



Williston Community Food Shelf

www.willistonfoodshelf.com, 300 Cornerstone Drive Ste 115 PO Box 1605 Williston, VT (802) 735-6303

June 2014

Helping our Seniors

Our low-income seniors are often the most reluctant of our neighbors to ask for or accept help. The data shows that fewer eligible seniors sign up for 3SquaresVT than any other age group. A common concern is that there won't be enough for others who might need it more. Feeding seniors is a national issue. *The New York Times* (March 14, 2014) reports the national standard of living for seniors is falling. Many adults are aging into hunger. The reasons are many: sometimes people are pushed out of the workforce as they reach 65, or rising costs of living simply drive them into poverty. And as food, housing, and other costs go up, federal programs that keep our seniors fed and healthy—like 3SquaresVT, Meals on Wheels, and Medicare—are shrinking.

We also know that as we age, health issues become more complicated and expensive. Lack of enough nutritious food directly affects quality of life and health care costs. A recent study finds that when compared to seniors who have enough healthy food to eat, food-insecure seniors are 53% more likely to have a heart attack, 52% more likely to suffer from asthma, and 40% more likely to have congestive heart failure. A small investment in an appropriate diet yields healthier, engaged seniors and vastly reduced health care bills.



Excerpted from the Vermont Foodbank Website Blog. 42% of those served by WCFS are seniors or children

From the Board

Recently a neighbor posted on Front Porch Forum "*just read adjoining posts, 'lost an iPod' and 'found an iPod'!, I love Williston!*". We couldn't agree more. Last year at this time the Food Shelf faced a funding shortfall of almost \$10,000. With faith in our neighbors we refused to turn anyone away and kept doing the best we could with what we had. This summer we have regained what we believe is a sustainable model and have enough funds to begin a new program around fresh foods (read about it inside.). Thank you Williston for helping us keep hunger out of our community.

Williston Community Food Shelf
Board of Directors
Cathy Michaels
Jeanne Jensen
Larry Pillsbury
Anne Dodd
Chris Long
Jennifer Daudelin
Burta Kelly

Helping kids through the Summer

Once again WCFS is partnering with the "Friends of Families" organization which sends needy kids from Williston and St George to two weeks of summer camp. Friends of Families provides not only camp fees but transportation and support to make sure the experience is as positive as possible for the child. The Food Shelf provides breakfast, lunch and healthy snacks for the campers while Friends of Families fundraises independently for all other costs. If you would like to donate to the camp program, please make the check out to the Williston Community Food shelf and write "F of F" in the memo line.

The "Summer Bags Program" is entering its 5th summer of providing extra food each month to families who children receive breakfast and lunch at school the rest of the year. Summer in Vermont should be a time of relaxation and fun, not worry over how you are going to stretch the budget to cover those extra ten or twenty extra meals a weeks!

The Fresh Initiative

In February, the Williston Community Food Shelf introduced a new program which we have called *The Fresh Initiative*. The goal of this initiative to help our clients make healthy food choices and to encourage them to include more fresh fruits and vegetables in their diet. The program is comprised of three interacting elements. First, each month we select and stock a food high in nutritive value, known as the *Food of the Month*. The *Food of the Month* for April was fresh carrots, in May bananas. Next, an informational handout containing several recipes using this ingredient is compiled and offered to clients. Finally, three times each month, volunteers make one of these simple and delicious recipes to share with our clients, further promoting the *Food of the Month* with the added benefit of creating a sense of community. Thus far, *The Fresh Initiative*, spearheaded by volunteer Marie Gray, has been very well received, and we look forward to a bountiful growing season!



Sally Metro shares carrot muffins with Staff and Clients are part of the Fresh Initiative.

Hannafords Continues its Fight to End Hunger

A new program will provide monthly income to food banks across the Northeast and eliminate the need for an estimated 1.5 million disposable shopping bags next year, Hannaford Supermarkets recently announced. Durable “Fight Hunger” shopping bags are now available in the checkout area of every Hannaford store. **For each bag sold, Hannaford will donate 25 cents to that area’s food bank and help provide meals to people in need.** The vinyl bags are available for \$1.29.

Stuff a (Fire) Truck!

Come help Stuff a Fire Truck with food to benefit the Williston Community Food Shelf. A fire truck will be located in front of the Williston Central School on **Thursday, July 3rd and Friday July 4th**. The fire truck will be ready to be filled with non-perishable food. Let's see if we can completely stuff the truck and help out our less fortunate neighbors.

In Memoriam

The Food Shelf lost several good friends in 2013 Our heartfelt condolences to the friends and families of :

Shirley Fuller , Dennis Racine
& David Welsh

Thank you to our 2013 Donors!

Sponsors: Essex Alliance Church, Hannafords Supermarket, Chef's Corner Cafe and Bakery, Williston Observer, Williston Police Officers' Association, New England Federal Credit Union, Rose Computer Technology Services, Williston School District, Panera Bread, Williston Federated Church, Adam Orchard and Farm Market, Town of Williston, Shred This, Inc.

Angels: Marian Bickford, Shirlene and Felix Blanchet, Amy and Matthias Brewer, Bernice and Donald Brisson, Barbara Bristol, Paul Christenson, Cleary Stone Company, Charles Coney and Elizabeth Weiss, John Dannies, ELM Designs, Flex-a-Seal, James Fuller, Cid and Greg Gause, Green Mountain Animal Defenders, Jerry Greenfield and Elizabeth Skarie, Immaculate Heart of Mary Church, Instrumart, Janitronics, Jeanne and David Jensen, Kaleita Kenneth, Joyce and Raymond LeBlanc, Lucy's House for the Prevention of Homeless Pets, Terry Maccaig, Mac's Market, Jean and Michael Mast, MVP Health Care, Walter Nardelli, Liz and Bob Neeld, Ferris Nichols, Andre and Susan Parent, Patricia Pasley, Putnam Family Charitable Fund, David and Michelle Rath, Scott's Line Striping, Inc., Roger Siiro, The Bellweather School, The Town Cobbler, TM Development, Brian Trivelli, Vermont Family Eye Care, Washington Lodge #3, Williston Historical Society, Williston Rotary Club Charities.

Partners: Addison County Humane Society, Frank Alling II, Pam Argy, Larry and Ann Barber, Dan Beaton and Mary King, Margaret Bishop, Susan and Tom Blair, Carmel Blanchart and Heather Regan, Bond Auto Parts, Kirk and Jean Bosworth, G.Peter and Ann Brooks, Tyler Brooks, Nancy and Thomas Brown, Gregory and Donna Burt, Tom and Nancy Carlson, Chris Castano - Chuck Wagon, Catamount North, James Clairmont, Madeleine Dawson, Dempsey Investment Mgmt, Diamond and Robinson P.C., Marjorie Dickstein, Amanda Duquette, Lester and Marjorie Durett, Stan Faryniarz, Bernadette Ferenc, Kathleen Jerold Fernee, Eric and Libby Flegenheimer, Keith Gaylord, Guys Farm and Yard, Hampton Direct, Steven and Kathrym Hayes, Elizabeth Hazen, Patricia Hickcox, Gary and Susan Howard, Laurence and Crystal Howard, In memory of Helen Irwin, Jim Jacobson and Polly Parsons, June Jones, Cathy Keim, Kinney Pike Insurance, Jeff Lord, Joseph and Camille Loving, Charles Many, Mia Marinovich, Lori Martel, Master Gardeners Plant-a-Row, Alice Michalak, William and Elaine Miles, Kenneth Morton Sr., Maira Newell, Norther Vermont Realtors Assoc., Old Brick Church Christmas Eve Services, Warren Olson, Marsha Palmer, Paulita Pashby, James and Susan Peters, Michelle and Timothy Pierce, Charlie and Pat Read, Arthur Robert, Kelly Scannell, John Sharpless, Suzanne Shepard, The Stamper Family, Jean Staunton, Janet and Gary Stein, Jane Stickney, Stress Reduction Yoga, Trudell Consulting Engineers, Melinda and Clarence Trummel, Tracey Tsugawa, T.G. Vaughan, Virginia Vaughan, Judith and John Wetzel, Elma Wildblood, Sally Wilder, Williston SDA Church, Theresa Zitttritsch, Stacey Zouck

Friends: ABF, Greg and Christine Akiki, Richard Lucille Allen, Amarah Chocolate Co., American Baptist Church, Prineet Amin, D. Jean Andrews, Janet and Michael Andreyko, APS Healthcare, Brian Aquino, Richard and Sarah Asch, Heather and Karl Ashline, ASIC North, Associates in Periodontics, Susan Austin, Jennifer Babcock, Bankers and Life Casualty Co., Flora Barber, Alison Barges, Dennis Bates and Ann Hazelrigg, Kimberley Beauchemin, David and Trudi Beauchemin, Joseph Benard, Jean Bing, Doris Bittruff, Black Bear Class @ Kids and Fitness, Nancy Blair, Anita Blau, BlueSkye Track, Inc., Bob Noel Agency, Claire Boland, Joyce Bove, Julia Boynton, Christine Brown, Madeline Bunting, Austin Burbank, Deborah Burke, Burlington-Williston Church of the Nazarene, The Bushweller Family, Donna and Barry Butkus, Camp Shoshana, Carolines International School, Stephen Carpenter, Art and Jennie Cernosia, Champlain Valley Quilt Guild, Inc., Barbara Chausse, Donna Chickanosky, Chris and Deb Clark, Mikala Clark, Community Bible Church, Rose Compagnon, Sandra and Brian Connolly, Vince Conte, Conway Freight, Douglas and Birgitta Corrigan, Kyle Coyne, Anna Crocker and daughter, CVU Family and Consumer Science Class, CVU Football Boosters, Marie Daly, Michelle Davis, Edith Dayvie and Frank James, Arlene Degree, Dept of Homeland Security, The DeSantos Family, Rachel Desautels, Betty Dewyea, Anne Dodds, Michael Donato, John and Janice Downey, Dragonheart Vermont, Jeff and Lorraine Dreibelbis, Priscilla Dube, Marilyn Dunn, Lisa Dwyer, EJ Kids Klub, Eldoes, Rickie Emerson, Env. Haz. Mmt., Elizabeth Erickson, Maurice Eustace, Associate Grocers of NE., Evergreen Family Health, Lorraine Farrell, Donna Felliger, Clara Firth, Barbara Fowler, Vicki Fraser, Amy Frye, Lyn and Robert Gaffney, Gardener's Supply, Pastor Ramona Guadalupe, George Gerecke, Lane and Laura Gibson, Monique Girard, Girl Scout Troop 30374, GS Troops 30112, John Giroux, Mike and Mary Golovach, Gertrude Gonyo, Shirley Goodell-Lackey, Louise Goodrich, Herb Goodrich, Gayle and Brian Goodwin, Ralph and Cecile Goodwin, Petronelle Grobler, Bill Grover and Pat Troxell, Martin and Donna Sue Hain, Addie Hall, Carol Hamner, Briant Hamrell, Handy Family Enterprises, Margaret Hayes, John Hammelgarn and Robyn Young, Sarah and Jason Hibbler, Cynthia Hines, Gerald Huertz, Rob Infantino, Shirley Johnson, Elizabeth Jordon-Shook, June Joyce, Teresa Kajenski, Michele Kartschoke, Jean and Mike Keelean, Mark Kinsley, Barbara Kneeland, Kim Kolbon, Theresa Krainz, Susan and Anthony Lamb, Elaine Lawrence, Pat and Norm Leary, Paul and Christopher LeBlanc, Theresa Mary Lee, Ronni Leibowitz, Nancy Leonard, Bob, Kay and Hailey Leuang, The Lion's Club, Gloria Liptak, Sandra and Gene MacCallum, Ruth and Charlie Magill, Karen Makland, Phyllis Marshal, Sarah Mason, John and Rick McGuire, The Medici Family, Merchants Auto, David and Cynthia Messier, Janet and Craig Metz, Sandy Michaud, Rosemarie Michels, Barbara Mieder, Ted Milks, Mina's Sweet Treat, Deborah Miuccio, Pierrette Monteith, Sara Moran, David and Elinor Morency, Eileen Morse, The Movement Center, Tracy Murphy, Karrie and Samantha Nelson, Barbara Nevins, Marianne Nolan, Deb Norton, Tim and Danielle O'Brien, Christine and David Oliver, Ross Orr, The Other Paper, Eleanor and Gordon Owen, Timothy Palmer, Dick and Joy Pashby, Cindy Pavlik, Ester Perlman, Jane Petrillo, Larry and Carolyn Pillsbury, The Poodiack Family, Michelle Price, Primary Care Partners, Jill and Jonathan Quong, N.J. Racine, Rumpun Racine, Monica Racine, Ramuntos Pizza, Kay Reynolds, The Richards Family, William Roberts, Mary Rodes, Sharon Rosenthal, Peter and David Roy, Julie Ruby, Carl and Debra Runge, Melanie Saia, Kathleen Santerre, Donna Savage, Catherine Sawyer, Suzanne Scannell, Kenneth Schatz and Catharyna Kerr, David Schmidt, Danielle Scribner, Wyland Seibert, Ted and Judy Selfridge, Bruce and Kelly Shepard, Steve Silverman, JoAnn Simendinger, Kimball and June Simmons, Ann and Jeffrey Smith, Heidi and Gray Snipes, Snyder Homes, Rebecca Sparks, Richard Spitzer, Christopher Spurgeon, William St-Amour, Nancy Standley, Kevin and Susan Stephens, Carol Stewart, Joan Stoddert, Xiyao Swahn, Christine Szarek, Taft Farm Senior Living, Joyce Tasetano, Rebecca Tharp, John and Liz Tobin, Sarah Tousignant, Noah Townley, Tuberville, Sylvie Valois, Kristen Vance, Vermont Community Foundation, Vermont Custom Closets, Vermont Technical College, Jill Vespa, Larry and Debra Viens, Michael and Donna Voghell, Karen Ward, Vicki Watson, Amy Watson, Weight Watchers - Maple Tree Place, Don Weinberg, Geraldine Weiss, Brigitte White, Williston Boy Scouts Troop 692, Williston Chiropractic and Sports Medicine, Williston Community Gardens, Williston Seniors, Williston Woods Activities Committee, Jani Wilson, Charles and Mary Ann Wolf, Mary Woodruff, Stephen Woodward and Laurel Williams, Carolyn and William Workman, Darlene Worth, Bernhard Wunder, Joan Young, Cheryl Zoice

Ways to Help:

Save the Date!

Chowder Challenge!

The Food Shelf's major annual fundraiser is coming up sooner than you think!

Save the date:

Sunday September
xxth

May we have your email?

many donors are now receiving newsletters and thank you notes by email. We promise you won't be bombarded and we'd never give your email address to anyone else! Please add your email to the donation form or email us at

Info@willistonfoodshelf.com

4th of July Parade

The Food Shelf is looking for volunteers to walk, ride, skip or unicycle with us in the 4th of July Parade. Email us if you are interested at

Volunteer

@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 have your email address ? _____

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