages.

As administrators of the Older Vermonter's Nutrition Program, the Vermont Association of Area Agencies on Aging works closely with our food security partner and leader, Hunger Free Vermont. HFVT leads our Farm Bill Reauthorization Bill coalition and our advocacy in the wake of recent SNAP cuts. Advocacy coalitions led by HFVT are highly organized, inclusive, respectful of stakeholders and those with lived experience, and led by knowledgeable HFVT staff. Our joint advocacy with HFVT includes supporting appropriations for Universal School Meals, Vermont Foodbank, and Meals on Wheels. Through our partnership with HFVT, we are improving food security of Vermonters across the lifespan.

—Mary Hayden, VT Association of Area Agencies on Aging

Source of Funds

Beginning Net Assets (2022 Revenue Raised for 2023 Projects)	\$95,985	5%
Individual & Business Contributions	\$543,317	30%
Foundation & Corporate Grants	\$524,703	29%
Government Grants (Federal/State/Local)	\$594,087	33%
Program Revenue	\$6,125	0%
Special Events	\$20,530	1%
Interest Income	\$5,737	0%
Gain/loss on investment	\$-25,817	-1%
Total Sources of Funds	\$1,764,666	100.0%



2022 FINANCIALS

Expenditures by Program

Child Nutrition Initiatives	\$649,025
Food Security Initiatives	\$332,026
Community Engagement Initiatives	\$139,375
Other Programs	\$27,448

Expenditures by Category

Admin	\$168,724
Development	\$162,846
Programs	\$1,147,876



Current Hunger Free Vermont Staff

KEELY AGAN
Child Nutrition Initiatives Manager

RORI ANGEL
Administrative Specialist

CATHERINE CAUM
Grants Manager

KATY DAVIS
MA, Community Health Initiatives Director

IVY ENOCH
Food Security Advocacy Manager

LECHELLE-ANTONIA GRAY
Outreach Manager

GRETCHEN HAASE-DUBOSC
Operations Director

ANORE HORTON
MA, MAT, Executive Director

TIM MORGAN
Program Data & Child Nutrition Manager

SABINA PARKER
Program Communications Manager

MARIANA SEARS
Outreach Manager

PRATHANA SHRESTHA
Development Associate

MONICA TAYLOR
MAT, Development Director

TEDDY WASZAZAK
Universal School Meals Campaign Manager

Current Board of Directors serving Hunger Free Vermont

ERIN HEINS, BOARD CHAIR
Shelburne, VT, Partner, Langrock Sperry & Wool

STEPHANIE WALSH, VICE PRESIDENT/ SECRETARY
Burlington, VT, Director, Industry & Community Affairs, Dairy Farmers of America

JEFF DANNIES, TREASURER AND MONITORING OFFICER
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CHRISTINE BONGARTZ
Manchester Center, VT, Registered Nurse

CATHY DAVIS, PAST PRESIDENT
Jericho, VT, Executive VP, Lake Champlain Regional Chamber of Commerce

THOMAS PARON
Woodbury, CT/Hinesburg, VT, President, Compass Capital Management

NICOLE REILLY
Bristol, VT, Clinical Dietician, University of Vermont

SHANE ROGERS
Milton, VT, Communications Director, Food Solutions New England (part of the Sustainability Institute at the University of New Hampshire)

Additional Board Members serving in 2022:

KEN WHITE
Burlington, VT, Pastor, College Street Congregational Church

WILLIAM HOFMANN
Brooklyn, NY/ Washington DC, MBA Candidate, Georgetown University

JOHN TUNNICLIFFE
Norwich, VT, Director of Retail Operations, King Arthur Baking Company

Thank you.

TOGETHER WE CAN CREATE A HUNGER-FREE FUTURE FOR VERMONT.

BUSINESSES THAT SUPPORTED US IN 2022



TUSK PHILANTHROPIES

Ascend Group LLC
Berlin City Auto Group
Blue Cross/ Blue Shield of VT
Brattleboro Food Coop
C & S Wholesale Grocers
Common Deer
Concept 2
Doc Ponds, LLC
Engineering Ventures
Four Seasons Sotheby's International Realty

Genetics Associates, Inc.
Hannaford Supermarkets
Hen of the Wood
JaniTech
Johnstone Supply
Kiss the Cook
Main Street Landing
Manufacturing Solutions, Inc.
Michael's On the Hill
North Country Federal Credit Union

Pan's South Hero Pizza
Pigasus LLC
Rhino Foods
Shaws Supermarket
Shearer Chevrolet
Stonehaven Farm LLC
The Alchemist
The Woodstock Farmers Market Inc.
Town Fair Tire Foundation
Town of Williston

UVM
Waitsfield and Champlain Valley Telecom
Washington Electric Cooperative, Inc.
Wayside Restaurant
White + Burke Real Estate Advisors
Winburn Law Offices