

# Lamoille Community Food Share

*Established 1981*

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

## News from the Pantry - Fall 2010

It's difficult to think anything but pleasant thoughts while eating a  
homegrown tomato.  
~Lewis Grizzard

## FRESH Coupon Program

The staff and board of LCFS has continuously struggled with the often conflicting objectives of providing ample food to our clients while ensuring that the food provided is as healthy as possible. While satisfactory in meeting the basic needs of families seeking help at the Food Share, the food we receive from the Foodbank, and often what we are able to afford when we shop at area grocery stores, may not have the ideal nutritional profile with respect to sugars, fats, sodium, and such.

For over five years Salvation Farms, which has since merged with the Vermont Foodbank, has provided us with a supply of seasonal fresh vegetables which have proven popular. Over the past couple years we have embarked on a series of programs to expand our fresh offerings. We purchase seasonal fruits such as apples, oranges, and blueberries from a variety of sources and offer them as an alternative to the canned fruits in our pantry.

Our unique coupon program allows our clients to truly have their choice of fresh, nutritious foods year round. Last year we started offering clients \$2 coupons they can redeem for fresh produce at the Morrisville Hannafords. On a weekly basis we reimburse the store for coupons redeemed. In June of this year we expanded the program to include a \$2 coupon for those interested in fresh meat, poultry, or fish. During the first month of the meat program, 104 coupons were redeemed compared to an average of 116 fresh produce coupons redeemed monthly.

While we recognize that \$2 will not buy a lot of meat or produce, it is enough financial incentive for people to make fresh choices in their shopping, and our clients have expressed increased interest in eating and buying fresh foods. We're proud to be able to help in this area, and thankful for our donors' generosity which makes this program possible.

**Our Board of Directors:** Caroline Ballard, Sara Babcock, Carol Crawford, Frank Helker, Ken Kleinman, Brian Norder, Rick Oden, Jan Tichansky  
**Newsletter Editor:** Pete Brown  
**Food Share Manager:** Deb Krempecke  
**Assistant Manager:** Kevin Carter

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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:

### Contact Info

If you'd like to be removed from our mailing list, please let us know!

Our phone number is: **802-888-6550**

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

Our web site address is: [www.lcfoodshare.org](http://www.lcfoodshare.org)

Enjoy every sandwich.

~Warren Zevon

## Letter From the President Caroline Ballard

Wherever I go someone asks me how we are doing down at the pantry. Despite what I can only describe as an overwhelming number of client visits, I can confidently say we are doing well. The support of our community is strong - both financially and in volunteers willing to give their time. The organization is strong. We have two wonderful part-time employees, Deb and Kevin, who work tirelessly to keep the pantry stocked and everything running smoothly. Our Board of Directors is willing to push the envelope with innovative ideas such as fresh produce and meat coupons. We continue to try to provide the most nutritious food possible to the largest number of families.

This Fall we say goodbye to Katie Ziegler who has been on the board for three years. We are so very sorry to see her go, but so very pleased that she is heading off to St. Michael's College and wish her all the best. Ken Kleinman of Morristown is joining the board in Katie's place. He and his wife Marilyn Lytton have been volunteers for over a year and we look forward to his input on the board.

As we start preparing for the Thanksgiving basket giveaway I want to send my thanks to everyone for their support.

### Ben & Jerry's Comes Through Again!

Once again the Community Action Team at Ben Jerry's has brought joy to our area in the form of ice cream - 7,680 pints to be exact. Wow! It was like Christmas in July! Our experience last year with this donation made it even easier to share the bounty with other agencies. Food shelves from Cambridge to Woodbury had ice cream in their freezers. Sites that serve seniors as well as those who host summer programs for teens were able to offer a special treat. Needless to say, everyone was ecstatic about this donation and it brought welcome relief from the hot weather we experienced. We would like to thank everyone at Ben & Jerry's as well as our loyal "Ice Cream Mission" volunteers: Joan Greene, Ken Kleinman, Marilyn Lytton, Karen Loh and Ellen Waldman. Our assistant manager Kevin Carter did an excellent job as Mission Commander. This donation created smiles all around!



LCFS is a Volunteer Powered Organization.  
We couldn't do it without you! Thank you for your efforts.

**Many thanks to John Clark of The UPS Store in Stowe for his continuing generosity in printing our newsletters free of charge so that other donations can go directly to helping our clients. Thanks, John!**



### Returnables Add Up Big For Local Charities

Do you know what happens when you leave your returnable bottles and cans at the Stowe Transfer Station? Since they opened in 1993, the Stowe Transfer station employees have been returning bottles and cans for the deposit and donating the money to various local charities, including LCFS.

Jason Wagner, shown here, is the man in charge. Thanks to the folks at LRSWMD (Lamoille Regional Solid Waste Management District), Jason, and all those who drop off their returnables.

### LCFS FACTS & FIGURES

#### Numbers:

In 2009 892 families (1686 adults, 1042 kids) made a total of 3317 visits - this was a 22% increase over 2008

Already in 2010 (thru July 31) 783 families (1540 adults, 907 kids) have made a total of 2198 visits - that is a 27% increase over the same time last year and a 46% increase over 2008!

For the last 4 years, 2/3 of the families who came for food came only 1-3 times during the year

#### Gift Donations:

If you'd like to give a tax-deductible donation in someone's name, just let us know their name and address and we'll send a card thanking them for your gift on their behalf.



### Unique Birthday Celebration by Frank Helker

I'm glad I volunteer at the Lamoille Community Food Share on Tuesdays. On May the 4th I was busy stocking the shelves when Deb, our manager, said "Look, Frank..." What I saw were two small boys lugging boxes and bags of food into our food shelf. Of course their mothers were there too...

You see both Aidan Jaremczuk and Oskar Cardenas had just celebrated their 6th birthday and what made it very unique was that they didn't get any birthday presents. And that was because the 30 friends that came to the party brought food for THE FOOD SHARE instead. In fact approximately 500 lbs. of food. Of course we were very happy - but look at the boys - they were too!