

Daily Papers, Location, LTE contact

Bennington Banner, Bennington, news@benningtonbanner.com
Brattleboro Reformer, Brattleboro, news@reformer.com
Burlington Free Press, Burlington, letters@bfp.burlingtonfreepress.com
Caledonian Record St., Johnsbury, news@caledonian-record.com
Eagle Times (NH), Claremont, NH, news@eagletimes.com
Newport Daily Express, Newport, editor@newportdailyadv.com
Rutland Herald, Rutland, david.moats@rutlandherald.com
St. Albans Messenger, St. Albans, emerson@samessenger.com
Times Argus, Barre-Montpelier, letters@timesargus.com
Valley News, Upper Valley, forum@vnews.com

Weekly Papers, Location, LTE contact

Addison Independent, Middlebury, news@addisonindependent.com
Barton Chronicle, Barton, news@bartonchronicle.com
Brandon Reporter, Brandon, news@brandonreporter.com
Charlotte News, Charlotte, news@charlottenewsvt.com
Colchester Sun, Colchester, news@essexreporter.com
County Courier, Enosburg Falls, countycourier@gmail.com
Deerfield Valley News, West Dover, letters@vermontmedia.com
Essex Reporter, Colchester, news@essexreporter.com
Hardwick Gazette, Hardwick, news@thehardwickgazette.com
Manchester Journal, Manchester Center, news@manchesterjournal.com
Milton Independent, Milton, indy@together.net
Montpelier Bridge, Montpelier, mpbridge@sover.net
News & Citizen, Morrisville, edit@newsandcitizen.com
Northfield News, Northfield, nnews@trans-video.net
Randolph Herald, Randolph, editor@ourherald.com
Shelburne News, Shelburne, news@shelburnenews.com
Stowe Reporter, Stowe, news@stowereporter.com
The Islander, South Hero, islander@vermontislander.com
The Journal Opinion, Bradford, editor@jonews.com
The Message, Chester, message@vermontel.net
The Observer, Jamaica, news@vermontobserver.com
The World, Barre, editor@vt-world.com
Town Crier, Bellows Falls/Brattleboro-Wilmington, thagerman@thetowncriers.com
Transcript, Morrisville, edit@newsandcitizen.com
Vermont News Guide, Manchester Center, vng@hersamacornvt.com
Vermont Standard, Woodstock, vstand@sover.net
Waitsfield Valley Reporter, Waitsfield, news@valleyreporter.com
Waterbury Record, Waterbury, news@waterburyrecord.com
Williston Observer, Williston, editor@willistonobserver.com

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Eagle Times (NH), Claremont, NH, news@eagletimes.com
Newport Daily Express, Newport, editor@newportdailyadv.com
Rutland Herald, Rutland, david.moats@rutlandherald.com
St. Albans Messenger, St. Albans, emerson@samessenger.com
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Brandon Reporter, Brandon, news@brandonreporter.com
Charlotte News, Charlotte, news@charlottenewsvt.com
Colchester Sun, Colchester, news@essexreporter.com
County Courier, Enosburg Falls, countycourier@gmail.com
Deerfield Valley News, West Dover, letters@vermontmedia.com
Essex Reporter, Colchester, news@essexreporter.com
Hardwick Gazette, Hardwick, news@thehardwickgazette.com
Manchester Journal, Manchester Center, news@manchesterjournal.com
Milton Independent, Milton, indy@together.net
Montpelier Bridge, Montpelier, mpbridge@sover.net
News & Citizen, Morrisville, edit@newsandcitizen.com
Northfield News, Northfield, nnews@trans-video.net
Randolph Herald, Randolph, editor@ourherald.com
Shelburne News, Shelburne, news@shelburnenews.com
Stowe Reporter, Stowe, news@stowereporter.com
The Islander, South Hero, islander@vermontislander.com
The Journal Opinion, Bradford, editor@jonews.com
The Message, Chester, message@vermontel.net
The Observer, Jamaica, news@vermontobserver.com
The World, Barre, editor@vt-world.com
Town Crier, Bellows Falls/Brattleboro-Wilmington, thagerman@thetowncriers.com
Transcript, Morrisville, edit@newsandcitizen.com
Vermont News Guide, Manchester Center, vng@hersamacornvt.com
Vermont Standard, Woodstock, vstand@sover.net
Waitsfield Valley Reporter, Waitsfield, news@valleyreporter.com
Waterbury Record, Waterbury, news@waterburyrecord.com
Williston Observer, Williston, editor@willistonobserver.com

Write a Letter to the Editor to Support Vermont Farm to School!

Here's What to Do:

1. Write a letter to **your local** newspaper. A list of papers we want to get letters to, with their email addresses is on the back of this flyer. Send your letter to the paper that covers the area where you live.
2. Send your letter by email, and only *send it to one paper at a time*. Do not cc (or bcc) multiple newspapers.
3. In your 3-paragraph letter:
 - a. In your first paragraph, state that you support expanding Farm to School in Vermont and more state funding is needed.
 - b. In the second paragraph, write 2 or 3 short sentences about why you support Vermont Farm to School. (A few ideas are listed below to get you started, but please use your own words!)
 - c. In the last paragraph, say that you hope your legislators will work to get this important program funded at the \$500,000/year level.
 - d. Your completed letter should be no more than 5 or 6 sentences.
4. Be sure to include your:
 - a. Full name
 - b. Town
 - c. Phone Number / Email Address

A few points to get you started (#2b above):

- Every \$1 spent on local food in Vermont schools contributes 60¢ to the local economy.
- Establishing healthy eating habits early in a child's life is critical for preventing diet related diseases later in life. Currently, 26% of VT teens are overweight or obese, and Farm to School can help to reverse that trend.
- Farm to School programs help schools serve healthier, local food, which has been proven to increase participation in school nutrition programs, so more kids are eating healthy meals at school.

<http://vermontfarmtoschool.org>

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