

# Lamoille Community Food Share

*Established 1981*

802.888.6550    www.lcfoodshare.org    P.O. Box 173 Morrisville, VT 05661

## News from the Pantry - Fall 2009

### **BEN & JERRY'S DONATION BENEFITS LAMOILLE VALLEY HUNGER COALITION -**

Lamoille Community Food Share has a mission to provide nutritious food to those who visit their pantry but hard times call for thinking outside the box. That's why when Ben & Jerry's asked what they could do to help, LCFS decided to request ice cream!

Ben & Jerry's responded by offering over 3000 pints. Initially, LCFS was overwhelmed by the generous offer but then decided that the obvious solution was to share. Calls were made to the various agencies that fight hunger in our area. All are part of the Lamoille Valley Hunger Coalition. These agencies include 6 food shelves and 5 meal sites located in Cambridge, Hardwick, Johnson, Morrisville and Woodbury. As you can imagine, everyone was excited about the offer.

This ice cream mission would not have been possible without the help of volunteers. Joan Greene, Ken Kleinman, Marilyn Lytton, Karen Loh and Ellen Waldman made the journey to Waterbury to pick up and deliver to Morrisville. Larger food sites with big freezers stored ice cream for smaller sites that didn't have as much space. Private homes with extra freezer space provided temporary storage as well.

The "Ice Cream Mission" was truly a community effort starting with Nathan Lang and the Ben & Jerry's Community Action Team. Their generosity enabled those who fight hunger in our area to offer a little something extra. This ice cream literally brought smiles to peoples' faces.

### **UNIQUE COMMUNITY PARTNERSHIP -**

When you're stressed it's not a good idea to add strange food items to your diet. That's why LCFS offers free choice, allowing those who visit our pantry to choose what works best for their families.

The same idea holds true for pets. Local animal welfare agencies try to feed a consistent diet and sometimes they receive pet food donations they can't use. That has led to a unique partnership: the agencies with extra pet food are sharing with LCFS so that we can, in turn, pass that food along to those families with pets who visit our pantry. This partnership has helped those going through a rough patch keep their four legged friends rather than having to surrender them.

Studies have shown that interaction with animals can help reduce stress. Recent economic problems have led to shelters being overwhelmed with animals being surrendered by those who can no longer afford to keep them. By sharing pet food, both issues can be addressed and everyone comes out a winner.

If you're an animal lover and you've ever wondered about including some pet food with your donation during a food drive, now you know it will be put to good use. LCFS would like to thank North Country Animal League, Lamoille Valley Vet Service and Sequist Animal Hospital for sharing their extra food and helping to keep families and their pets together.

**If a free society cannot help the many who are poor, it cannot save the few who are rich.**  
~John F. Kennedy

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

For more information and collection box locations please check out our web site, drop us an email, or give us a call:

www.lcfoodshare.org    lcfoodshare@gmail.com    802.888.6550

### **FACTS of LIFE:**

- In 2007 we averaged 107 visits per month. In 2008 that jumped to 226 visits per month. So far in 2009 we are averaging 247 visits per month
- In 2008 we served a total of 2282 people in 755 families - in just the first eight months of 2009 we have served 2043 people in 657 families

## Helping Hands

by Hal Morrow

Our community is indeed fortunate to have members such as Alison Kaiser. She and her son Aiden dedicated their July Fourth weekend on behalf of LCFS by volunteering to collect



food at various venues around Stowe. Alison coordinated the placement and pickup of the donated food from Main Street locations and at the fireworks display. She negotiated to use a rental truck from Storage in Stowe for the movement of collection barrels from place to place and then delivered the donations to Food Share in Morrisville. All we had to do was open the pantry and help unload some five hundred pounds of food.

You may remember that Alison has also coordinated donations on election days in several towns to benefit pantries throughout the county. When asked, she stated that "This type of volunteerism can be so rewarding when so many people can be helped in such a simple way. The experience was also a great way to begin teaching Aiden about helping others."

We at LCFS are grateful for Alison and Aiden's contributions of time and effort for our community. They are an inspiration to us all. Thanks Alison and Aiden.

**Our Board of Directors:** Caroline Ballard, Sara Babcock, Carol Crawford, Frank Helker, Hal Morrow, Brian Norder, Rick Oden, Jan Tichansky, Katie Ziegler

**Food Share Manager:** Deb Krempecke **Newsletter Editor:** Pete Brown

## Your Donations Make A Difference!

For the past 28 years, LCFS has been providing help with food to those in need within our community. Our continued presence would not be possible without the food and financial support we get from the community as well as the help we receive from those willing to donate their time, allowing us to staff our pantry with friendly faces to help our clients select food for their families. Thanks!

## Contact Info Update

If your contact information has changed, or if you'd like to be removed from our mailing list, please let us know!

Our new email address is: [lcfoodshare@gmail.com](mailto:lcfoodshare@gmail.com)

Our web site address remains the same: [www.lcfoodshare.org](http://www.lcfoodshare.org)

## This Could Be You!



Lois Kiefer won our raffle at the Taste of Stowe. The prize was one of our beautiful tote bags filled with Vermont products.

See you at the Stowe Foliage Arts Festival, Oct 9th-11th!

**It is the greatest of all mistakes to do nothing because you can only do a little.**  
~Sidney Smith

## Fresh Produce Options Expanded at LCFS

Expanding the availability and consumption of fresh fruits for LCFS clients is a priority of the Board of Directors and manager. Two recent initiatives have helped to move us closer to this important goal.

With grants from the Oakland and Angell Foundations and the generosity of our donors, we have been able to increase our purchases and distribution of fresh fruits at the Food Share and we have also begun to offer fresh produce coupons to interested clients.

Canned fruit has always been popular and we felt that if we could offer a fresh option, we should. For a family that would receive 3 cans of fruit, we offer them 1 fresh option in lieu of 1 can. In the case of apples, this would consist of 6 apples. Other fresh fruits we have offered include oranges, blueberries and strawberries, all with great acceptance by our clients.

We have also made arrangements with Hannaford's and the Morrisville Farmers Market enabling us to give out \$2 coupons for fresh fruits and vegetables which can be redeemed at those locations. The stores and markets charge us only for those coupons that are redeemed so that if they are not used, there is no expense to the Food Share.

Since we are currently receiving a significant amount of fresh produce from Salvations Farms and other sources, we have not needed to give out a large number of these \$2 coupons as of yet but expect the number to increase as the growing season winds down.

LCFS President Caroline Ballard had this comment: "Clients are surprised and pleased to receive the coupons, particularly as they are given a choice of where to shop."

Again, thanks to the foundations and donors whose generosity allows us to provide the best possible service in these difficult times.