

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

## HERE'S WHAT TO DO

Write a letter to your local newspaper (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. A list of papers and contacts we want to get letters to is below.

## WRITE A 3-PARAGRAPH LETTER

**Paragraph 1:** State you support expanding Farm to School in Vermont and more state funding is needed.

**Paragraph 2:** Write two or three 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 3:** 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 five or six sentences. Be sure to include your full name, town, phone number, and email address.

## DAILY PAPERS

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

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@jonevs.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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Date:  
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 also support a local purchasing incentive for schools to increase the amount of local food served in Vermont schools.

I support Farm to School because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I hope that my legislators, \_\_\_\_\_ ,  
will support an increase of funding for Vermont Farm to School and Early Childhood programs for a total appropriation of \$500,000 per year and the implementation of a local purchasing incentive for schools across the state.

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 (please use your own words in your letter):

- Every \$1 spent on local food in Vermont schools contributes an additional 60¢ to the local economy.
- Increasing the amount of local food served in Vermont schools expands a stable market for Vermont farmers.
- Establishing healthy eating habits early in a child’s life is critical for preventing diet related diseases later in life.
- Teaching children how to eat healthily and take care of themselves will benefit this current generation and future generations.
- 1 in 7 Vermont children live in food insecure homes, an adverse childhood experience.
- 90% of the brain has developed by age five. Healthy, nutritious food is vital to healthy brain development.
- Currently, 26% of Vermont teens are overweight or obese; Farm to School, Farm to Early Childhood, and school nutrition programs can help to reverse this trend.
- 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 and improves life skills, self-esteem, social skills and behavior.
- Farm to School helps educate children about agriculture, the environment, and 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.
- 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.