

Established 1981

Lamoille Community Food Share

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

SPRING 2015

A Cart Full of Meals

In 2014, LCFS provided 4,151 shopping carts full of food to community members in need. We were asked exactly how many meals that represents. Shown are offerings for a family of 4:

- * Gleaned vegetables - (winter) roots, squash, cabbages; (summer) anything imaginable!
- * 3 cans of vegetables (we aim for low sodium / low sugar with all our canned goods)
- * 3 cans of soup
- * 2 fruit choices - 1 fresh
- * 1 bag of potatoes from Salvation Farm
- * 2 miscellaneous choices (spices, condiments, baking items)
- * 1 box of cereal
- * 1 gallon of milk plus 1 dozen eggs
- * 1 package of hot dogs
- * 1 jar each - peanut butter and jelly
- * 1 can of spaghetti sauce plus 2 packages of pasta
- * 2 choices from "mixes" (mac & cheese, stuffing or rice)
- * 3 cans of tuna plus 3 cans of chicken or ravioli
- * 2 cans of beans - all varieties available
- * 1 choice from our snack section
- * 2 personal items
- * Cat & dog food (from donations)
- * Choices from our bakery section - donations from the Bagel, Black Cap Coffee, Cafe on Main, Hannaford, Harvest Market, Price Chopper and Thompson's Flour Shop
- * 4 of our FRESH Coupons / 2 meat plus 2 vegetable (\$8 value) - redeemable at Hannaford



How many meals can you see in that list? We aim to provide some basic provisions to help folks make it through the month. Our budget requires that we limit everyone to shopping at our pantry just once a month. Our goal is to be able to share food with all of the 1,200 families (3,770 individuals) who visit LCFS each year. Community support including both food and monetary donations keep us going. Thank you!

"Unless someone like you cares a whole awful lot, nothing is going get better. It's not." -Dr. Seuss

McCarthy's RESTAURANT
Breakfast & Lunch ☘ Take Out & Catering

The St. Patrick's Day Raffle at McCarthy's Restaurant in Stowe raised \$539 for LCFS this year. Thank you and Happy 40th!

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Our Wish List: Raisins, Applesauce, Low-salt Soup, Cereal, Chicken (canned), Nuts, Peanut Butter, Tuna, Pork and Beans, Canned Fruit, Canned Vegetables, Spaghetti Sauce, Pasta, and 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

"I can no other answer make, but, thanks, and thanks"

~William Shakespeare

PET FOOD DONATIONS

Our pet food section stays full thanks to donations we receive from: **Justice for Dogs, Lamoille Valley Veterinary Services, North Country Animal League, and Sequist Animal Hospital.** Private donors such as **Leslie Lindig** also provide help, and anonymous donations have been received in memory of a pet as well in honor of families for holiday/birthday gifts. So if you've ever thought about adding a pet food item when you donate, please do!



"The kind man feeds his beast before sitting down to dinner" ~Hebrew Proverb

Volunteer Profile: Devon Heath Williams

Lamoille Community Food Share has always been a volunteer powered organization and it would not be possible to keep our pantry open 6 mornings a week without their help. **Devon Heath Williams** is a Morrisville native who has been part of the LCFS team since 2011. You may recognize her from **In Company** clothing on the Mountain Road in Stowe where she has been working for 15 years. In 2006, she became a partner and has since taken over full operation of the store. She also devotes time to the **Clarina Howard Nichols Center** where she is currently president-elect. In her spare (?) time, Devon is an avid reader, runs marathons, and enjoys the company of her furry friends Louis and Otto Coaltrain Larue. She also helps her husband create **Tom Knows Salsa** - available at fine stores everywhere.



Before becoming a volunteer, Devon started supporting LCFS by holding special sales at In Company, and she will be hosting one to celebrate Spring. Bring 3 or more non-perishable food items and receive 20% off a full priced clothing item. The sale starts April 6 and runs through the end of the month. Visit www.incompanyclothing.com for more information.

Bikers Give Big

Hank Glowiak of **Chuck's Bikes** and the **Morrisville Snow Riders and Packers** organized a ride to raise money for LCFS, "**The Morrisville Fat Bikers for Food Shelves**". Thanks to these intrepid riders we received over \$700 and cartloads of food.



Our Board of Directors: Caroline Ballard, Betty Bevans, Heather Bradley, Joan Greene, Pam Hammel, Karen Loh, Jan Tichansky, Ellen Waldman, Tom Younkman
Newsletter Editor: Pete Brown
Food Share Manager: Deb Krempecke **Assistant Manager:** Kevin Carter **IT Guru:** Ken Kleinman

The Food Share and Area Libraries Work Together to Get In the 'Green'

Green Bags, that is. The Food Share and Lamoille area libraries recently teamed up to make it easier to get and return Green Bags as part of the Lamoille Neighborhood Food Project.

A few months ago, Hyde Park library director, **Amy Olsen** - one of our valued LNFP food donors - generously offered to keep a supply of Green Bags at the library and also a Green Bag collection box. That way folks in the Hyde Park area would have a convenient place to get and drop off their bags. This sparked the idea to ask other area libraries to do the same.

We're happy to report that all of our area libraries jumped at the opportunity to help the Food Share. Now Green Bags and collection boxes are available at the **Hyde Park, Morrisville, Stowe** and **Wolcott** libraries. Simply ask the librarian for a Green Bag and get started as a Food Donor for the Lamoille Neighborhood Food Project! This once-every-two-month food collection program brings in a welcome bounty of food - currently averaging 120 bags - eases the burden on our budget, and is an easy way to help the Food Share help neighbors in need.

Details and other ways to participate are available at greenbag-lcfoodshare.org or call the Food Share at 888-6550.



Summer is Coming!

Are you planning your garden? We welcome any local produce and have secured a grant to purchase another refrigerator. Please keep us in mind as you plant and when you harvest.

Burt's Pub Long-Term Generosity

Years ago, **Janet Martinez** of **Burt's Irish Pub** on Luce Hill Rd in Stowe was thinking about offering the proceeds from "scratch-off" games to a local charity. Fortunately for us, **Audrey DiPaolo** suggested Lamoille Community Food Share. Board member **Jan Tichansky** contacted Janet and worked out the logistics of purchasing the games and Food Share has reaped the benefits ever since.

We can't thank Janet, her employees and patrons enough! Their ongoing donations are a huge help.



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!