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Annual Report

2024



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Prepared By ++

the  Vegetable
Connection

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An illustration in the top left corner shows a stylized green hand holding a bright pink heart. A small green plant with two leaves is growing out of the top of the heart. The background is a light green circle with some abstract green shapes and dots around it.

Profile Of The Vegetable Connection

Our community and nation face enormous challenges. We have economically disadvantaged populations with limited access to nutritious food, a disconnection from where and how our food is grown, and a lack of essential life skills in the kitchen and garden. The Vegetable Connection addresses these challenges through our unique and life changing programming.

The Feeding the Families program assists economically challenged families to connect to a local farm where they receive vegetables each week during the growing season. The vegetable shares are subsidized based on the family's income. Our goal is to increase the amount and variety of vegetables families consume.

The Nutrition Education provides workshops in a variety of formats and locations. They typically include gardening, cooking, and food preservation techniques. It also provides food tastings with recipes at our farm partners and farmers' markets. Our goal is to empower families with knowledge about nutritious food so they can make good decisions about what they eat.



Vision & Mission

Vision

Connecting families and farms to inspire life-long healthy eating.

Mission

Improve Northern Colorado's food resilience by supporting families in need with increased access to nutritious vegetables from our partner farms and nutrition education.



Values

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- Everyone should have access to nutritious food no matter what their level of income is.
- Supporting local farms that grow using sustainable methods is important for food security and economic development.
- It is important for people to understand how to grow, prepare and preserve food so they can make informed choices about what they eat and how it affects their health.
- Participating in a community nourishes the soul.

Our Team



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1. Executive Director -
Nicole Turner-Ravana

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3 Spanish speaking
families Liaison -
Mary Alex Rios

2. Program Director -
Jill Munson

Board President - Claudia
DeMarco

Our Board 2025:

Sue Thompson

Heidi Muller Warren

Bill DeMarco

Interested in being on our Board?
Let us know!

Highlights In 2024



1 56 Families Served

We were able to offer subsidized CSA vegetable shares to 56 families (172 people) in Larimer County, improving their food AND nutrition security status. 64% of these families had income at or below the federal poverty line

2 Half of people served are Children

Half of our program participants are under 18 years old. Also, 34% of our families have a family member with a disability

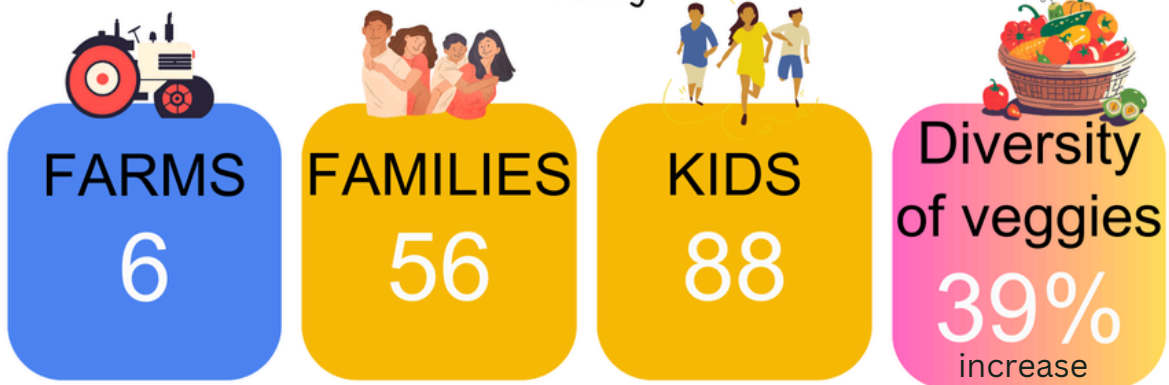


Feeding the Families Highlights



FEEDING THE FAMILIES PROGRAM 2024 Season

Connecting families and farms to inspire lifelong healthy eating



Our families increased the amount of vegetables and type of vegetables they ate on a regular basis!

Evaluation surveys showed participants ate more vegetables more often each week at breakfast, lunch, dinner and for snacks. For example, 80% of participants surveyed ate vegetables as a part of their dinner 5-7 days per week at the end of the season. This reflected a 23% increase from Spring.

Nutrition Education Highlights



It is important for people to understand how to grow, prepare and preserve food so they can make informed choices about what they eat and how it affects their health.

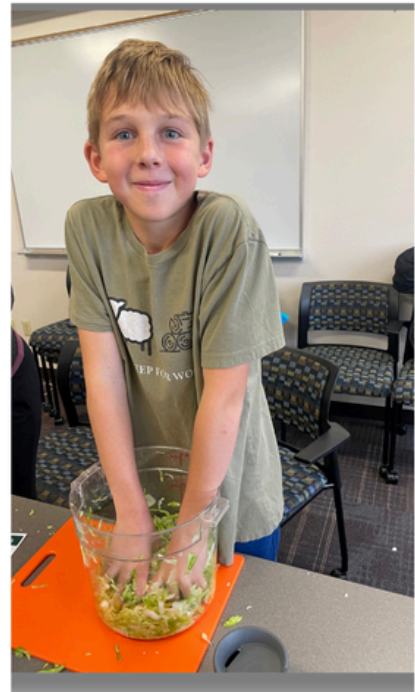


Participating in a community nourishes the soul



93% of the families participated in an event

- 12 in-person workshops and cooking classes
- 7 tastings at farmers market and member farms
- Seasonal vegetable recipes throughout the season
- Weekly community garden access to harvest vegetables



Our Impact: A Family's Story

Comments from Mary in the Winter Feeding the Families program

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“Having access to a winter CSA through The Vegetable Connection has been an incredibly valuable experience. The fresh, organic vegetables provide a nutritious foundation for meals during the colder months. This inspired me to continue to explore new recipes and maintain healthy eating habits. Incorporating organic produce into my diet has also helped me stay on track with my New Year’s goals, reinforcing my commitment to personal health and well-being. This CSA has not only supported my journey toward better nutrition but has also kept me motivated to make mindful choices. Above all, I am deeply grateful for The Vegetable Connection and their dedication to supporting families through produce. Their commitment to providing fresh, high-quality produce through partnered farms makes a meaningful difference, and I appreciate having this resource during the winter season. “

Budget Review As of December 2024



Net Income as of
December 31st

\$96,836



Net Expense as of
December 31st

\$113,692

Due to a reduction in donations
and sponsorship, we were able to
use reserves



Money Spent with
Local Farms on
Produce

\$29,643



Other Program Expenses

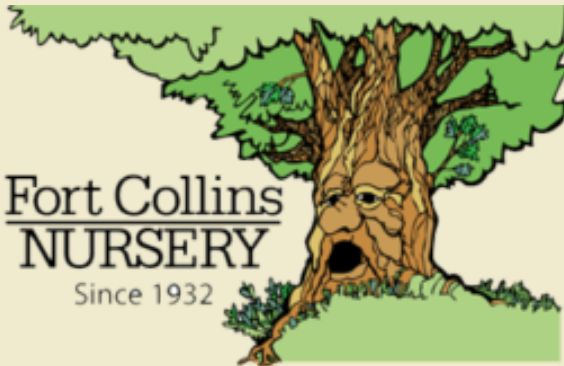
\$62,447

81% of expenses support our programs with 6%
Admin, 13% Fundraising

Thanks to our 2024 Sponsors

Nutrien[®]

Feeding the Future[™]



You Can Get Involved in 2025 & Donate Now to Help