



### Cut to Federal Food Aid Program puts Pressure on Local Food Pantries

On November 1st, the temporary benefit boost provided for in the 2009 American Reinvestment and Recovery Act expired and households across the country participating in the Supplemental Nutrition Assistance Program (SNAP) are now seeing their monthly benefit sharply reduced. This substantial reduction has left many Americans unsure of how they will put food on the table, and will aggravate the problem of hunger in our nation.

The cuts will drive even more SNAP recipients to the charitable food system but it is maxed out. This is not a manufactured crisis - it is real, and it will grow.

While a cut of \$36 per month for a family of 4 may not sound like much to many of us, it means a lot for families on SNAP. With \$36 a family can buy a gallon of low-fat milk, a box of cereal, eight bananas, a loaf of wheat bread, some deli ham and cheese, two boxes (continued on page 3)

#### From the Board

We can not express strongly enough our thanks for the generous outpouring of support from the community to our appeal in August. Old friends, new donors, small businesses and school children have all responded to the challenge of providing food for our less fortunate neighbors. In order to continue our current levels of service, the Food Shelf must raise \$40,000 this holiday season. As you will read in this issue, our current level of service might not be enough in the face of federal food aid cuts. The Williston Food shelf was conceived as a neighbor to neighbor program and your financial and food donations, as well as ideas you have on resizing or retooling while we work through this crisis, are more important than ever.

#### Turkey Day 2013

On Saturday, Nov 22nd we held our annual "Turkey Day" when turkey donations and pickups are done all at once. The chaos is managed by volunteer Ginger Morton and her many able assistants. This day 183 turkeys were dropped off along with a steady stream of potatoes, cranberry sauce, veggies and desserts. One young family donated handmade Thanksgiving cards to cheer the clients waiting for their turn to shop.



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## Voices of the Food Shelf

"I work 2 jobs and still can't afford groceries after paying rent, utilities, health ins., and car repairs. I drive a 15-year old car 50+ miles every day to work and back, the gas and repairs are expensive, but a car payment is out of the question. And my student loan payment alone is \$200/mo. I am very appreciative of the help. I donated money to help when I was better off financially.

"I come here because I am a single mother of three who doesn't receive help from their father. I work and go to school and can't make ends meet. I don't get help from the state because in their eyes I make too much money. I laugh at that because with what I make I can't afford to pay all my bills. Rent in Vermont is really expensive among everything else. I am grateful that I am able to come here to feed my children and myself."

"I come to the pantry because I have been in 2 car accidents and with all the medical bills and surgery I was out of work and couldn't make my bills. These wonderful people make it possible for me and my husband to not starve. They also don't make you feel bad, because they treat you with dignity and respect. Hopefully, one day I can show them what a difference they made in my life. I couldn't have made it without them.

### Happy Birthday WCFS!

On November 6th the Food Shelf celebrated its 5th Birthday during our annual volunteer appreciation night. Chef Jozef of Chef's Corner provided us with a lovely and delicious birthday cake! Thanks Chef, and thanks to our many volunteers who make the Food Shelf such a welcoming place for our neighbors in need.



"We come to the food shelf because it is nice to have available when the money is all gone on bills and the cupboards are empty

"This food shelf has helped by providing eggs and meat and staples during a time when we had very limited cash for food. My husband has a job, but it's minimum wage and we are both over 60 with no opportunity to change our situation."

"I am using the food shelf because I am in a situation where I am trying to come up with a down payment for a place to call home. I have been out of work for well since March, first with no assistance whatsoever. I now finally have a job, but had big problems with my vehicle. I really think I'll be ok, but I'm worried about my rent. Am I going to be able to make it? I have dental problems and no insurance. I'll try, but ashamed to have to do this. Thanks."

"I try to only use a few times a year. I live with another adult who can't work because of health issues (stroke) and need help every few months to make ends meet and the people here are very nice and not judgmental! (cried the last time I came and they made me feel ok about needing the help!) Thank you

"My family has been through a lot. My husband is on SSDI (disability) and I am on Workmen's Comp and are barely making ends meet. You folks have helped my family a lot. Thank you and God bless you."

"Because I am on a very low SS fixed budget and it leaves me with nothing. My rent is high and by the time I pay my other bills I have nothing left to buy food."



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... of spaghetti, spaghetti sauce, some ground beef, some chicken breasts and 4 potatoes. Many people in Vermont live for a week, or more, on that much food. Make no mistake; cuts to SNAP will take food from the refrigerators and kitchen tables of struggling families, seniors and our children. We can all agree that good-paying jobs are the best solution to hunger. The fact is that those jobs just don't exist for lots of people right now. In the meantime, it is essential to the fabric of our communities that our neighbors can feed themselves and their families.

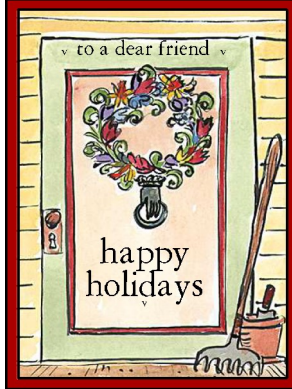
It will be a challenge to enact a fiscally responsible farm bill, but we are confident that even in a time of limited resources, our nation can reflect our shared value of helping our neighbors who are trying their best to help themselves.

*Excerpted from John Sayles CEO Vermont Foodbank blogpost. See our website for a link to the article*

### Donation in Lieu of Holiday Gift.

Give a gift that is always the right size and color and is guaranteed to make the receiver feel great! For a donation of \$15 you can send your loved ones and/or business associates a holiday gift card letting them know a donation has been made in their name to the Williston Community Food Shelf.

Let us know at PO Box 1605  
Williston, VT 05495



### May we email you?

In an effort to cut expense and so allow even more funds to go directly to food aid, we'd like to try communicating with you by email. Please consider providing your email address to us on our website. We promise to not share your information with anyone else!

[www.Willistonfoodshelf.com](http://www.Willistonfoodshelf.com)

Williston Community Food Shelf  
PO Box 1605  
Williston, VT 05495

### Williston Community Food Shelf Donation Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Donation: \_\_\_\_\_

Please Make Check Payable to: Williston Community Food Shelf

PO Box 1605 Williston, VT

May we use your name in a list of donors? Yes No

Will you share your email address with us? \_\_\_\_\_

Or make a secure donation  
on line at our website  
[www.willistonfoodshelf.com](http://www.willistonfoodshelf.com)