

Established 1981

Lamoille Community Food Share

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

Spring 2021 Newsletter

Forty Years and Going Strong

In 1981 a group from the faith community of Morrisville and Stowe started the Ecumenical Food Shelf housed in the basement of Puffer United Methodist Church. Rev Oren Lane and Rev Lance Dallaire were the first to spearhead the group. As time passed, interest in the Food Shelf waxed and waned. Generally one or two individuals were responsible for its functioning: Carol Olsen, Elise Braun, Rev Jennifer Geary and Ruth and Sonny Hill prominent among them.

In 2002 the Ecumenical Food Shelf had lost its main supporters. Mick Heller and a group of like minded individuals stepped in. Mick applied for and received 501(c)3 status and Lamoille Community Food Share, Inc was born. The use of the word community in our name was key. Only the support of our community could keep the organization running. In 2006, after 25 years at Puffer, we moved to our present location at 197 Harrel St. This move gave us more space and ease of access for our clients.

*Celebrating
40 Years*

As the years passed, LCFS worked hard to involve the community in our operations. As we continued to grow we hired part time staff (we now have

three) and brought more volunteers in to oversee operations as a board of directors and to work on the day to day running of the pantry. Through newsletters and social media we strive to connect with our community and they have responded.

Thanks to the generosity of our donors large and small we were able to face the COVID 19 pandemic head on. When we realized that we could no longer operate as we have been we switched to drive through operations. We no longer take information from our clients. This streamlines our operation, allowing clients to access food without hassle or questions.

We want to thank everyone who has contributed time, food, money and good wishes.

Food As Medicine

In our continued effort to offer nutrient-dense, whole food, healthy options for our Food Share clients, the following educational article looks at the concept of "Food as Medicine".

The Food-As-Medicine movement is making headlines, encouraging people to make connections between what they are eating and how they are feeling. In general, this Lifestyle Medicine approach helps individuals, families, and communities understand the important role that food plays in their overall physical, mental and emotional health.

Research is revealing that the choices we make on how we fuel our bodies and our brains makes a significant difference in how we feel and function in our day-to-day lives. processed, refined, sugar-laden foods, rancid oils, unhealthy fats, excess salt, additives and preservatives all have a negative cumulative effect on health and contribute to the high rates of obesity, diabetes, heart disease and chronic health conditions in America. According to Dr. Brenda Rea from Loma Linda University School of Medicine, "What people eat (or drink) can be medicine or poison. Nutrition is one of the most powerful things you can change to reverse the effects of chronic disease." offering a range of healthy foods, as well as teaching people how to prepare them, transforms a person's life and, by extension, reshapes the health and lives of both families and communities.

We will continue to provide a variety of fresh food options, along with recipes for their preparation, to our clients this summer. Garden donations in any form are always welcomed and appreciated. Ideally, please wash any vegetables and bag up your donations in family-sized bags. Thank you very much!

Lamoille Community Food Share, Inc.
P.O. Box 173 Morrisville, VT 05661
802.888.6550 www.lcfoodshare.org



How to reach us: **802-888-6550**, lcfoodshare@gmail.com, mailing address **P.O. Box 173 Morrisville, VT, 05661**, physical address **197 Harrel St Morrisville (in same complex as CCV)**

For the latest updates, pictures, stories or for information about how to make a donations visit us at lcfoodshare@gmail.com and on **Facebook** (If you'd like to be removed from our mailing list, please let us know).

Our Wish List: canned fruit, peanut butter, cereal, coffee, soup, canned veggies, tuna, jelly, pasta, pasta Sauce, canned meats, canned beans, pet food, toiletries, menstrual care, household cleaners

Collection box sites can be found on our website under "wish list" or you can drop your donation in the blue bin outside our door while we are open.
Hours of Operation: M-F 9:00-11:30 Sat 9:30-11:00

Everyone Eats!

Lamoille Community Food Share is a proud community distribution site for the Vermont Everyone Eats (VEE) program, a grassroots-driven program providing food assistance and economic support to communities throughout the state. Conceived in the midst of the coronavirus pandemic and its impacts on food security, businesses, and the local economy, the program model was developed and implemented through multi-sector mobilization.

VEE was established by an act of the Vermont Legislature to provide a stabilizing source of income for local restaurants, farmers and food producers while also providing free meals to Vermonters. A Statewide Task Force was assembled to guide the program. VEE has been funded by \$6.4 million from the Coronavirus Aid, Relief, and Economic Security (CARES) Act. Southeastern Vermont Community Action (SEVCA) was selected as the fiscal agent and statewide administrator.



Community hubs recruited more than 120 Vermont restaurants that prepared and packaged more than 500,000 meals. Restaurants received \$10 to prepare and package each meal. As part of the program, restaurants are required to source 10% of their ingredients from Vermont farms and/or food producers. Meals are distributed free of charge throughout all 14 counties at 160 distribution sites. Distribution sites include food shelves, community centers, worksites, faith-based organizations, housing

authorities, schools, libraries, health centers, and community organizations. More than 170 farms and food producers throughout Vermont have participated in the program providing restaurants with local products.

LCFS partners with the Central Vermont Everyone Eats program, a collaborative effort between Capstone Community Action and and Shift Meals and engages 39 partners and 12 restaurants throughout Washington, Orange, and Lamoille Counties. In the Fall and Winter of 2020, Everyone Eats of Central Vermont distributed 82,001 meals which placed \$820,010 back into the Central Vermont Economy. 36.6% of the ingredients were sourced from Vermont producers. LCFS distributes 200 meals each week during our normal operating hours. EEV will run through June 30, 2021.

Bob from Hyde Park brings fresh eggs.



Thanks to everyone who has thought of new ways to help LCFS. Thanks to Sharon Bateman, a local Realtor who donates to LCFS in lieu of closing gifts, to Lamoille Valley Chevrolet who collected truckloads of food and matched with donations, to Sam Guy who encouraged other businesses to donate...The list goes on!



Mason Manosh collected, painted and sold rocks to benefit LCFS!

Our Board of Directors: Ken Lamb, Julie Bomengen, Ellen Waldman, Caroline Ballard, Joan Greene, Mary Elfer, Mark Andrews, Bill Robinson **Program Manager:** Kevin Carter
Assistant Manager: Adam Desrochers **Community Outreach Manager:** Susan Rousselle

Thanksgiving 2020

Thanksgiving was a great success! We gave out 791 turkeys and bags of goodies! We are very grateful to the community for stepping up and donating through Chris' Challenge to purchase turkeys and "Share for Thanksgiving" to purchase the extras. Thanks to Demars for providing storage and Morrisville Elementary School for helping to store the turkeys. Bourne's Energy helped us with reusable bags which were packed by groups of volunteers.



Hunger: A Serious Matter

A bulging stomach. A boney frame. That's what many people imagine when they think about the impact of hunger on the body. And it's true, extreme hunger and malnourishment can have that effect.

Yet, hunger can also affect the mind and body in ways that are less visible but are just as devastating for the millions of Americans facing hunger today including thousands of children and adults who call Vermont home.

Facing hunger can be stressful. Constantly worrying about where your next meal will come from can cause mental health problems such as depression, anxiety and even posttraumatic stress disorder (PTSD). The American Academy of Pediatrics revealed that mothers with school-aged children who face severe hunger are 56 % more likely to have PTSD and 53 % more likely to have severe depression. The inability to feed your loved ones can have traumatic effects on a person's mental health.

We've all rushed out of the house without eating breakfast. And when 10 o'clock rolls around and your coffee cup is empty, focusing becomes difficult and your stomach starts talking to you...yet it's too early for lunch! But many Americans aren't just skipping breakfast. And the more meals they miss, the more severe hunger affects their minds and bodies. For children, hunger makes it hard to concentrate on school work, both in the classroom and learning remotely. Roaring stomachs cause children to be irritable, hyperactive, and disengaged. These behavioral issues distract kids from their school work, leading to bigger problems in their future.

We're fortunate to reside in a state where like-minded agencies and organizations such as the Lamoille Community Food Share, recognize the importance in partnering with each other and their local schools to better understand what's working well, where gaps exist and creating opportunities to address the issue of hunger in our region.

Lamoille Community Food Share and our partners in Lamoille County and throughout the state of Vermont will continue to advocate for the resources necessary in making sure that all of our friends and neighbors who are experiencing hunger are taken care of- now and in the future.

Many thanks again to John Clark of The UPS Store in Stowe for printing our newsletters free of charge so that your donations can go directly to helping our clients.