

Lamoille Community Food Share Newsletter

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THANKSGIVING IS COMING!



We are starting the preparations for our Thanksgiving baskets. That includes watching the store fliers for items on sale, looking for storage space for those items and planning how it will all come together.

Last year 288 families received the makings for a turkey dinner from LCFS. We include vegetables, fruits, margarine, cranberry sauce, Jell-O, canned pumpkin, pie crust, stuffing, gravy, muffin mix and fresh squash. Chris' Challenge turkey drive will help us get a turkey for every basket. In addition, the Stowe Turkey Challenge will raise funds to help us buy the other components - \$10 provides the fixings for a family of four. You can help by supporting either of these groups or by donating money directly to LCFS. Thank you for helping to make bountiful tables for the holiday.

Lamoille Community Food Share, Inc.
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BLUE PLATE SPECIAL AWARDS

We are dependent on each and every donation we receive from the community

Our Wish List: Peanut Butter, Tuna, Canned Soup, Canned Fruit, Canned Vegetables, Spaghetti Sauce (in cans so it won't break), Pasta, Personal Hygiene Products, Coffee, Pork and Beans

Lamoille Community Food Share Check out our collection boxes at these locations near you!

Stowe:

Jewish Community Center of Greater Stowe (JCOGS)
St. John's-in-the-Mountains Episcopal Church
Stowe Mercantile

Mac's Market
Springer-Miller
Stowe Town Clerk's Office

Morrisville:

Community College of Vermont
Price Chopper

Copley Hospital Lobby
Puffer United Methodist Church

Copy That! We all know how much fun it is to deal with forms and paperwork. They can also represent a big expense! We have been fortunate to receive assistance in this area from **Polow, Polow and Mahoney**. They have been printing our daily paperwork for us, free of charge, for years. They also have printed posters and recipes for special events.

The **UPS Store in Stowe** has also been helping us with our printing needs. In addition to printing this newsletter, **John Clark** also helped us with a new thank you card that can be sent when a donation has been made to the Food Share in someone's honor. The cards are attractive and feature our logo. A donation can be the perfect gift for a special someone!

A Farewell to Summer and a thank you to **Cloverdale Farm** and **Bailey House Floral** for their donations of fresh corn. It was a wonderful treat and greatly appreciated!

CONGRATULATIONS! to LCFS board president **Caroline Ballard** who received the Good Neighbor Award from the Vermont Association of Realtors. Caroline does it all: helping clients, picking up food purchases and donations, fundraising at community events and of course, her work as a board member. We consider her a true force of nature and we are fortunate to have her on our team.



MAPLE SYRUP!

We are still selling pints of locally produced maple syrup as a fund raiser. They are \$10 a pint and all profits go directly to LCFS to help us keep our shelves stocked. You may have seen us at community events such as Hyjinx, Taste of Stowe, Copley Health Fair and Oktoberfest. These sweet gifts are also available in Morrisville at Thompson's Flour Shop and Haymaker Press, and in Stowe at Laughing Moon Chocolate. Or call us at 888-6550 to pick some up. They make a great teacher's gift, Christmas present, or hostess gift. Your thoughtfulness will be enjoyed and appreciated.

*LCFS is a volunteer-powered organization.
We couldn't do it without you! Thank you for your efforts.*

Letter From the President of LCFS: Caroline Ballard

In the last newsletter I wrote of 2007 as a “watershed” year. So far it has been that and more. As of the end of August we have had 1336 family visits for an average of 167 per month. In the same period last year we had 1026 visits or 128 per month. The increased numbers are probably a result of both our new location and changes in the economy. Have you noticed the price of food lately? Thanks to the generosity of our donors we have been able to keep up with the increased demand so far. Deb and her various “shoppers” spend a lot of time comparing prices and looking for the best deals around.

The Board of Directors has said goodbye and many thanks to Linda Shaw who brought us her expertise in nutrition. Carol Crawford has agreed to join us and we look forward to tapping into her organizational skills. Leah Ziegler is off to St. Michael's College and her sister Katie will be taking her place.

I want to take a moment to mention Corrinne Westover who is moving out of town. Corrinne has been our Saturday volunteer for years. When we were at Puffer she would walk to the pantry through any kind of weather to be sure our clients were served. Since our move several volunteers have been bringing her so we could stay open on Saturdays. Her smiling face and kind words will be sorely missed. Thank you Corrine for all that you have done. Good luck with your move.

As summer ends we move into our hectic season. Thanksgiving baskets are a huge effort in terms of time, money and organizational skills. Visits to the pantry generally increase as kids go back to school and “stick season” brings an end to many jobs. We hope our donors’ generosity will continue. Help us help your neighbors. Get your friends involved. Contributions of time, goods and cash are all appreciated.

The support we have received from the community has been wonderful. We thank you all.

Our Board of Directors: Caroline Ballard, Sara Babcock, Carol Crawford, Sheila Jourdan, Brian Norder, Dee Johnson, Frank Helker, Beverly Wood, Katie Ziegler
Food Share Manager: Deb Krempecke **Newsletter Editor:** Pete Brown

.....Frequently Asked Questions.....

1) How does the Food Share work?

A: We have two sections to our food pantry. First we have a section with government commodities we receive free once a month from TEFAP (The Emergency Food Assistance Program). There are guidelines that determine if the family is eligible for assistance and the majority (99%) of our clients are. They can go through and select which of these food products they can use.

Next, we go on to the “green shelves” where the LCFS food products are. Local individuals and groups donate food directly to us and we couldn't keep going without them. The rest we purchase with donated funds. We ask families to come no more than once a month so that we have enough to share with all who have a need.

We take a shopping cart and stop at each department of our shelves to help the client make good choices for themselves and their families. They have a “free choice” based on family size.

We have one basic guideline while shopping for nutritious foods: make sure we get the best price. Most of our stock comes from local stores; some we buy at the Vermont Foodbank.

.....Frequently Asked Questions.....

2) How can I help?

A: We are all busy people with a lot on our plates but there is a wonderful satisfaction that comes with giving a little of ourselves to support the community. Hunger is a growing issue here in Lamoille County. LCFS has a number of ways you can help. It could be something that you do once a week or once a month or once a year. We're flexible and appreciative of all the help we receive and we have a great time while we're at it! Volunteers can help at the pantry or in the community.

Become a Board Member: We add three new board members each year. Board members serve for three years. Join us and help shape our work and make a real difference in our community!

Helping out at the pantry: We are open six mornings a week and we need volunteers to stock shelves and help clients make selections. Our hours are 9 to 11:30 Monday through Friday. Saturdays are 9:30 to 11.

Food pickups: About once a month we need to have an order we've purchased picked up at the Foodbank in Barre and delivered to the pantry on Harrell Street. Would you be interested in making a Foodbank run? This effort would save us \$150 in delivery charges. We also need help unloading these orders if you're looking for a good workout! Closer to home, we could use a driver to pick up day old bread donations from local bakeries.

Group projects: Do you have a group of friends who would like to work together to help fight hunger in your community? Consider organizing a “road trip” to the Vermont Foodbank in Barre. You could participate in a Sort-A-Thon and for each hour worked by a volunteer they will credit the Food Share account \$2.50 towards our next purchase from them. Having a party? Ask your guests to bring a food donation for the Food Share (see our wish list).

Personal projects: If you see something from our wish list on sale, buy some to donate. Do you have extra freezer space that could be used to store frozen turkeys around Thanksgiving? Are you handy at building things? We have small construction projects that come up from time to time. Or maybe you'd like to help with fundraising by working a booth at various local festivals. There's always something going on so give us a call at 888-6550 and talk to our manager, Deb Krempecke. She'll find some way you can help. It will put a smile on your face.

3) Do we make a difference?

A: Sometimes the enormity of the task at hand can seem overwhelming. More and more families come to us looking for help putting enough nutritious food on their tables. Are we really helping or are we just a Band-Aid? Once in a while it's shown to us that we are indeed making a difference. A few weeks ago we got a \$50 donation from a woman. In her card, she thanked Lamoille Community Food Share for helping her and her kids last winter. That's what keeps us going. Here was a woman who had been forced to come to the Food Share in order to feed her family and now was doing better and wanted to help another family in need. Neighbor helping neighbor is what it's all about!

4) Have you ever considered adding a little “pizzazz” to your newsletter – color photos or glossy paper?

A: We would love to have a snazzy looking newsletter! But those extras would triple our printing costs. We want to stay in touch with our supporters in the community but we need to use our limited funds to buy food, so we keep it simple and save where we can.