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Poughkeepsie Farm Project receives \$2,500 check from Ulster Savings Charitable Foundation. Pictured (from left to right) John Finch, EVP/COO, Ulster Savings Bank; Bill Calderara, President and CEO, Ulster Savings Bank; Ray Armater, Executive Director, Poughkeepsie Farm Project; and MaryRose Warcholak, Senior VP of Branch Administration.

ULSTER SAVINGS CHARITABLE FOUNDATION AWARDS POUGHKEEPSIE FARM PROJECT WITH \$2,500 GRANT

(Kingston, NY) Poughkeepsie Farm Project (PFP) has been awarded a \$2,500 grant from Ulster Savings Charitable Foundation to support its Seeds of the Food System program.

A not-for-profit organization, PFP is a member-supported farm in the City of Poughkeepsie that grows fresh vegetables and fruit for their CSA, trains future farmers, provides hands-on educational programs, and improves access to healthy locally-grown food. PFP plans on using the grant money to support their Seeds of the Food System program, a seed saving, gardening, and healthy eating workshop series for at-risk teenagers. The program not only provides youth with weekly boxes of local vegetables, but it also offers educational opportunities in growing, harvesting, and cooking fresh produce to equip participants with the knowledge and skills that are necessary for incorporating healthy eating habits into their lives and to potentially pursue careers in agriculture.

“Seeds of the Food System is a targeted approach to providing safe after-school activities to at-risk teens,” said Ray Armater, Executive Director of PFP. “Positive, firsthand experiences engaging with food as a young person is a powerful way of making the connection between land, plants, and nourishment. We are grateful for this grant from Ulster Savings as it will help us engage low-income youth with this hands-on program,” he added.

The Ulster Savings Charitable Foundation was formed in 2003 to assist the local community in areas of housing, education, and human services.

For more information about the Poughkeepsie Farm Project, please visit them online at www.farmproject.org.

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