



# NOURISH

## Montpelier

### WITH THE ROOT TO FORK MODEL...



#### *Farm's the Way*

The FEAST Farm Program was created by the City of Montpelier in 2021 and has grown thousands of pounds of produce, which have been donated to the FEAST Kitchen, Just Basics, and other local food shelves. We now plan to expand the farm's capabilities and look for ways to teach the public about sustainable agriculture and build food security in Montpelier.



#### *Cooking up Connections*

Once the produce lands in our FEAST Kitchen, the hands of many volunteers get to work to process ingredients and prepare meals. Our kitchen located in the Montpelier Senior Activity Center serves as our hub where we pack Meals on Wheels deliveries, serve congregate lunches, and host events and community gatherings.



#### *Delivering Companionship*

Finally, our Meals on Wheels recipients get their nutritious meals delivered to their door. Unlike other food delivery services, we take the time to develop relationships with each recipient and check in on them for their physical, mental, and social well-being. Being a meal provider isn't good enough for us... we want to ensure our recipients are thriving as they age in all aspects.



CELEBRATE ROOT  
TO FORK!

MARCH FOR MEALS GALA  
SATURDAY, MARCH 18TH AT 5 PM AT MSAC