

# Lamoille Community Food Share

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

## *News from the Pantry - Spring 2011*

### **HUNGRY FOR SPRING**

In honor of our 30th year we wanted to do something different. We've partnered with Bees Knees restaurant in Morrisville and throughout the month of March we are "Hungry for Spring". The folks at Bees Knees will be collecting monetary and food donations and selling raffle tickets for one of our great totes filled with Vermont products. Join us there on Saturday, March 26th, for a fun musical evening: we'll be drawing the winner of the raffle prize on Open Mic Night.

March is traditionally a slow time for donations. The abundance of food that comes in over the holiday season is long gone but cold weather is far from over. Hungry for Spring is a way for us to celebrate our history and hopefully bring in some much-needed donations. Please stop by the Bees Knees to have a great meal and help out your neighbors as well. Visit [www.thebeeknees-vt.com](http://www.thebeeknees-vt.com) for their menu and more.

Lamoille Community Food Share, Inc.  
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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:

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)

Our mailing address is: P.O. Box 173 Morrisville, VT 05661

We are located at: 197 Harrel St. in Morrisville

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

**Hours of Operation: M-F 9:00-11:30 Sat 9:30-11:00**

If you can't feed a hundred people, then feed just one. ~Mother Teresa

Cheese - milk's leap toward immortality.

~Clifton Fadiman

### **SHARING IS CARING - Regular Donations Have Big Impact**

Variety is the spice of life and that is especially true at the Food Share. We are fortunate to have neighbors in the business community who are willing to share their extras. For example, Mondays mean leftovers from functions at **The Governor's House in Hyde Park**, a B&B, and **Hoagies Pizza & Pasta in Morrisville** shares the leftovers from their weekend buffet. The items are delivered to the pantry all packaged and labeled for distribution.

Tuesday is Stowe donation day with leftover soups as well as assorted bakery items from the **Black Cap Café**, **Harvest Market**, **Jamie's on Main** and the **Green Goddess Café**.

Bakery donations are received from **Hannaford's** (Monday, Wednesday & Friday) **Price Chopper** (Monday, Wednesday & Thursday) and **Thompson's Flour Shop** (Monday & Thursday). These baked goods are wonderful to have for our shoppers and really help round out a meal.

These represent a sampling of the donations LCFS receives every year. Some are weekly, some come once a year but all are welcomed by those who visit our pantry. Thanks to everyone who donates - regularly or occasionally - for their generosity.

**Our Board of Directors:** Caroline Ballard, Sara Babcock, Ken Kleinman, Karen Loh, Jack Morrissey, Brian Norder, Jan Tichansky, Ellen Waldman  
**Food Share Manager:** Deb Krempecke  
**Newsletter Editor:** Pete Brown  
**Assistant Manager:** Kevin Carter

# Letter From the President

## Caroline Ballard

Lamoille Community Food Share lost a great friend when Milton (Mick) Heller passed away in December. In 2002, what was then the Ecumenical Food Shelf was at a crossroads. Several of its long time volunteers had moved away and no one seemed to be stepping into their shoes. Mick took charge. He recruited board members who had experience in the business sector as well as social services. He filed for and received a 501(c)3 as a nonprofit corporation. He organized a mailing list and started sending out regular newsletters and press releases. His oft stated goal was to make LCFS "sustainable".

Mick's vision has come true. Lamoille Community Food Share is now a strong organization celebrating its 30<sup>th</sup> anniversary. We are in a new location with first floor access. We have two part time employees. They organize the volunteers who are the backbone of the operation. We have been able to meet the challenge of the surge of clients over the last several years as the economy soured. We enjoy the support of the community - both private individuals and businesses who unite to help those in need.

Mick once told fellow board member Frank Helker "When I was a kid I sold groceries for 25 cents. And now that I am older I'm giving them away."

Thank you, Mick- we miss you.

### LCFS Turns 30!

Thirty years ago, in 1981, The United Church of Christ in Morrisville, the Advent Christian Church and Puffer United Methodist Church formed the Ecumenical Food Shelf with Puffer providing the space. More churches joined and the shelf grew and required more daily maintenance so Ruth and Sonny Hill stepped in to manage the organization. Elise Braun coordinated the volunteers with each church covering a different day. The shelf continued to grow and evolve into the Lamoille Community Food Share. Currently we are focusing more on nutrition and healthy food choices. We offer fresh fruits and vegetables and our popular FRESH coupon program. As always we couldn't be here without the hard work of our volunteers and the generosity of our donors. Happy Birthday LCFS!! And many thanks to everyone over the years who has helped bring us to where we are now.

### **WELCOME TO THE FUTURE**

**Communication:** We're all for it but we try not to be a pest. We want to keep our supporters informed but not bogged down by constant mailings. We send out 2 newsletters and 1-2 letters each year. Now the suggestion has come up that we do more electronically. We would need to collect email addresses and construct a database, then we could send you this newsletter via email (see the photos in color!) saving the cost and effort of printing and mailing. We could also send out quick notices to those who are interested when someone is having a benefit for LCFS or when we are going to be at a local craft fair raffling off a prize.

Let us assure you that we do not sell our current mailing list or even share it with anyone and the policy would be the same for email addresses. Let us know what you think. Drop us an email at [lcfoodshare@gmail.com](mailto:lcfoodshare@gmail.com) and if folks are interested we can start collecting email addresses and give it a try.

**Convenient Donations:** A donor had a great idea that we'd like to share with you. They wanted to make a donation by credit card and we're just not set up to do that but they found a solution. They were able to buy a gift card from one of our local supermarkets and give that card to us to use when we shop. What a great idea! You can buy a store gift card while you are doing your own shopping and either drop it off at the LCFS or mail it to us. Or you do it all from the comfort of your own home. Go online to either [Pricechopper.com](http://Pricechopper.com) or [Hannaford.com](http://Hannaford.com) and buy a gift card and have it mailed to us. Now that sounds easy!



Milton "Mick" Heller 1918-2010

## Visiting Our Food Share

The supporters of the Lamoille Community Food Share (LCFS) provide a friendly environment for meeting the basic food needs of our clients. On a typical monthly visit our clients have a choice of income dependent federal food distribution (TEFAP) and our food share's distribution. Clients may come more frequently for bakery items and vegetable items (when in season).

Clients stop at the front desk by the door upon entering the food share and their registration form is checked. If they qualify a TEFAP form is signed.

LCFS provides a shopping-like experience. Each client is accompanied by a volunteer or staff person through the food shelf. The client has many choices. A typical "shopping" experience for a family of four is detailed below.



Aisle	Vegetable	Fruit	Soup	Baking	Personal	Cereal	Eggs	Milk
<b>Choice Of</b>	3 cans	3 cans	3 cans	2 items	2 items	1 box	1 dozen	1 Gallon
<b>Notes</b>	peas, green beans, mixed vegetables...	one choice can be fresh fruit		pancake, scone, muffin mixes	bathroom paper and other donated items			smaller families get 1/2 gallon of milk
Aisle	Peanut Butter / Jelly	Pasta / Sauce	Rices / Mixes	Tuna / Canned Pasta	Beans	Beverage	Snack	Condiments
<b>Choice Of</b>	1 of each	2 boxes + 1 can	2 items	3 of each	2 items	1 item	1 item	1 item
<b>Notes</b>			macaroni & cheese, rice, etc.		kidney, red, black, baked	donated coffee, tea and juice	Jello and other donated items	donated spices, salad dressing, etc.

In addition to items from our shelves we also offer coupons worth \$2 each towards fresh fruits, vegetables, and meats from Hannaford's in Morrisville.

Donated food items are important to provide variety. Bread is donated by local markets and specialty stores. Other donations provide variety to those items purchased by the food share.

A typical basket of food as shown above, including coupons, costs the food share \$39.00. This total doesn't include any of our donated items, such as condiments, pet food, garden vegetables, beverages, or bread.

**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!**