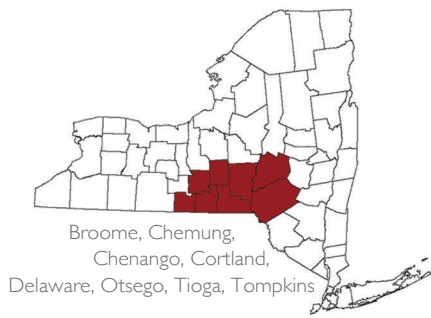




Year in Review

2017





Our Mission: Since 2005, the Food & Health Network (FaHN) has united diverse stakeholders in an eight county region to develop a thriving, healthy and food-secure regional food system. FaHN is a program of the Rural Health Network of South Central NY.

2017 has been a year of growth and innovation at the Food and Health Network, from turning a shared vision for a fruit and vegetable prescription program into reality after many years of planning, to launching the NY Thursday farm to school initiative. We are proud to have worked with more communities, schools, farms, and individuals than ever before to

meaningfully impact health and food access. None of it would have been possible without collaborative partnerships. We extend heartfelt thanks and congratulations to all of our members and sponsors, and invite you to join us in 2018!

LINKING FOOD ACCESS AND HEALTHCARE INNOVATION

This June, we launched the first Fruit & Vegetable Prescription Program (FVRx) in the region and participants, healthcare providers and local farms are seeing the benefits. The program, funded through an Innovation Fund grant from Care Compass Network, equips Registered Dietitians with vouchers that patients at risk of food insecurity and chronic diet-related diseases can use at a variety of sites selling local fresh fruit and vegetables.

"Working with the Fruit & Vegetable Prescription Program has given me hands-on knowledge of the impact it has on everyday lives. Participants have expressed a combination of relief and gratitude in being able to provide fresh fruits and vegetables for themselves and their family members." - Rachel Mischler, Registered Dietitian, Lourdes Hospital

The FVRx pilot program is a partnership between FaHN, Wholesome Wave, Care Compass Network, Lourdes Hospital, UHS, VINES Binghamton Farm Share, CCE-Broome Regional Farmers' Market, CHOW, and Binghamton University. 100 individuals have participated so far, and we look forward to reaching even more in 2018.



VINES Binghamton Farm Share Distribution, an FVRx redemption site. Photo Credit: Maria Majka

FOSTERING REGIONAL LEARNING

Annual Community Garden & Urban Agriculture Report

Each year, FaHN conducts an inventory of regional garden activity. This year we found that the number of community and educational gardens, and urban farms **increased by 11% to 115 total regional gardens**. Of the gardens surveyed for the report:

51% are **Community Gardens**
42% are **Educational or School Gardens**
and 7% are **Urban Farms**

Growing Health Educational Forums

Launched in 2016, our series of Growing Health Forums bring local, state and national leaders together for learning and networking on key health, food security, and food policy issues. Over 300 individuals have attended three regional forums in Binghamton and Oneonta.



Pictured: Cooperstown Kids Garden.

Strengthening regional food security by cultivating knowledge, building networks, and catalyzing collaboration.

GROWING FARM TO SCHOOL



With the launch of **New York Thursday's** in 2017, our farm to school program is putting more local food on the menu than ever before. NY Thursday's are a collaboration between FaHN, Broome-Tioga BOCES Food Service and CCE-Broome to offer an all NYS lunch at least once a month. Beyond the kitchen, CCE is implementing Smarter Lunchrooms and providing food and nutrition education in the classroom, while FaHN is bridging connections between the school community & local food system.

"The Farm to School program has the potential to provide far reaching positive benefits to the community, local farms, and most importantly higher nutritional food to the students for improved health, growth, and learning." - Mike Harris, Owner of Lone Maple Farm & farm to school partner.



Left: Students enjoy fresh corn-on-the-cob from Reeves Farm during the September NY Thursday lunch. Right: In June, Erin Summerlee, FaHN Director, and Christian DiRado-Owens, Program Coordinator and a team of farm to school partners from Johnson City School District were selected to participate in the Northeast Farm to School Institute at Shelburne Farms in Shelburne, Vermont.

FARM TO SCHOOL BY THE NUMBERS

5 PILOT
SCHOOL
DISTRICTS

10 NEW
LOCAL
MENUS

11 FARMS,
HUBS &
PROCESSORS

18 TASTE
TESTS

9,569 STUDENTS
REACHED

PARTNERING FOR HEALTHY COMMUNITIES

"Meeting hunger needs is a large task and cannot be done alone. Working in collaboration with the Food & Health Network, Tioga Opportunities, Inc. and the Tioga County Anti-Hunger Task Force have made recognizable strides in increasing participation at free summer meal sites for kids. FaHN's committed and knowledgeable staff, have been a pleasure to work with, and I look forward to continuing our partnership with new, impactful, initiatives!" - Andrew Hafer, Community Services Director, Tioga Opportunities, Inc.

In order to support year-round access to healthy food, FaHN helped to launch websites for anti-hunger task forces in three counties so that families can easily find information on summer meal sites.

Building Volunteer Capacity: In partnership with the Rural Health Service Corps, FaHN has also helped to recruit over 200 volunteers to support programs that increase access to nutritious food in Broome, Tioga, and Delaware Counties.



Volunteers with the Tioga County Anti-Hunger Task Force delivering food this summer. The Tioga Anti-Hunger Task Force runs an innovative Summer Lunch Box Program that provides healthy food for students over the weekend to prevent summer food insecurity.

CELEBRATING COLLABORATION



Members of the FaHN Steering Committee at The Owego Kitchen for the 2016 Partner Celebration. Thank you to the Bohemian Moon in Norwich, NY for hosting us in 2017!

Throughout the year, FaHN features articles highlighting our partners work on the Food for Thought blog. You can visit our website to view the ongoing spotlight series. In the last year we have featured **11 Spotlights** from farms, community gardens, events, government agencies and more!

“We really enjoy supporting different groups that help us accomplish one of our core-founding missions: To have our food be accessible to everyone that wants it. Working with the Food & Health Network is really great because it helps us reach more people and support the local food system in general.” - Stephanie Roberts, Shared Roots Farm, McGraw, NY

2017 Grants that Supported our Work: Conrad & Virginia Klee Foundation, Taren Family Fund and the Dick and Marion Meltzer Fund and Community Fund of the Community Foundation for South Central New York, Broome County Health Department Creating Healthy Schools & Communities Grant, Care Compass Network Innovation Fund Grant, NYS Farm to School Grant, Broome-Tioga BOCES NYS Farm to School Grant, NYS Department of Agriculture & Markets USDA Farm to School Grant, NYS Volunteer Generation Fund, NYS Health Foundation Healthy Communities Conference Grant.

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Chobani, LLC
Engelbert Farms, LLC
FarmHouse Brewery
Peaceful by Nature Farm
Regional Access
Shared Roots Farm
Stone Horse Farm
Sodexo
The Owego Kitchen

Organizational Sponsors

Care Compass Network
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Fidelis Care
Leatherstocking Collaborative Health Partners
Lourdes Hospital
United Health Services (UHS)
United Way of Broome County
Vestal United Methodist Church

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Greg Summerlee
Natalie Thompson
Lauren Tonti
Rose Zonetti

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Broome County Health Department
Broome Tioga BOCES Food Service
Center for Agricultural Development and Entrepreneurship (CADE)
Chenango County Health Department
Chenango Health Network
Chenango County United Way, Inc.
Cooperstown Farmers' Market
Cornell Cooperative Extension of Tioga County
Delaware Opportunities Inc.
Food Bank of the Southern Tier
Hatherleigh Foundation
Healthy Lifestyles Coalition (United Way)
Rural Health Network of South Central New York
Seven Valleys Health Coalition
Tioga County Hunger Coalition
United Health Services (UHS)
Volunteers Improving Neighborhood Environments (VINES)
Diane Albrecht
Donna Bates
Olivia Consol
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Lauren Tonti
Susan Williams

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Christian DiRado-Owens, Program Coordinator
Thomas Lewis, Food Access & Development VISTA

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 Food and Health Network

FaHN is administered by the non-profit Rural Health Network of South Central New York, based in Whitney Point, NY.