

Established 1981

# Lamoille Community Food Share

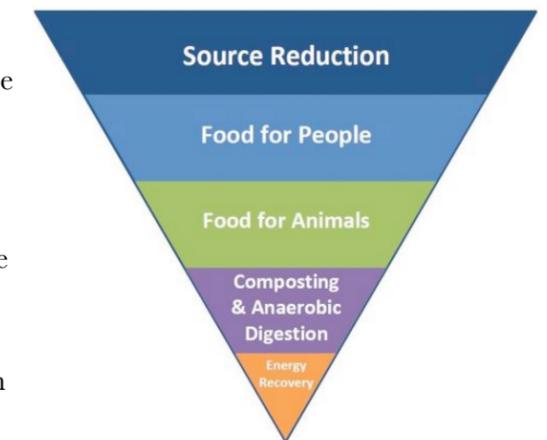
802.888.6550 www.lcfoodshare.org P.O. Box 173 Morrisville, VT 05661

## SPRING 2016

**“A community is like a ship; everyone ought to be prepared to take the helm” ~Henry Ibsen**

Our friends at **Hannaford Supermarkets** have been helpful neighbors since the Morrisville location opened in 2002. We've been able to purchase items by the case and have received donation of day old goods such as bakery items. Last year, those donations increased significantly thanks to **Act 148**, known as the **Universal Recycling Law**, which was passed by the Vermont legislature in 2012. Markets are required to recycle as much of their waste as possible with the first priority being to feed people. Starting in May 2015, we also began receiving daily donations of deli, meat, produce and dairy. Universal Recycling (Act 148) includes a hierarchy of the preferred ways to manage food scraps and food residuals:

### Vermont Food Recovery Hierarchy



To date, we have received over 65,000 pounds of donations. Everything needs to be picked up, weighed, sorted and distributed. It's a lot of work but it's wonderful to have these items to offer those who visit our pantry. Volunteers do help us to pick up items but primarily the job is done by our assistant manager, **Kevin Carter**. He started by using his Jeep or a pickup truck belonging to one of our board members. Getting banana boxes of food in and out of these vehicles was cumbersome so a decision was made to purchase **a van** which allows access from 3 sides. This has made the process much easier.

We are fortunate to have volunteers who are willing to sort through boxes of produce to organize and bag items. This produce is

especially welcome since the Vermont Foodbank closed their facility in Wolcott and we can no longer access gleaned vegetables through them.

LCFS prides itself on doing what needs to be done in order to ensure that our neighbors in need can access a steady supply of supplemental food with a focus on healthy offerings. Good business partners, community support and a willingness to be flexible allows us to keep our pantry open 6 mornings a week. We are grateful for the help we receive.



LCFS thanks the towns of Eden, Elmore, Hyde Park, Morrisville, Stowe, and Wolcott for approving our appropriations

Lamoille Community Food Share, Inc.  
P.O. Box 173 Morrisville, VT 05661  
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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**

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:

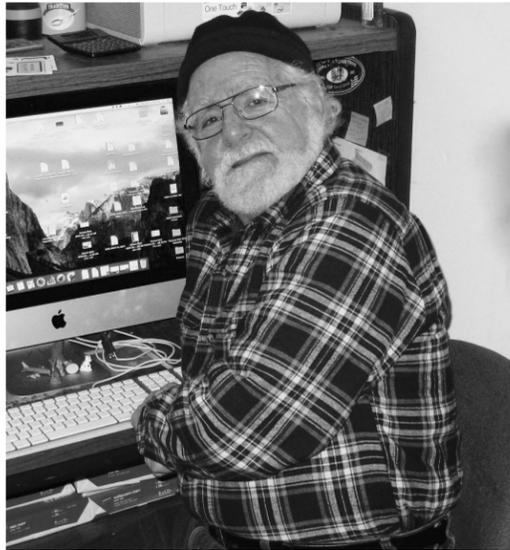
**www.lcfoodshare.org** or **www.facebook.com/Lcfoodshare**

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**

**Without a sense of caring, there can be no sense of community” ~Anthony Burgess**

## Volunteer Profile: Ken Kleinman - IT Guru



**Ken Kleinman** was born in NYC and raised on Long Island. He graduated from **Long Island University** with a Bachelors and Masters degree in Management and Marketing. He enlisted in the **Army Reserves** spending time rebuilding engine parts. He worked in and around NYC for various companies starting with developing office procedures and equipment standards, and then as the industry advanced, into computer technology.

Ken's job moved him and his family to CT early in the 1970s, where he worked and taught computer programming at **Norwalk Community College** in the evenings.

In the late 1990's, Ken and his wife, **Marilyn**, started thinking about retirement and looking to move to Vermont. They started combing Vermont papers for jobs.

In 1998 Ken landed a job as Technology Director at the **Essex Town School District** and they moved to Vermont. They found property in Morrisville in 2000 and built their home where they currently reside. After retiring from Essex, Ken worked as a consultant at **Green Mountain Technology Center** where he learned to love Apple's Macintosh computer (aka the "Mac").

Ken and Marilyn started volunteering at the Food Share in 2010. When a board member retired, Ken joined the board and served for three years. Not willing to let a good thing go, the board asked Ken to stay on as our IT guru. He coached us through buying a new computer (Mac, of course) and performs our upgrades and backups. He and Marilyn continue to volunteer on a regular monthly schedule and are always willing to pop in when we need some extra help. We are lucky to have them both.

### Pet Food Needed Too

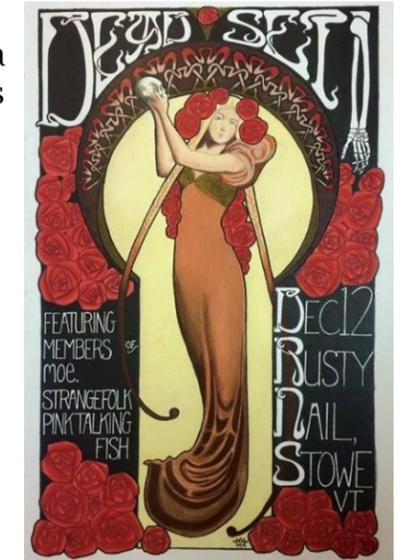
Do you think of your pets as part of the family? We feel that way and that's why we appreciate the donated pet food we receive at our pantry. Annual events like the Lamoille Valley Veterinary Services holiday food drive plus regular donations from North Country Animal League and private donors provide us with a variety of cat and dog food. Those who visit our pantry really appreciate being able to pick up something for their 4 legged friends. If you'd like to help us keep our pet food shelf well stocked consider including some with your next donation. Shown: **Fern Farmer**.



**Creative Community Fundraising!** Our friends and neighbors are always thinking of creative ways to raise money, food, and awareness for LCFS. Here are just a few recent examples:

The **Rusty Nail** working with **Nectar's Presents** hosted a **Dead Set** concert and sold a stylish poster to raise funds for us.

**Sushi Yoshi** hosted an **Ugly Sweater Party**. They stuffed their "small car" with groceries and also collected cash donations.



**Pinnacle Ski & Sports** offered discounts to customers bringing canned donations. Here is **Steve Sulin** delivering them.



**Green Mountain Disc Golf Club** once again hosted its **Ice Bowl** raising funds for LCFS and the Waterbury Area Food Shelf.



**Stowe Mercantile** held their annual visit Santa event and donated \$10 for every child who visited. **Cafe on Main** helped by providing sweet treats. Shown: **Marc Sherman** and **Trudy Trombley**.



**Chuck's Bikes** held a fat bike ride and delivered groceries plus cash. Shown are: **Hank, Oliver, and Caitlyn Glowiak**.

**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

**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!**