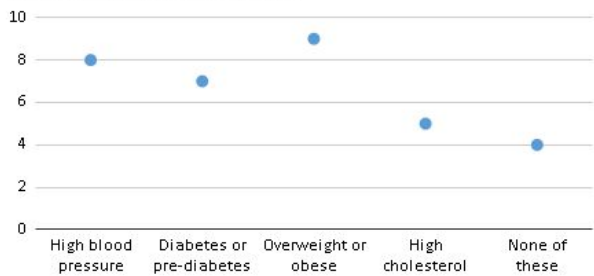


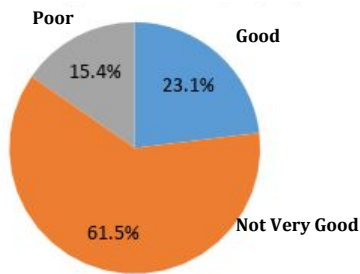
The People

6 - Pittsford 7 - Poultney 1 - Brandon
Average Age 62
13/15 had a primary care provider
1/15 had a dental provider

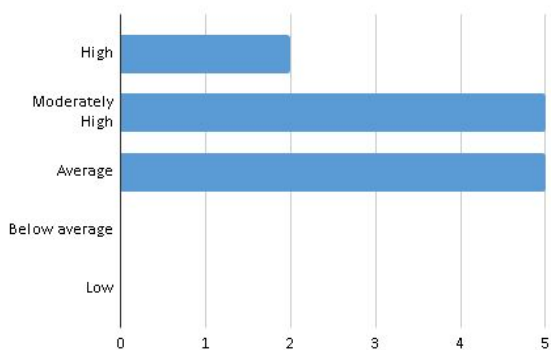
Common Health Issues



Quality of Sleep



Stress Levels



The Farmacy Project provided 12 consecutive weeks of local farm fresh produce to Teeth and Tomatoes members



The Impact

70% claimed to feel more connected to their community as a result of the program

30% reported an increase in servings of vegetables eaten per day

73% improved their ability to prepare nutritious meals

Based on self-monitored blood pressure readings taken weekly, participants averaged an estimated **22 point** decrease in their blood pressure

"It has been quite an enjoyable learning program. The veggies have been wonderful and getting them for free has lifted a burden of not being able to buy all this produce."

"I have learned to connect more with the community for my health needs. I also have learned to balance meals with healthier alternatives. Finding a balance is always a challenge for me and Teeth & Tomatoes has been a sacred place and a great guide."

Community Partners:

United Way Foundation, Poultney Young at Heart Senior Center, Pittsford Food Shelf, Brandon Congregational Church, Come Alive Outside, Vermont Food Bank, UVM Expanded Food and Nutrition Education Program, Rutland Regional Medical Center, BROCC, Maclure Library, Rutland County Solid Waste, and Heritage Family Credit Union

How did you benefit from having the Farmacy shares this season?

