

# Lamoille Community Food Share

*Established 1981*

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

## Message From the President of LCFS: Caroline Ballard

What a difference a year makes. We see the difficult truth behind the headlines when new faces come to the pantry every day - people who have recently lost jobs, lost health coverage, are falling behind. The holidays were tough, with unprecedented numbers of families signing up for our Thanksgiving baskets and coming to the pantry for food.

The good news is that our community has stepped up big time. Some examples:

- Chris' Challenge provided us with all of the turkeys for our 460 baskets.
- The Turkey Challenge in the Stowe faith community provided money for all of the trimmings that go into the baskets.
- The Demars family donated storage space so we could start shopping for sales as early as September.
- The Laraway School provided muscle and good cheer as caseloads of food were stashed away.
- Price Chopper and Hannafords provided storage for all of the turkeys. It was truly a community wide effort.

The Christmas holiday saw lots of innovation in giving:

- Food donations instead of Secret Santa.
- Matching gifts from various businesses.
- Cash donations in lieu of gifts.
- Hannafords' Fund-a-Feast boxes.

We received many calls asking how people could help. We saw record numbers of families needing food and record quantities of food and funds coming in to help. Once again, the community came through to help their neighbors.

This year promises to be a tough one. Let's keep up the momentum. If you can send a donation, that's terrific. If you can purchase a couple of extra cans of food they will be appreciated. If you can spare some time to volunteer, you will be welcome. If you need help with food we will be here.

### **Mark your calendars - Volunteer Event/Open House!**

On Saturday, April 18th, from noon to 2:00, Lamoille Community Food Share is hosting an open house in honor of Volunteer Month. We couldn't operate without the generous efforts of our volunteers. We welcome all past, present and future volunteers to come meet each other and share your stories. If you've ever thought about volunteering but weren't sure what we were about, come in and see. Feel free to bring a friend and join us as we celebrate the wonderful people who keep our organization going!

I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back.

~Maya Angelou

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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@pshift.com    802.888.6550

### **FACTS of LIFE:**

- Averaged 266 visits per month in 2008; we saw 284 in January, 2009
- Averaging \$1,200 a month to buy milk and eggs alone
- Pasta used to be 33¢ a box and fruit 50¢ a can, now they cost \$1 each
- We served 755 families in 2008, including 867 children

## News from the Pantry

**LONG TERM SUPPORT** - We want to thank the Vermont Community Foundation and their advisors for their continued support over the years.

**WELCOME HELP** - LCFS is pleased that 2 of our Thanksgiving helpers have joined us as regular weekly volunteers. Rick Aupperlee and Dalton Marshall have been volunteering 2 or 3 times a week to perform a variety of tasks including bagging vegetables, picking up donations and even doing some shopping. With the increased number of clients we have been seeing the extra help really does make our workload lighter.

**THANK YOU** - We thank the local faith community for their ongoing support of our food shelf. We appreciate the effort that goes into these frequent drives for food and cash.

**RECYCLING** - We try to waste nothing at the pantry, but what we can't reuse goes to Lamoille Trash Services, where Jeff Foss gives us free recycling. The money we save gives us more for purchasing groceries

**BEYOND THE BASICS** - The donations we receive from food drives enables us to put items on the shelf that we would never be able to afford such as brown rice, whole wheat pasta, brand name soups, personal products and even organic and non-gluten products for those individuals with food allergies that require special diet selections.

Dear Anonymous,

You know who you are. You're the one who: brought in 6 boxes of food and wouldn't leave a name, or saw me at Big Lots buying cases of canned fruit and handed me \$20 when I was in the checkout line, or recognized me as "that lady from the Food Share" and gave me a \$10 donation of your hard earned money right from your pocket. I am always impressed by the donations we receive that help keep our pantry open but those anonymous ones always get to me. When my job seems overwhelming those thoughtful acts keep me going. Your kindness is greatly appreciated. Thanks, Deb

### Helping Hand

Long time supporter and former board member Mick Heller was instrumental in getting LCFS incorporated and helping us acquire our 501 (c) (3) status. Last year, he also helped the Woodstock Community Food Shelf do the same thing. They received their non-profit listing on Dec. 17, 2008. Treasurer Joan Williamson writes, "We could not have done it without your generous help. The information in your packet was our blueprint. Thank you so, so much!" We'd like to thank Mick for helping another food shelf to get going at a time when there is much need. We'd also like to congratulate the Woodstock Community Food Shelf and wish them much success

## Tote Bags



We are selling tote bags with our logo! These handy canvas bags are made in New England and printed right here in Morrisville by Duckworth Factory. They are a great size for groceries or whatever you need to carry. They are \$15 each and all profits go to help us buy food. You can find them in Stowe at Mac's Market, Stowe Mercantile and Harvest Market. In Morrisville they are at Apple Tree Natural Foods or at the pantry (888-6550). What a great gift!

**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 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. The past holiday season we were especially appreciative of the outpouring of support we received. We are hopeful that those who can will continue to support us in the months ahead...

Here's what our shelves look like thanks to your generosity!



Here's what they look like without you.....



## LCFS and the Vermont Food System

Members of the Lamoille Community Food Share Board are often asked about the difference between us and the Vermont Foodbank and other organizations. LCFS is one of about 270 hunger-related outlets in Vermont, including pantries, senior centers, shelters and walk-in meal sites where people can obtain food assistance in times of need. Food pantries like LCFS, make up about half of that list.

The primary function of the Vermont Foodbank, located in Barre, is to distribute food to those 270 sites, or network partners. The Foodbank gets its food from a variety of sources: USDA commodities programs, donations from larger food drives, and bulk purchases or donations from food manufacturers. The Foodbank then sorts and stores the food to make available to its network partners either for purchase at a per unit price or, if it's donated product, to be counted against our membership fees. The more donated product we receive from the Foodbank, the larger LCFS' annual membership fee is.

LCFS stocks its shelves from several sources: food donated into boxes at various locations in our service area, food collected by church groups, schools and other organizations conducting food drives. We also receive day old products from the local bakeries. The bulk of our food, however, comes from two sources: about a third we get through the Foodbank, and the rest we purchase for less direct from local sources such as Hannafords, Price Chopper, Mac's Market, Grand Union, Shaw's and even Big Lots. This local shopping requires significant commitment from volunteers and from our manager, Deb Krempecke.

If more of us valued food and cheer and song above hoarded gold,  
it would be a merrier world.  
~J.R.R. Tolkein