



# Annual Report 2023





# Real Food CT is

A non-profit organization that brings locally grown, healthy food to people who need it.

## Vision

We believe everyone deserves access to healthy food.

## Mission

Real Food CT tackles rising food insecurity by connecting regional farms, including our own, to provide healthy options for vulnerable populations. We train young farmer interns, mobilize food system partnerships, and maximize our regional farm network to make sure locally grown produce goes where it is needed most. Focused on sustainability, we advocate for improved local infrastructure, envisioning a robust food hub to efficiently connect farmers with hunger relief, schools, hospitals, and healthcare initiatives.

## We Value

**Sustainability:** Nurturing our farmland with Regenerative Farming practices, reducing the need for chemical inputs, and increasing the nutrient density of the food we eat.

**Food Justice:** Building supply chains that ensure fair distribution and access to healthy food for everyone.

**Local Farms:** Promoting and supporting a vibrant local food economy

**Education:** Training young farmers and promoting the value of a strong local food system

**Health:** Preventing disease and promoting prosperity with healthy and delicious food choices

**Diversity:** Appreciating the value of diversity in food culture, and lifestyle



# 2023 by the numbers

**2**

Real Food CT Small Farms

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**8**

Young Farmer Interns trained  
on Agricultural Skills

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**150**

Volunteers helping feed  
neighbors in need

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**20**

Farm + Market Surplus Partners

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**15**

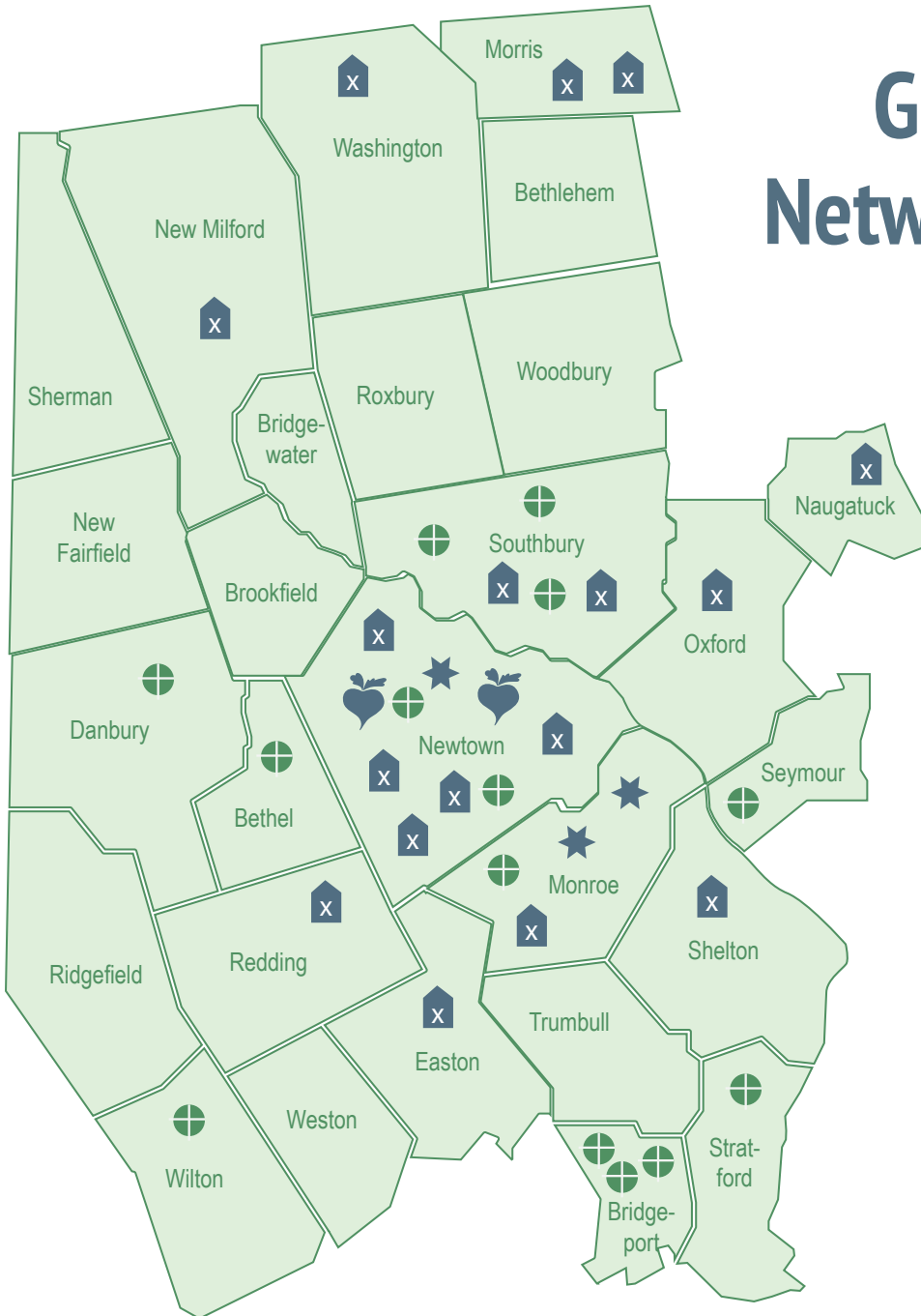
Recipient Organizations

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**30,000**

Pounds of Locally-grown 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 Farm, Newtown, CT  
 Shortts Farm, Newtown, CT  
 Newtown Victory Garden, Newtown, CT  
 Newtown HS Greenery Class, Newtown, CT  
 Home Gardeners - Newtown, CT  
 Gazy Brothers Farm, Oxford, CT  
 Laurel Glen Farm, Shelton, CT  
 Hidden Gem Orchard, Southbury, CT  
 Daffodil Hill Growers, Southbury, CT  
 Waldingfield Farm, Washington, CT  
 Fort Hill Farm, New Milford, CT  
 Hungry Reaper Farm, Morristown, CT  
 Sunset Farm, Naugatuck, CT  
 New Pond Farm, Redding, CT  
 Towns Farm, Morris, CT

**Food Pantries Served**  
 Walnut Hill Community Church - Bethel  
 Bridgeport Rescue Mission - Bridgeport  
 Fridgeport - Bridgeport  
 Thomas Merton Center - Bridgeport  
 Community Food Rescue - Danbury  
 Monroe Food Pantry - Monroe  
 Faith Food Pantry - Newtown  
 Newtown Congregational Church - Newtown  
 Little Free Pantry on Skokorat - Seymour  
 Calvary Church - Southbury  
 Southbury Food Pantry - Southbury  
 Sterling House Community Center - Stratford  
 Wilton Food Pantry - Wilton

**Farmers Markets**  
 Newtown Farmers Market  
 Mason's Farm Market Store in Monroe  
 Monroe Farmers Market

**Delivery Network Partners**  
 US Food Rescue  
 Meals on Main Street



# 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.

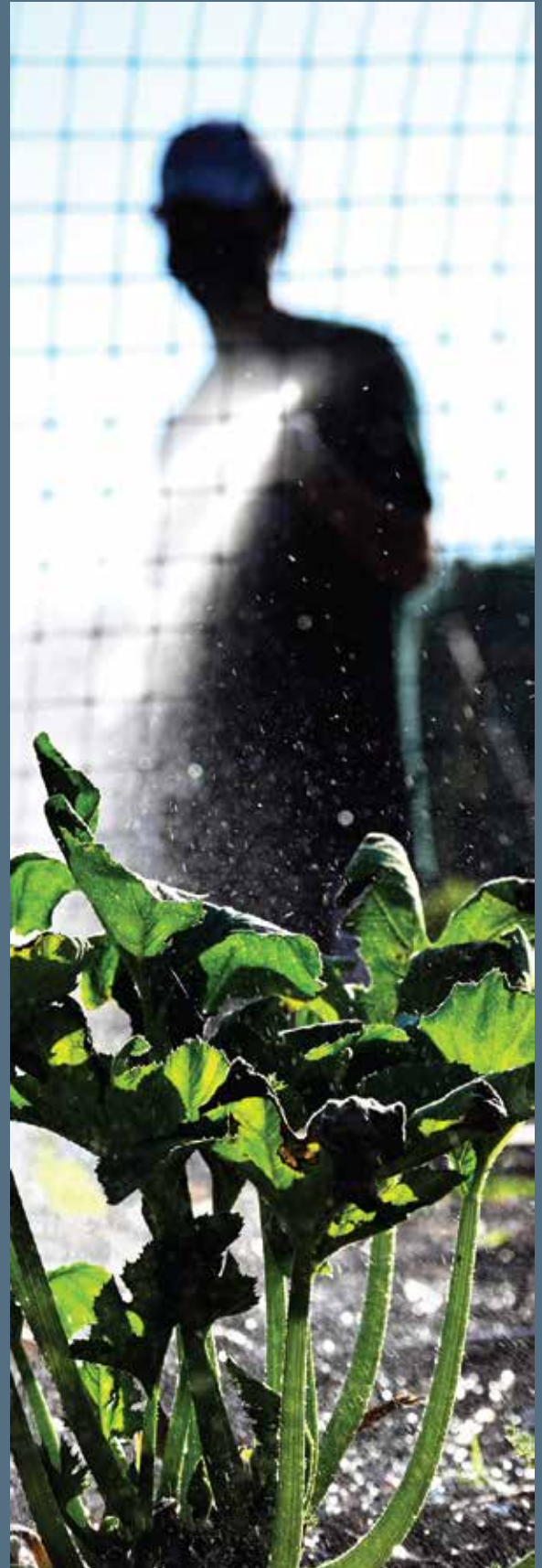


## Educational Resources

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 2023

- **COMPLETED** Small Farm Model CT Department of Agriculture Farm Viability Project. Our team finished the framework of a replicable acre sized production farm at Sticks and Stones in Newtown. In addition, we mapped out a process for hunger relief partners to start their own farms to benefit their communities, interviewing many of our existing network to collect feedback and gauge interest.
- **WELCOMED** 7 new Board of Directors to help create a sustainable future for all of our community initiatives.
- **EXPANDED** our Sticks and Stones production with our first full season of our greenhouse at the farm.
- **FOOD HUB PILOT PROGRAM.** For the first time we ran a pilot program for purchasing food from our farm partners for hunger relief, moving thousands of dollars of locally grown produce to an organization called Meals on Main Street which has a network in lower Fairfield County and Westchester, NY
- **GRATEFUL FOR** Support from the CT Department of Agriculture, Newtown Savings Bank, and the Fairfield County Community Foundation for ongoing organizational support.
- **ADDED** Our first Family Farm and Fun Day at Sticks and Stones Farm in addition to our Seed to Plate fundraiser.



# Financials

## 2023

### Revenue

Donations	66,593.64
Seed to Plate	9,606.00
Grants (NRCS - USDA)	11,693.60
Interest Income	21.09
Non-Profit Revenue	99.40
<b>Total Revenue</b>	<b>\$88,013.73</b>
<b>GROSS PROFIT</b>	<b>\$88,013.73</b>

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### Expenditures

Fundraising Expenses	895.40
General & Admin Expenses	704.25
Advertising & Marketing	853.76
Car & Truck	2,581.81
Contractors	11,500
Insurance	8,738.10
Interest Paid	-0.29
Legal & Professional Services	611.99
Taxes & Licenses	3,085.71
Uncategorized Expenses	1,715.23
<b>Total General &amp; Admin Expenses</b>	<b>\$33,797.87</b>

### Payroll Expenses

Taxes	3,540.18
Wages	24,191.01
<b>Total Payroll Expenses</b>	<b>\$27,199.01</b>

Program Expense	\$39,870.00
Gear & Equipment	624.78
Meals/Waters for Staff	285.48
Program Utilities	760.49
Repairs/Maintenance	78.05
Seed to Plate Expenses	10,465.53
Seeds, Soil, Amendments:	\$8,348.30
<b>Total Program Expenses</b>	<b>\$19,538.10</b>
<b>Total Expenditures</b>	<b>\$81,430.38</b>

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**NET OPERATING REVENUE**

**\$6,583.35**

**NET REVENUE**

**\$6,583.35**



# What's Ahead in 2023

## **Food Hub**

Our team is hard at work building a framework for a regional Food Hub that would have the potential to support our local farms with upfront revenue while distributing healthy food to hunger relief organizations, schools, hospitals, restaurants and more.

## **Newtown Food and Farm Ecosystem**

We continue to explore and map out the potential of an integrated food, farm, and stewardship program that would connect Newtown non-profits and create educational opportunities for our regional youth.

## **New Quarterly Events**

Stay tuned for our developing quarterly schedule of local farm and food system events, including: Family Farm Day, Seed to Plate, Food System Panel, Local Food Movie Night, and more.

## **Our First Operations Director**

We will be looking to make a higher in Q1/Q2 to help drive our operations this upcoming year.

Stay tuned for updates!





# Real Food CT

## Board of Directors

Sean Fitzpatrick, President  
Keric Kenny, Vice President  
Rory O’Kane, Finance Chair  
Kim Roberts, Events Chair  
Lisa Rioni, Secretary  
David Haze  
Nancy Zycek  
Chip Parrish  
Sean McCormick  
Shirin Bhan  
Bryan Dougherty

## Executive Director

Sean Fitzpatrick

## Garden Operations & Delivery Management

Nancy Zycek  
David Haze  
Kim Cosar  
Rebecca Walsh

## Interns

Rebecca Walsh  
Jamie Adams  
Ahn Steimel  
Liz Gotschlich  
Jessica Tedesco  
Max Durden  
Sara Buglione  
Leona Brooke Remson

## Core Volunteers

Carol Walsh - Gardens  
Terry Tortorra - Gardens  
Pat Naylor - Gardens  
Jan Bernard - Gardens  
Amanda Tsai - Communications  
Megan Hus - Little Sprouts  
Victoria Zycek - Jr Intern and  
Little Sprouts Helper  
Richie DeJulio - Operations

# Real Food CT

*Everyone deserves access to healthy food*

