

The University of Rhode Island Free Farmers' Market

Program Impact Report

2021-2023

The URI Free Farmers' Market (FFM) is a campus initiative to create an ultra-localized food system that connects URI grown produce to URI students. The URI FFM acknowledges the lack of food access that affects college students and strives to provide on campus access to locally grown fresh fruits and vegetables, free of charge.



Farm to Market Impact

The FFM aims to support all students by increasing access and eliminating cost. This effort wouldn't be possible without student volunteers at the farms and market.

From 2021-2023:



17,000

lbs. of produce distributed

From the URI Farms (Agronomy and East Farm)



161

Dozens of eggs distributed

From Peckham Farm



3,200

Students Reached

Including undergraduate and graduate students



130

Volunteers Involved

Across multiple colleges, majors, and courses



30

Student FFM Team Members

Comprising the FFM Research, Communications, Diveristy, Farm, Market, and Athletics Team



"The farm was way better than I expected it to be! I felt like I was getting like my sun in, it was very peaceful and quiet, you could listen to music and just harvest the vegetables, which was really nice!"
- 2022 Student Volunteer

Nutrition Facts

Serving Size: Weekly Bag

Amount Per Serving

Calories 1684.7

		% Daily Value*
Total Fat	27.5 g	35 %
Saturated Fat	7.6 g	38 %
Trans Fat	0 g	
Sodium	496.6 mg	22 %
Total Carbohydrate	329.6 g	120 %
Dietary Fiber	80.5 g	287 %
Total Sugars	124.9 g	
Added Sugars	0 g	0 %
Protein	63.2 g	
Vitamin D	4.4 mcg	22 %
Calcium	780.9 mg	60 %
Iron	20.6 mg	114 %
Potassium	9364.3 mg	199 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A weekly bag from the FFM provides nutrients to support a healthy lifestyle

while low in sodium and added sugars

Contact Us

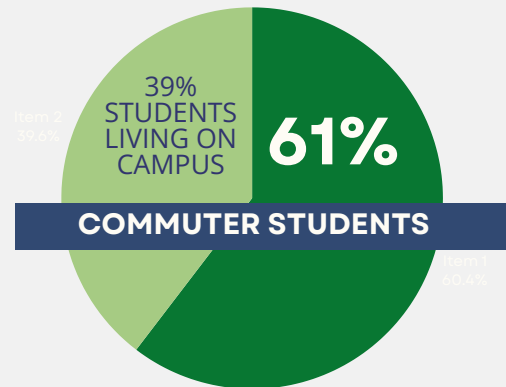
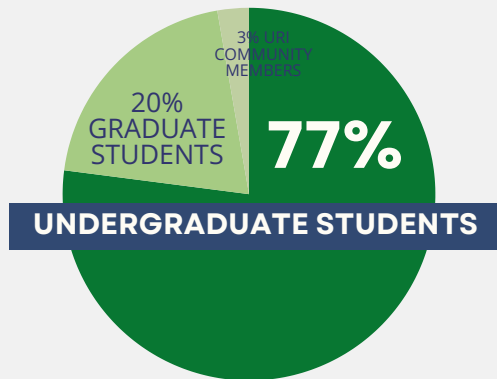
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Program Reach

Market Research Survey:

Online survey distributed at the FFM to determine participant demographics, risk of food insecurity, and program acceptability

877 Market Participants Surveyed on Average Per Year



8% TRANSFER STUDENTS

11% QUALIFY FOR WORK STUDY

12% RECEIVED PELL GRANT

27% FIRST GENERATION STUDENTS

70% SCREENED AT RISK FOR FOOD INSECURITY

Frequent attendees of the FFM saw an increase in fruit and vegetable intake as assessed by an object skin measurement tool,

The Veggie Meter

Average Dermal Carotenoid Score

307

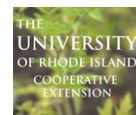


"When I first saw it, I was in disbelief. I think it's fantastic that you guys are doing that. It definitely makes you feel like this school is supporting you, so it was really comforting, and helpful."
-2022 FFM Attendee



FFM Support and Volunteerism

The URI Free Farmers' Market ultra-localized food system is supported by URI Farms, Health Services (Health Promotion), Department of Nutrition, Dining Services, Cooperative Extension, URI student, faculty and staff volunteers.



SCAN FOR MORE INFORMATION ON HOW TO GET INVOLVED OR DONATE TO THE URI FFM



Contact Us

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