



Annual Report 2022



Real Food CT is...

a 501(c)3 nonprofit based in Newtown, CT.
We are responding to gaps in our food system that leave too many people in our region hungry.

Inadequate access to healthy food causes chronic disease, malnutrition, and anxiety, which are major obstacles to experiencing a healthy life. We are transforming and uplifting our local food system to eliminate hunger.

Vision

We envision a world with a connected network of local food producers with the power to deliver nutritious food, transform food waste, restore our farmlands, and educate our communities to ensure access to healthy food for everyone.

Mission

We are working every day with every resource in our community to get as much healthy, locally grown food to as many people as possible.



2022 by the numbers

2

Real Food CT Production
Giving Gardens

10

Young Farmer Interns trained
on Agricultural Skills

100

Volunteers helping feed
neighbors in need

14

Farm Surplus Partners

13

Recipient Organizations

31,000

Meals of Fresh Produce Donated

Growing Our Network Every Year



Production Partners

Sticks and Stones Farm - Newtown, CT
CVH Animal Sanctuary - Newtown, CT



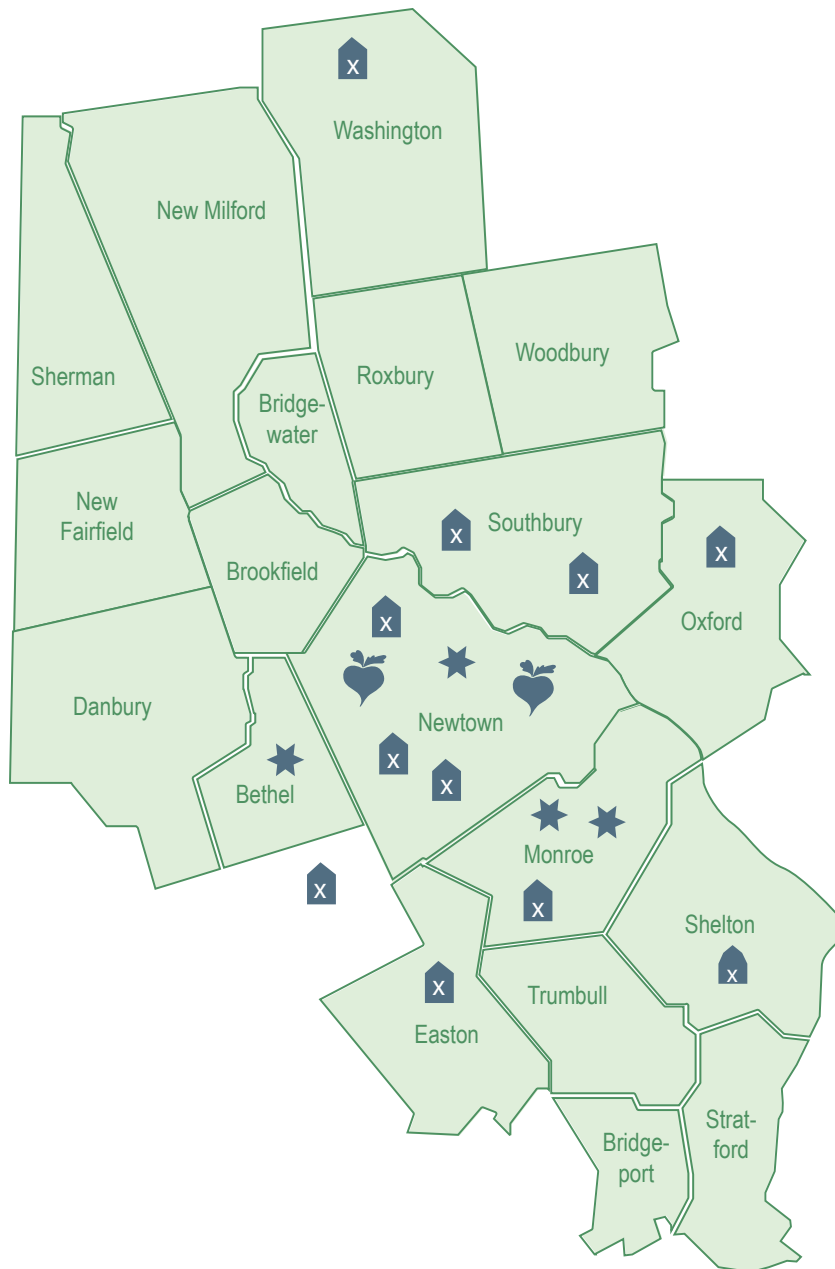
Farm Partners

Sport Hill Farm – Easton, CT
Waterview Farm – Monroe, CT
Moss Creek – Newtown, CT
Shorts Farm – Newtown, CT
Newtown Victory Garden – Newtown, CT
Newtown High School Greenery Class – Newtown, CT
Home Gardeners – Newtown, CT
Gazy Brothers – Oxford, CT
Laurel Glen – Shelton, CT
Hidden Gem Orchard – Southbury, CT
Daffodil Hill – Southbury, CT
Waldingfield Farm – Washington, CT



Farmers Markets

Newtown Farmers Market
Bethel Farmers Market
Mason's Farm Market Store in Monroe
Monroe Farmers Market



Actions Worth Investing In

All of our Programs center around getting nutritious food to neighbors and supporting our local food economy.

Giving Gardens

We establish and manage fruit and vegetable gardens and deliver our harvest directly to local food pantries and shelters.

Farm Surplus Delivery Program

We partner with farms and farmer's markets in our region to collect excess produce that would have otherwise gone to waste. We coordinate pickup and delivery on the combined schedules of the farms and food pantries. In doing so we reduce food waste, support our farmers, and feed more people.

Young Farmer Internship Training

Our Young Farmer Training Program teaches individuals, age 16-25, the foundations of farming, food production and distribution while serving the food security needs of their local community and preparing them for future jobs in the agriculture and food service space.

Regenerative Farming

In our gardens, we use the earth's natural resources to maximize production on small lots. Regenerative practices restore our soil and allow us to produce the healthiest, best-tasting produce possible for our neighbors in need.

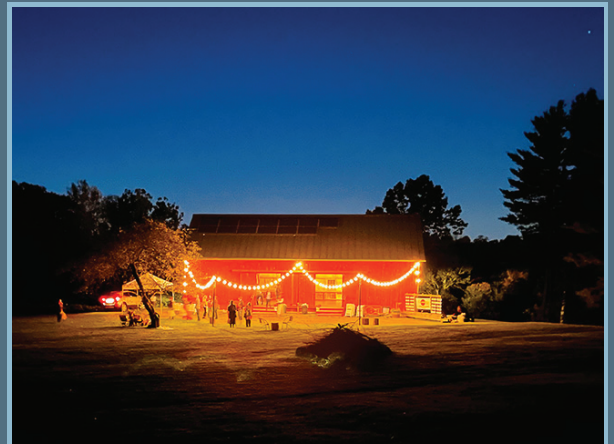
Educational Resources

Part of establishing a healthy, equitable food system is community education. Real Food CT produces educational webinars and a vibrant food blog filled with articles and videos about food, nutrition, and the importance of supporting our local food system.



New in 2022

- **AWARDED** a Connecticut Department of Agriculture Farm Viability Grant to help reproduce our Small Farm Model (acre sized farm) in underserved communities as an onramp for minority farming groups to gain access to skill training and land ownership.
- **AWARDED** funding for a full size greenhouse to extend our growing season at Sticks and Stones, allowing us to grow and donate more produce.
- **ADDED** a “Little Sprouts” young family education program as well as a “Grow Your Own” series to help home growers become more self sustaining.
- **ENJOYED** continued support from Fairfield County Community Foundation and Sustainable CT for our program operations.
- **NEW FARM TRACTOR!** A great deal from a farm friend will allow us to begin a true composting program at SnS.
- **SECOND** successful “Seed to Plate Fall Celebration” at Waldingfield Farm in Washington CT.



Financials

2022

Revenue

Donations

Private Donations: \$39,000

Grants: \$65,000

CT Viability Grant: \$24,000

Sustainable CT Grant: \$7,000

Fairfield County Community Foundation: \$25,000

Grassroots Fund Young Leadership Grant: \$4,590

United Way Danbury Food: \$4,000

Seed to Plate Sponsors: \$6,250

Total Revenue

\$111,000.00

GROSS PROFIT

\$111,000.00

Expenditures

Fundraising Expenses

\$9,790.00

Advertising & Marketing

\$1,701.00

Car, Truck, Transportation

\$7,565.00

Rent & Lease

\$1,200.00

Insurance

\$4,553.34

Legal & Professional Services

\$815.00

Office Supplies & Software

\$4,857.00

Payroll Expenses

\$70,000

Summer Interns: \$14,000

Executive Director: \$50,000

Payroll Taxes: \$6,000

Taxes & Licenses

\$5,401.00

Program Expenses

\$39,870.00

Contractors: \$4,000

Greenhouse: \$1,300

Gear and Equipment: \$5,641

Utilities: \$571

Repairs/Maintenance: \$1,318

Seed to Plate Expenses: \$9,790.00

Seeds, Soil, Amendments: \$8,348.30

Total Expenditures

\$139,750

NET OPERATING REVENUE

-\$28,678

What's Ahead in 2023

New Board of Directors

Our first round of recruiting new Board members will be completed by the end of Q1. Our first time expanding since our founding team.

Small Farm Model Development

Small Farm Model Development: Workshops, community partner engagement, research, and consultants to help us map out a dynamic proposal on how to strengthen our local food infrastructure.

New Events and Workshops

We'll be looking to host more fun farm workshops all season long.

Stay tuned for updates!



Real Food CT

Board of Directors

Sean Fitzpatrick, Founder
Nancy Zycheck
Dave Haze
Kim Cosar
Lisa Rioni
Keric Kenny
Charles Parrish
Monica Kim Roberts
Rory O'Kane

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Executive Director

Sean Fitzpatrick

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Garden and Delivery Manager

Rebecca Walsh

Interns

Jaime Adams
Sarah Adams
Acadia Peterson
Tyler Weiss
Ahn Steimel
Maddie Larsen
Farrah Hass
Riley Maloney
Brooke Remson

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Core Volunteers

Carol Walsh
Terry Tortorra
Pat Naylor
Becky McCart
Cap Pryor
Kim Hornby
Gail Diminico
MaryAnn Fisher
David McCarthy

Real Food CT

Everyone deserves access to healthy food

