



VYCC Community Page

MMU Students Explore Richmond's Food Security Movements

We walked into a little cafeteria which had children's art all over the walls and tables on the sides until we were greeted by the cafeteria lady of Richmond Elementary school, Karyl Kent. Kent recently started trying to get healthy, local foods into the cafeteria. As Kent told us, "the closer a vegetable is to the soil it was grown in the healthier it is." Before the idea to make the cafeteria a healthier place, the school used to primarily serve canned and packaged food. Kent, a recent restaurant chef, refused to just open up cans and tear open packaged chicken nuggets every day. Instead the school uses fresh vegetables and fruit provided by the VYCC's Monitor Barns Farm, Jericho Settlers Farm, and other Vermont resources. She was inspired by Alison Forrest, the cook at Brewster-Pierce School in Huntington.



a month come in and ask for food to help their families. The food self never sends a family home without food.

These two organizations are helping people by getting them healthy local foods. They're making a big difference by making new choices available to everyone, not just for people that go to the farmers market or organic food stores.

The MMU School Crew is a unique work-based learning opportunity offered by the Vermont Youth Conservation Corps (VYCC). Students earn academic credit while completing environmental conservation projects in the Richmond-Huntington area. Through a partnership with The Times Ink! the crew is responsible for writing an article each month for the newspaper. VYCC Crew Leaders guide the students as they learn and practice their research, communication, and writing skills. The MMU crew is one of nine VYCC School Crews based throughout the state.



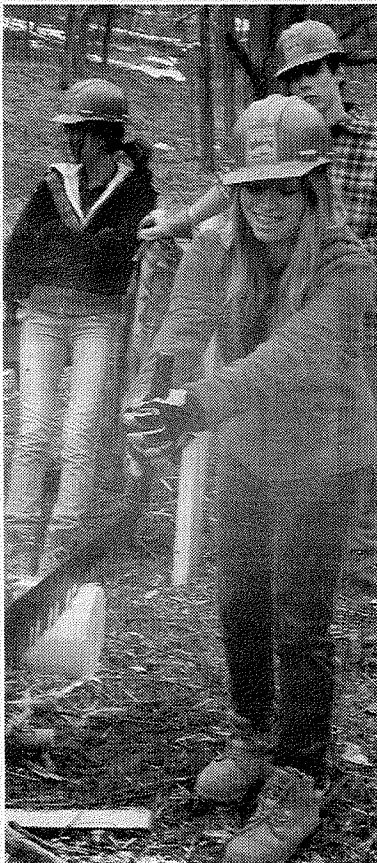
Richmond Elementary School gets frozen meat and flour from the government. However, Kent has started projects that are unique and creative to get fresh food to the cafeteria. The carrots were provided by a picking party where students and their parents competed in a contest on the biggest carrot and funkiest carrot. At the end, the school collected and bought around 400 pounds of carrots from Jericho Settlers Farm. They are currently still using the carrots. The students' favorite meal is and always has been pancakes, and every time the students ask Kent if they were

eating real maple syrup. Every day it was the same answer, no. The maple syrup seemed to be a real problem so they started an "Adopt a Maple Tree" program. Many families donated money to help adopt trees for the maple syrup. Finally Kent was able to answer, yes. After the announcement, the students burst into an applause.

food shelf and since the beginning she had new ideas to organize and change the food shelf. She had a fundraiser to buy a fridge to hold eggs, meat, and bread products. The bread products are from On The Rise while many of the fresh vegetables are from the VYCC.

The food shelf in Richmond is another good example of a place that recently started taking in local vegetables to give to local families. Marcia Levison, who gave us a tour, is a lady who helps organize the

One of the ways that the food shelf raises money to buy food is selling clothes at the Thrift Store in Richmond. People donate their old clothes, and the money the Food Shelf gets from selling the clothes gets used to buy food. About 30-50 families



Amanda Cota

Why Did You Join the VYCC School Program?

I wanted to join the VYCC program because I wanted to learn different skills. And I learn a lot about the world around me by helping people.

What Was Your Favorite Project?

My favorite project was when we went to the state house and we got a tour and then we walked around the city and went to a museum and got food!

What Have You Learned?

I've learned a lot, but my favorite thing was when we learned how to work as a team and we had to work together. And I think it's important because we all grew stronger as friends.

Samantha Brown



One day I was taken out of class, and I was told about this program. When I'm at school I'm always shy and not saying anything, and I can't learn at all. I would get 50, 60, and 70's on my test. So I wanted to do VYCC for the hands on learning experience, and every

day I noticed that I was not as shy. The most important thing I have learned from VYCC is not to be shy. I am still shy at first but not every time.

From all the projects that we did my favorite would have to be going to the state house because I met a lot of new people and I learned a lot. My other favorite project was the trail work at the Interval because it was the first project, and I learned a lot about tools and mushrooms.

Alex Thibault

Why Did You Join the VYCC School Program?

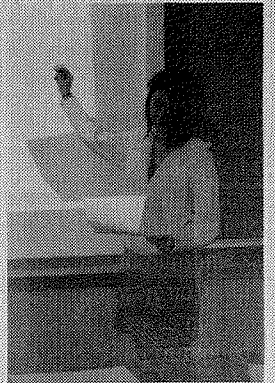
I wanted to join the VYCC because you don't have to sit in a desk all day. You're outside moving. I also get paid \$10 a day.

What Was Your Favorite Project?

I liked splitting wood because I got better and better at it so it got easier and fun.

What Have You Learned?

I learned how to communicate better with my crew and to speak up when I have to. I think this skill is important because it's a way to stick up for myself and to focus more.



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