

# Lamoille Community Food Share

*Established 1981*

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

## News from the Pantry - Spring 2010

### THANKSGIVING ROUNDUP -

We had another record Thanksgiving basket give-away this year. We handed out 510 baskets to families in need. That represents 1053 adults and 618 kids that had a great Thanksgiving holiday meal thanks to your generosity. That also translates to 874 cans of corn and 573 boxes of pie crust mix just to name a few of the ingredients in each basket. Turkeys were once again donated by the community through Chris's Challenge and the efforts of Roland Lajoie and Warren Miller. Thank you all for your hard work. See you next year!

### SOUP SUPPERS RETURN TO ST. JOHN'S ON THE MOUNTAIN RD -

St. John's in the Mountains, on the Mountain Road in Stowe, will once again sponsor its SIMPLE SOUP SUPPERS to benefit the Lamoille Community Food Share on Wednesday evenings for five weeks commencing February 24th through March 24th.

Some of the area's best amateur chefs provide tasty, wholesome soup and delectable desserts. Harvest Market generously donates fresh artisan breads from its bakery.

St. John's will serve soup suppers from 5:30 – 7:00. The price is \$5.00 per person or \$15.00 per family. All are welcomed to enjoy an evening of hospitality and good home cooking.

### FOOD DONATIONS NEEDED -

Late winter and early spring are traditionally a slow period for food donations. After the flush times of the holidays, giving trails off. We know times are hard for everyone right now but please keep LCFS in mind while you are doing your own grocery shopping. Maybe something is on sale: buy one get one free, or you have a coupon for a dollar off when you buy two, etc. Maybe you don't need that many. We'd be happy to take any excess. There are collection boxes in the local grocery stores so it couldn't be easier. Thank you for your generosity.

### FRESH COAT OF PAINT -

A Middlebury College outreach program offered to do some volunteer work for LCFS. We jumped at the chance to freshen up our shelves by giving them a coat of paint. A group of students showed up and spent the day getting the job done. A series of photos are posted on our website. Go to lcfoodshare.org and click on "what's new"...

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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:**

Though our numbers are up, the patterns remain the same. We ask that our clients only come once a month so we have enough to share with everyone and we track how often families visit us through the year. Consistently, 2/3 of our clients only come to us 1-3 times a year. Usually it's when something happens to change the household's finances: job loss, illness, unexpected bills. We are here to help out on an emergency basis. Thank you for your continued support.

An onion can make people cry, but there has never been a vegetable invented to make them laugh.

~Will Rogers

## Letter From the President Caroline Ballard

Over the last two years we have seen more than a 60% increase in the number of family visits to the pantry. Despite this dramatic increase we have been able to maintain the same level of food offerings and have even started some new programs. With help from the Oakland and Angell Foundations we have implemented a “fresh fruit program”. We are buying fresh fruit every week and offering this to our clients as well as the usual canned. Hannafords market has allowed us to provide “coupons” to our clients to give them money off fresh fruit and vegetables at the store. This helps to get our clients to shop for fresh food while stretching their food budget.

None of this could happen if we were not receiving an enormous amount of support from the community. We appreciate each and every can of food which is placed in one of our collection boxes, all of the volunteer hours we benefit from, and each check we receive in the mail. For every business that held a food drive rather than a secret Santa, we thank you. For those who asked friends and family to send donations rather than buying gifts, we thank you. We wouldn't be here without you.

Because this is such a difficult time, we have decided to forgo our regular Spring Appeal Letter. We will be sending out our usual letter in the fall and we are including a donation envelope with this newsletter for those who are able to contribute.

On behalf of our clients, we thank you for all of your help.

**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  
**Assistant Manager:** Kevin Carter

## Your Donations Make A Difference!

For the past 29 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

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

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

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

Check it out! We've just updated our website and it looks great. There's lots of information about our organization and photos galore.

## This Could Be You!



Miriam Rosenbloom (left), pictured here with Food Share Manager Deb Krempecke, won our raffle at the Stowe Foliage Arts Festival in October. The prize was one of our beautiful tote bags filled with Vermont products.

See you at the Taste of Stowe Arts Festival: July 30th - August 1st, 2010!

Act as if what you do makes a difference. It does. ~William James

## New Addition to LCFS



LCFS is proud to announce the hiring of its second employee, Kevin Carter. Kevin has been with us for almost 4 months; the first was spent “learning the ropes” from our Manager, Deb Krempecke prior to her hip replacement surgery.

Because of the increased workload at the Food Share, resulting from more and more family visitations, the Board recommended that an Assistant Manager be hired to assist Deb after her return to duty in early March. Kevin proved to be a quick study on the job and very conscientious: he's done a great job while Deb has been out on medical leave.

A native of Kentucky, Kevin and his wife Joan have lived in Vermont for the past ten years. His hobbies are skiing, kayaking and playing the guitar. Prior to becoming a member of the LCFS staff, Kevin worked in the airline industry.