



Cultivating a thriving food economy
by building bridges between regional
food producers and consumers.



ANNUAL REPORT
July 2022 - June 2023

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A message from the Executive Director

This past year is one that truly feels like it started to set the course for the future of our work and organization. Our team moved into a new office (seen on the back cover) that has enough room for us to grow and be more fully present together. We completed an initial phase of work with a consultant exploring ways to increase our positive impact on issues of equity and racial justice. Our programming also continued to find new ways to impact the community. Farmers' markets strongly bounced back after the pandemic and our Seacoast Harvest local food guide was distributed to dozens of new sites. On-farm workshops and youth programs increased awareness of local food and farms for hundreds of families. All of this work could not have been possible without YOU. I'm grateful for the support throughout the past year and look forward to further developing our impact in the years to come. I encourage you to continue supporting SEL!

In food and community,



Shawn Menard



CONNECT WITH US

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director@seacoasteatlocal.org



seacoasteatlocal.org



[@seacoasteatlocal](https://www.facebook.com/seacoasteatlocal)



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Staff pictured above in order of appearance: Morgan Morani, Celeste Gingras, Ian Lupica, Shawn Menard, Caroline Beaton, Ali Fleming, Naomi DePalm, Monica Warren (Intern), Liz Joseph, & Emily Abrusci (Intern)



VOICES IN OUR COMMUNITY

"This is such an incredible program. As a working mother, I aspire to cook with my children. But the planning required - including finding easy recipes - is sometimes just too much. Having the simple printed recipes with all the ingredients - this was a really amazing gift for the whole family and made it easy to involve everyone."

Parents of students in the crEATe Program



"I love SEL markets. I'm making a point to try and schedule more. The staff are so chill and easy to work with."

Ersilia Designs (market vendor)



"It was really interesting to learn about how Fat Peach Farm built the cob oven with the support of their friends! I loved the farm setting and now I crave garlic scape pesto all the time. I appreciated that we had the opportunity to make our own pizzas -- that hands on element was great...not to mention all the ingredients grown right there on the farm."

Participant of on-farm workshop



"SEL has been really helpful in getting us set up with SNAP. We've felt supported through the entire process."

Heron Pond Farm (SNAP site & vendor)



KEY ACHIEVEMENTS

\$18,654 in food

purchased from 28 local farms and producers to distribute during youth education programs



17,088 Visitors

to Seacoast Harvest online Local Food Guide



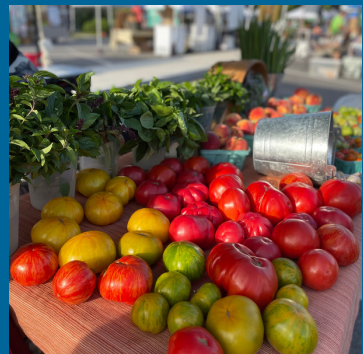
1,500 Shoppers

on average at our Winter Farmers' Markets, an increase of 67% over the previous year



95 Farmers' Markets

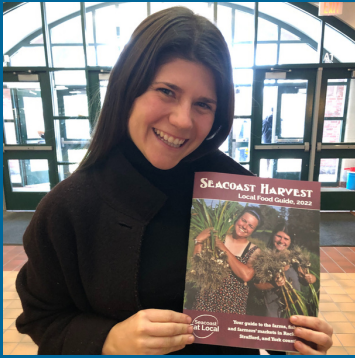
held, meaning we had a market on 26% of the total days of the year



35 SNAP Recipients

were provided a CSA share valuing a total of \$14,710

KEY ACHIEVEMENTS



130 Locations

where our Seacoast Harvest Local Food Guide is available for FREE



194 People

participated in on-farm educational workshops

6.5 Score out of 7

average given by Education Workshop participants that the event motivated them to buy more local food



83% Kids

who tasted a new food in the crEATe Program



601 K-8 Students

and their families received fresh food and recipe bags through participation in Education programs

INDIVIDUAL & FAMILY DONORS

Barbara Adams	Henry & Louise Deshaies	Kelly Izbicki
Nina B. Aldrich	Kristen Deshaies	Jane Jensen
Erica Ambra	Charles DeVito	Eleanor Kane
Patti Anastasia	Linda Downey	Shirley Kane
Ellisa Arbogast	Rebecca Duggan	Susan Kaufmann
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Pamela Bluestone	Tyler Gadwah	Merlin Mason
Paula Boivin	Christine Gallant	Smoot Family Fund
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Geoffrey E. Clark & Martha Fuller Clark Fund	Lawrence Hager	John Nelson
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Romeo Danais	Tami Hoffman	Joan Ouellette
Gabe Danzilio	Karolyn Hoida	Terri Page
Kim Davies	Naomi Howes	Ray Panek
Michelle Davis	Heather Hughes	Ann & Tom Parziale

SUPPORTER SPOTLIGHT

Nancy Vawter - Monthly Donor

I believe in doing my part to support our local businesses and that includes our food growers! Seacoast Eat Local helps gives us all access to local food and other amazing, locally made products. They deserve our support all year!



Ann & Tom Parziale - Longtime Donors

We abandoned industrial ag about 20 years ago and committed to growing many of our own vegetables. Any food we purchased would be from local farms whose practices were humane and sustainable. We value and support Seacoast Eat Local because of their dedication to making healthy local food accessible to all and because of their efforts to provide information about local farms to the seacoast community.

Jeremy Lougee - Monthly Donor

My family believes that a thriving local food system is a key ingredient to a happy and healthy life, and we donate monthly to Seacoast Eat Local to help support this vital work. It's equally important to us that local food be accessible to all consumers, and we're grateful that Seacoast Eat Local works tirelessly to that end. Thank you Seacoast Eat Local for all that you do!!



Jeff Pillet-Shore - Annual Donor

I am very fortunate to work for employer who provides generous employee, matching funds for philanthropic donations. Using that benefit to support Seacoast Eat Local is an easy choice; they do so much in so many ways to benefit the community which I live and work. As a resident of the seacoast for nearly 15 years, I can touch, see and certainly taste the difference they make for my family and those around us.

INDIVIDUAL & FAMILY DONORS

Diane Louise Paul
Abram Pearson
Ben Pecora
Terri Perrin
Janet Peters
Thomas Pfau
Parker Philbrick
Teresa Picard
Gregory Pike
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Stephanie Simmons
Ilyse Sirmaian
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Sarah Smith
Leo Smock Randall
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Susan Sotir
Laura Spelke
Kaitlyn St. Amand
Jon Strymish
Arockia Suthan Nallapparaj
Lisa Sweet
Laurie Szilagyi
Lisa Tessier
Tara Tracy
Linda Tyring
Lyn Vail
Michele Varney
Nancy Vawter
Amber Wadsworth
Moirra Walker
Grace Webb
Lauren Wool
Sean Young

BECOME A DONOR

Our network of donors provides a foundation for our organization to operate and have a positive impact on the community. There are many ways to support our work through donations including:

One time annual donation
Monthly recurring donation
Donor-advised funds
Employer matching donations
Donations of stock
Bequests / estate planning

Contact us or visit our website for more info.

BUSINESS SUPPORTERS

45 Market Street Bakery and Cafe
Allagash Brewing Company
Allergy Associates of NH
Applecree Farm Orchards
Autodesk Foundation
Barker's Farm
Big Scott's Local Grown
Black Kettle Farm
Black Trumpet Bistro
Blueberry Bay Farm
Brasen Hill Farm
Butternut Farm
Congregational Church of Exeter
Coppal House Farm
Crows' Feat Farm
DeMeritt Hill Farm
Dunk's Mushrooms
Durham Agricultural Commission
East Wind Farm
Emery Farm Market and Cafe
Exeter Hospital
Farm Credit East
Fat Peach Farm
Figtree Kitchen
Flôte
Fox Point Oysters
Gather
Governor Dale Farm
Great Works Regional Land Trust
Hannaford
Heinemann
High5EM
Karimah's Kitchen

Kennebunk Savings Bank
Kittery Community Market
LANEY & LU
Las Olas, LLC
League of Conservation Voters
Libby & Son U-Picks
McDougal Orchards
Misty Meadows Herbal Center
Mr. Fox Composting
New Hampshire Charitable Foundation
New Hampshire Coffee Roasting Co.
New Hampshire Dept of Agriculture
New Hampshire Food Bank
Newburyport Bank
Picaro Farm
Plates for Change
Riverside Farm
RiverWoods Group
Saltbox Farm
Seacoast Permaculture Group
Squamscott Winery
Stout Oak Farm
Sturgeon Creek Farm
Town of Exeter
Thrive Family Chiropractic
Vernon Family Farm
Wentworth-Douglass Hospital
Wentworth Greenhouses
White Heron Tea
Whole Cities Foundation
Winnepesaukee Chocolates
You Have Our Trust Fund
Zach's Farm

Evan Mallett - Black Trumpet Bistro

It was a sincere pleasure to host the SEL fundraiser again this year after having to take a couple years off during the pandemic. My staff and I look forward to continuing this tradition in the future as the SEL dinner is one of the brightest nights of the winter. I wish SEL continued success and I truly appreciate all they do for our community.



JOIN OUR GROWING LIST OF BUSINESS SUPPORTERS
AS A SPONSOR, PARTNER, DONOR, HOST AND MORE!

OUR PROGRAMS

In dedication to our mission, we operate four primary programs throughout the year.

Farmers' Markets

Four summer markets from May - October and two winter markets from November - April.



Seacoast Harvest

The annual publication of farms, fisheries, and farmers' markets in the Seacoast of NH and ME.



SNAP & Incentives

Enabling low-income households and other target populations increased access to local food.



Education

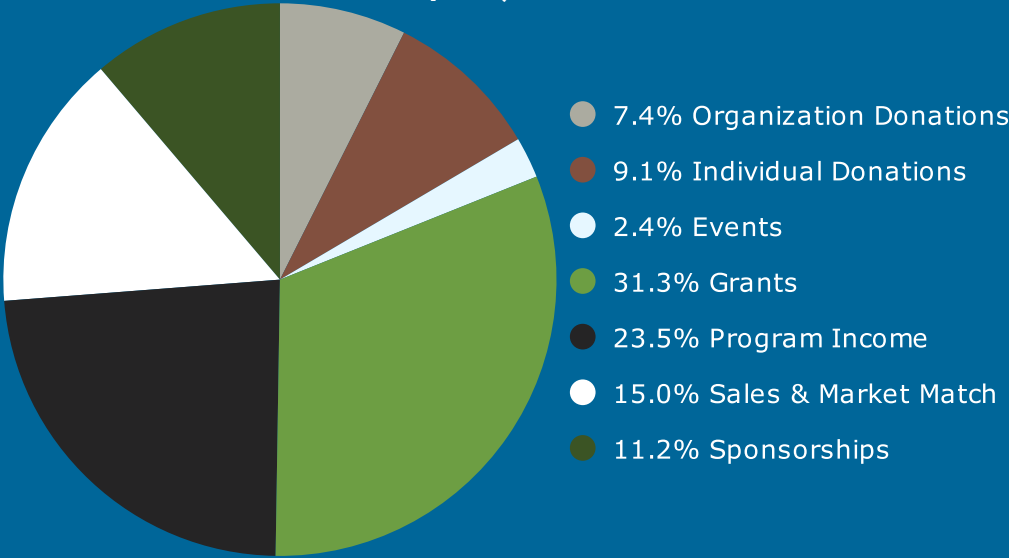
Creating more awareness of local food and farms through public and private events for kids and adults.



FINANCIAL SUMMARY

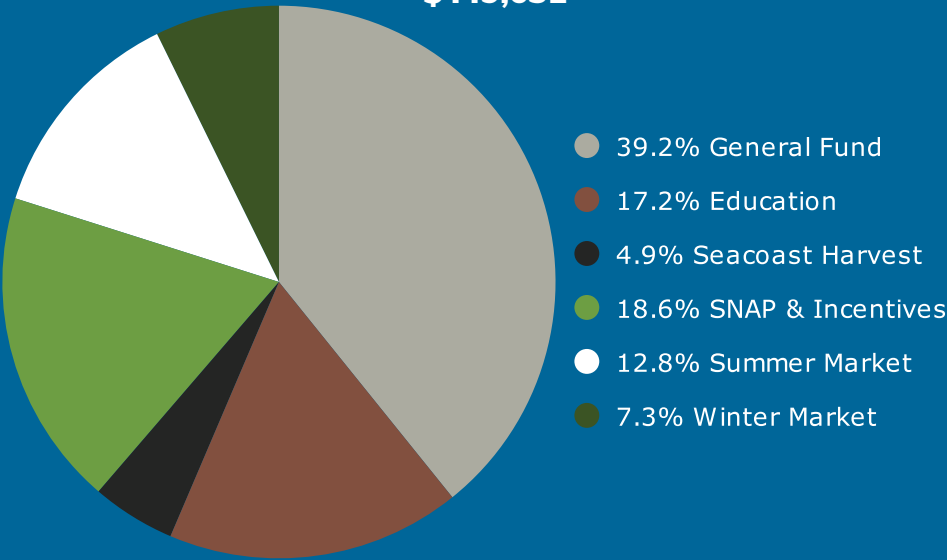
Revenue

\$408,797



Expenses

\$449,631



*Revenue total adjusted for funds received at end of previous fiscal year to support current fiscal year



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