

Established 1981

LAMOILLE COMMUNITY FOOD SHARE

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

News from the Pantry - Fall 2012

Great Ideas Inspire Us and Stock the Shelves

It is heartwarming and helpful when people in the community come up with creative ideas to raise funds or collect food to donate to the Food Share. Over the course of spring and summer we have been delighted to receive the "fruits" of their endeavors.

Lucy Merriam, a local high school senior, was looking for a way to give back to the community and, as she so clearly put it, to "raise money and awareness for the Lamoille Community Food Share, because I believe making sure everyone is well fed is a top priority." She also likes hiking as a way to enjoy being outdoors and stay fit. So Lucy put these two interests together by asking people to sponsor her hikes and then donated all of the proceeds to the Food Share. She started a blog, hiking-and-helping.blogspot.com, to chronicle her project. What a satisfying way to feel good on the inside and on the outside!



Lucy Merriam & Pippin



JCOGS Berry Pickers

Great ideas often blossom at the same time. **Miriam Rosenbloom**, a Food Share volunteer, organized an expedition of 27 volunteer berry pickers from the **Jewish Community of Greater Stowe (JCOGS)** to go to **Brown's Beautiful Blueberry Farm** and pick for the pantry. Hearing the purpose of their mission, **Reverend Brown** kindly donated all the berries. **Leslie Lindig** had the same idea and spearheaded a trip to **Stowe Hollow Blueberries**, with members of **St. John's-in-the-Mountains Episcopal Church**. When **Dr. Zuber**, owner of the farm, found out they were picking for LCFS, he donated all the berries, too. Well over two hundred pounds combined were collected and packed into the refrigerators at the pantry!

Variety is the spice of life, for sure.

Independently organized food drives bring in items that we may not normally be able to afford, help stock our shelves, and add variety to our offerings. Kudos go to **the Ziegler Family**, who have organized their own food drives a number of times. Recently, after getting permission, they set up a table outside a local food market where they collected and brought us many pounds of food donated by shoppers. **Curves of Morrisville** collected 1,676 pounds of food and personal items. **Girl Scout Daisy Troop 30089**



Josh and Yannah Ziegler

of Hyde Park (with donations from **High Mowing Seeds** and soil from **Menard's Agway**) planted a vegetable garden and delivered their harvests to us. Members of the **Stowe Vacation Bible Camp** sold lemonade and brownies to raise funds for LCFS and also collected groceries. **VT Shred** and the **LRSWMD** sponsored a shredding event at the Transfer Station and we were the recipient of half of the proceeds. 5th and 7th graders from **Bishop John A. Marshall School** baked delicious bread for our clients.



Girls Scouts from Daisy Troop 30089

Big or small, every food/fund drive is helpful as we face the challenges of keeping our shelves full for the very significant increase in food shelf visits. We celebrate these efforts and thank everyone who participated. A little bit of imagination goes a long way to help our neighbors!

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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 us out on the web, drop us an email, or give us a call:

Our phone number is: **802-888-6550** Our email address is: lcfoodshare@gmail.com

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

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

For pictures, stories, and the latest info visit us on the web at:

www.lcfoodshare.org or www.facebook.com/Lcfoodshare

We are located at: **197 Harrel St. in Morrisville, at the corner with Munson Ave.**

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

In the end, only kindness matters... ~ Jewel

Our Board of Directors: Caroline Ballard, Heather Bradley, Joan Greene, Ken Kleinman, Karen Loh, Jack Morrissey, Jan Tichansky, Ellen Waldman
Food Share Manager: Deb Krempecke
Newsletter Editor: Pete Brown
Assistant Manager: Kevin Carter

Better Nutrition at Lamoille Community Food Share

The staff and volunteers have been working to offer more choices of nutritious foods in the pantry. In concert with our mission statement, we are "striving to offer healthy choices within our budget". Our FRESH (Food Resources Everyone Should Have) produce and meat coupons help support that effort.

We love having local farmers and gardeners bring in their fruits and vegetables in the summer. We have had loads of tomatoes, cucumbers and zucchini. One group picked pounds of blueberries for our pantry. We look forward to the cooler weather crops of apples, pumpkins and potatoes. These items are supplemented with vegetables from the Vermont Foodbank and those gleaned by Salvation Farms.

As our clients shop in our pantry, the more nutritious choices are often highlighted. We have a large variety of canned and dried beans which are high in protein and low in fat. This winter we had a valuable guide about the use of beans for nutritious meals that was prepared by a local girl scout troop.

Kevin and Deb have worked hard to purchase canned foods which are lower in salt and sugar. Fruits and vegetables are available with fewer added ingredients, it just takes a little more work to find them.

Most of us need to eat a more nutritious diet with less calories, fat and salt. Current recommendations include adding more fruits and vegetables. We hope by having more of these foods on our shelves, we can provide a better service for our clients.

NUMBERS TELL THE TALE

- Family visits doubled from 2007 to 2011
- So far this year we are up 12% from last year
- We are currently averaging 381 family visits per month
- Food prices have increased and probably will continue to do so. One forecast has them increasing 3-5% for the year.

Despite the generosity of our donors, and our success with securing those grants available to a small food shelf, we are starting to fall behind.

The obvious answer is to cut back on what we give to our clients, but they are facing the same price increases that we are. We only provide our clients with food that will last a few days a month at most. It is hard to send them away with less.

Instead we are trying to make ourselves more visible in the community in the hopes that we can find more support. When you see our volunteers at festivals, parades and elsewhere, please stop and say hello. Tell your friends about us. Having enough to eat is a very basic need. Too many of our neighbors can't meet that need.

A GOOD SOUP ATTRACTS CHAIRS -AFRICAN PROVERB

Pet Food Donations

The mission of LCFS has always been to improve the well being of those who visit our pantry. We generally do that by supplying staple food items as well as fresh offerings.

Regular donations of pet food throughout the years has made us realize our supporters believe that animal companions have a place in supporting the overall well being of our clients and we agree with that thought. We have always shared the pet food donations we have received from private individuals, **North Country Animal League**, **Sequist Animal Hospital** and **LVVS**.

We do not use our donated funds to purchase pet food but last year we received a grant from the **Banfield Charitable Trust** which allowed us to purchase food for our clients' pets. We have also received several donations of food from **Lucy's House for the Prevention of Homeless Animals** in Essex and a grant from the **PAWSitive Pantry** in Warren VT. Thanks to the folks at **Guy's Farm and Yard** for helping us to spend these donated funds wisely.

Volunteers Make All The Difference

Lamoille Community Food Share is truly a volunteer-driven organization. Yes, we have two excellent part-time paid employees in Deb and Kevin, but they are the first to admit that the place would not work without our volunteers. Who are these people, and why do they volunteer?

Abby Gladstone-Strobel has a full time job hiring and training caregivers for Home Instead Senior Care. About 6-7 years ago she started to volunteer on Saturdays to assist an elderly volunteer. When that lady moved out of town, Abby invited her mother Bari Gladstone to start volunteering. Bari was working full time for the VT Dept of Education and part time for Project Crash which works with those arrested for DUI. She is now just part time with Project Crash. They are our Saturday stalwarts, staffing the pantry at least 3 Saturdays out of four.

I caught up with Bari (pictured right) on a recent Saturday and I asked her why she volunteers. "Volunteering makes me feel rich. I don't have a lot of money, but I can give my time. I can do this as my contribution." Our clients look for Abby and Bari. They know they will always get a warm welcome and a smile. We are very lucky to have them.



We make a living by what we get, but we make a life by what we give.
~Winston Churchill

Online Donations Accepted!

Now you can donate to LCFS from the comfort of home using your credit or debit card. Just visit our website at www.lcfoodshare.org, go to our How To Help page and click on the Donate button:



OUR FOOD: Where does it come from?

Many new volunteers are surprised to learn that we purchase the vast majority of our food. As the number of clients we serve has soared we cannot possibly keep our shelves stocked with just donations of food. While we are very grateful to all those who have been bringing fresh produce from their gardens and making other food donations, in reality we purchase about 85% of the food we distribute. We are not receiving less food- we are giving out so much more!

Our FRESH (Food Resources Everyone Should Have) coupon program which allows our clients to purchase their own fresh produce, meat and fish has been very popular, and it allows us to offer fresh food without the difficulty of handling and storage. It does, however, cost us \$300-\$500 per week, so we are limited in the number of coupons we can offer.

We purchase food for the pantry wherever we can get the best price, paying with donated funds supplemented by grants. Most comes from area stores who are kind enough to work with our large orders. We are constantly scouring the sales flyers to see who has the best price on all of our standard items. We buy our milk and eggs through Morse's Dairy, located right in Morrisville. Only about 15% of our food is purchased through the Vermont Foodbank.

Our membership fee at The Vermont Foodbank does allow us to receive TEFAP (The Emergency Food Assistance Program) items from the USDA to supplement our purchases. Unfortunately the amount of food we receive through this program has actually decreased over the years.

Many thanks again 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!