The purpose of this study is to examine how the gleaning network in Vermont functions as part of a movement towards disrupting the waste stream, improving food security and individual empowerment, and creating a sustainable food system. Gleaning is the volunteer-based practice of recapturing usable but not sellable food from fields post-harvest. In Vermont, this food is then used to improve food access for marginalized populations. Using community-based research methods with non-profit organization Salvation Farms, this research will study how gleaning in Vermont creates networks between farmers and consumers and how it connects institutions to local farmers. It will explain how gleaning shapes people’s perceptions of their food system, how it creates and defines community, and what we can learn about increasing personal investment in the Vermont food system. Gleaning’s merit as a practice to help create more resilience will also be evaluated. Using Bourdieu’s theories on social capital and a comprehensive examination of social capital’s role in the food system, the practice of gleaning will be demonstrated to be a highly effective tool to create community and interpersonal ties.