

Established 1981

# Lamoille Community Food Share

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

## FALL 2015



*Once upon a time at the LCFS pantry...*

- \* A family came in for help because they lost all their perishable food when their refrigerator stopped working...
- \* A social service worker came in to provide shopping assistance for a blind woman who had been homeless for 6 months. The woman was excited about her new living space and pleased she would have food on her shelves...
- \* A young couple who had moved to Vermont because of job offers from a local company lost those jobs in August and needed help until they found other work...
- \* A woman came in for help because her car broke down and the repairs cost \$7 more than she makes a week...
- \* An elderly couple told us "we don't know how we would have made it through the winter without your help"...
- \* A client who finally got back on his feet stopped by to drop off a modest check to thank us for our help when he needed it...

Once upon a time is now. Your support helps us to provide a happy ending for all the stories of our neighbors in need.

**"If you can't feed a hundred hungry people then just feed one" ~Mother Teresa**

Are you ready for Thanksgiving? Community support allowed us to provide 572 Thanksgiving boxes last year - a turkey and all the fixings: 10,000 packaged items total. Thank you!



Lamoille Community Food Share, Inc.  
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**Our Wish List:** Raisins, Applesauce, Low-salt Soup, Cereal, Nuts, Chicken (canned), Peanut Butter, Tuna, Pork and Beans, Pasta, Canned Fruit, Canned Vegetables, Spaghetti Sauce, Personal Items, Toiletries, and Household goods like cleaning items and paper products.

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](mailto: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](http://www.lcfoodshare.org) or [www.facebook.com/Lcfoodshare](http://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**

**"Unlike cancer or heart disease, we already know how to beat hunger: food!" ~Mario Batali**

## Volunteer Profile: Jan Tichansky



**Jan Tichansky** has always worked hard - as a paid employee or a volunteer. Born and raised in Queens, NY, she went to Oswego State College for a year then landed a job in NYC. There she met and married **Joe Tichansky**. They moved to Wayne, NJ, and had four children in seven years. Jan went back to work once the youngest was 14.

Jan and Joe often came to Stowe on vacations - first to ski, then to visit her sister who lived here for a time. After retiring in 2002, they decided to move and settled in Stowe in 2003. Having come to know **St John's in the Mountains Episcopal Church** while vacationing, Jan immediately started volunteering there, serving as a member of the vestry, an acolyte, a chalice bearer, taking communion to home bound members and bringing meals monthly to the **Good Samaritan Shelter** in Barre. Jan also volunteers at the **University of Vermont Medical Center**, serving as a liaison

between the nurses and the families of patients at the surgical intensive care unit.

Recently Jan and others from St. John's have been working tirelessly to fill a need in our community by creating **Patchworks Place**. It will be a place to bring people from "homelessness to self-sufficiency". The 10-12 bed shelter will be located in the same complex as our pantry.

In 2009 LCFS was lucky to have Jan join our board. She has been an enthusiastic supporter - staffing tables at various events, working at the pantry when the Saturday staff can't make it, serving as Vice President of the Board and purchasing supplies at Costco. Perhaps her favorite role is facilitator of our fund raising games at **Burt's Irish Pub**.

Jan's energy and enthusiasm are a huge benefit to LCFS. She encourages everyone she meets to help others. Her family - Joe, four children and nine grandchildren - all pitch in. For example, her daughter in NJ collects gently used stuffed animals and sends them to the pantry. Our clients love to get something extra when they stop in for food. We are truly thankful for her help.

## MASP Comes Through!

The **Morristown After School Program (MASP)** held a Rock-a-thon to benefit LCFS. **Derrick Cookson, Mychaela Watson and Danny Perry** came to the pantry with leader **Kathy Cookson** to deliver a HUGE check!



**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



## Finding Fresh Produce to Share

Ten years ago, then board member **Mick Heller** stated that LCFS needed to find a way to provide fresh produce for our clients. It was a challenging idea until we received a phone call from **Theresa Snow** and **Salvation Farms**. Since then we have maintained a year round selection of locally gleaned produce, from a variety of sources, thanks to her vision. Last year, we were able to tap into potatoes, apples and root vegetables through

her partnership with the **Department of Corrections** at the **Southeast Correctional Facility**. Theresa continues to find creative ways to connect local farmers and excess produce with those in need. We appreciate and support her efforts.

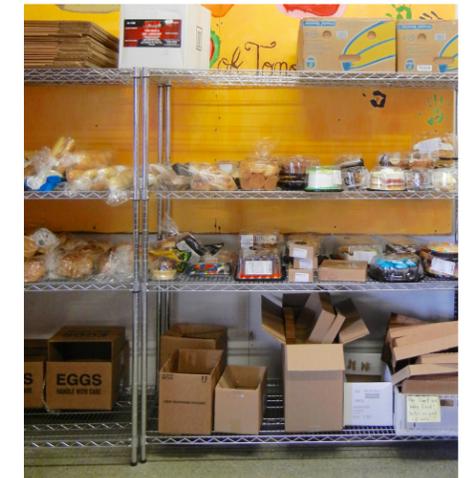
## What's New in the Pantry

We have made several changes in the pantry in an effort to improve service to our clients. With a specific grant for equipment, we purchased shelves to accommodate more donated baked goods, bought a new refrigerator to store more fresh food and had 2 large fans installed to help cool the pantry in summer and heat in winter. **Caroline Ballard, Jerry Smith, and Pam and Kurt Hammel** assisted with these purchases and installations.

Recently **Hannaford Supermarkets** has been donating large amounts of meat, dairy products and deli items. Kevin and volunteers pick up the food many times a week.

We have reorganized our shelves in an attempt to offer our clients a greater variety. We now have a separate space for household goods- dishwashing soap, trash bags etc. - all those essential items usually purchased at the grocery store. If we can provide some of these our clients will hopefully be able to stretch their food dollars.

We strive to stock nutritious food. We purchase fresh apples or oranges, buy raisins and applesauce and search for products with lower salt, sugar and fat.



"All you need is love, but a little chocolate now and then doesn't hurt" ~Charles M. Schulz



## LCFS Relies on Local Faith Community

LCFS has always considered the faith community to be the backbone of our organization. They provide monetary donations, arrange regular collections of canned goods, organize fundraisers, create casseroles for our clients plus glean fruits and vegetables. There's even a church organist who donates her fees to us. We'd like to take this opportunity to thank each and every one of them!

**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!**