

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

Here's What to Do: Write a letter to your local newspaper. A list of papers and contacts we want to get letters to is listed to the right. Send your letter to the paper that covers the area where you live.

Send your letter by email, and only send it to one paper at a time. Do not cc (or bcc) multiple newspapers.

Write a 3-paragraph letter:

Paragraph One: State that you support expanding Farm to School in Vermont and more state funding is needed.

Paragraph Two: Write 2 or 3 short sentences about why you support Vermont Farm to School. (A few ideas are listed on the next page to get you started, but please use your own words!).

Paragraph Three: Say that you hope your legislators will work to get this important program funded at the \$500,000/year level.

Your completed letter should be no more than 5 or 6 sentences. Be sure to include your **full name, town, and phone number email address.**

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

March __, 2018

Your Name:

Your Phone Number:

Your Address:

Letter to The Editor

News Source Name:

News Source Address:

Dear Editor:

I support expanding Farm to School and Early Childhood programs in Vermont and believe that more state funding is needed.

I support farm to school because _____

I hope that my legislators, _____, will support a \$300,000 increase for Vermont Farm to School and Early Childhood programs for a total appropriation of \$500,000/year.

Sincerely,

Print Name:

Signature:

please cut the top portion off from this bottom list of ideas before sending to your paper

Ideas to get you started and why you may support Farm to School (please use your own words in your letter):

- 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.
- 1 in 7 Vermont children live in food insecure homes, an adverse childhood experience
- 90% of the brain has developed by age 5. Healthy, nutritious food is vital to healthy brain development.
- Currently, 26% of VT teens are overweight or obese; Farm to School, Farm to Early Care and Education and school nutrition programs can help to reverse this trend.
- Teaching children how to eat healthily and take care of themselves will benefit this current generation and future generations.
- Vermont schools with active Farm to School Programs report declines in absenteeism and school nurse visits.
- Farm to School enhances overall academic achievement in K-12 settings; provides children with an understanding of agriculture and the environment; and improves life skills, self-esteem, social skills and behavior.
- Farm to School helps children of all financial backgrounds have access to nutritious food and educates them about where healthy and local food comes from and how to access it.
- Vermont schools with active Farm to School Programs report twice the national average in vegetable consumption and more opportunities to learn about food and nutrition
- Farm to School programs help schools serve healthier, local food. Serving healthier, local food has been proven to increase participation in school nutrition programs. This means more kids, especially those coming from homes that are struggling to put food on their own tables, are eating nutritious meals which help them grow and thrive at school.