



"It's one less burden when your child is fed, we bring peace of mind by providing enough, nutritious food."
 - Ana
 Food Access Manager

FULL PLATES *Fall 2024*

More Vermont Veggies

Healthy Roots Collaborative joins Feeding Champlain Valley!

We are growing together! Our partner in fighting hunger in Franklin and Grand Isle Counties, **Healthy Roots Collaborative**, has joined us as a program of Feeding Champlain Valley. As one team, we will source more fresh fruit and vegetables from Vermont farms and deliver them to our neighbors in need.

Healthy Roots supports growers, producers, and consumers in Franklin and Grand Isle Counties through gleaning, farm to school programming, local food sourcing, and food and farm business support.

Thousands of pounds of vegetables and fruits are rescued from local farms and redistributed to food shelves like NorthWest Family Foods and the Richford Food Shelf - another new addition to Feeding Champlain Valley! Healthy Roots also purchases much-needed produce from farms to increase access to nourishing and culturally relevant products.



A volunteer harvests tomatillos from Pomykala Farm in Grand Isle

Christine and Peter at Healthy Roots have integrated with Feeding Champlain Valley to help us create stronger local food systems and healthier communities. They, along with volunteers, distributed 48,720 pounds of gleaned, purchased, recovered, and grown produce last year!

Christine shares, “There is potential to grow, the need in the community is there, and we are working hard to do more.”



The future is bright. Christine says, “We are exploring new opportunities. We have conversations about processing vegetables to make them easier for people to use, building stronger relationships to connect the dots with affordable housing and good access, and continuing to provide strong farm business support.

Food access and farm viability go hand-in-hand.”

← *Gleaning* is gathering fresh food from farms, orchards, gardens, and markets that would otherwise be thrown away. Feeding Champlain Valley volunteers visit local farms after their harvest is done and recover thousands of pounds of perfectly edible, delicious, and fresh produce!



2 in 5 Vermonters are experiencing hunger

Addison’s New Look

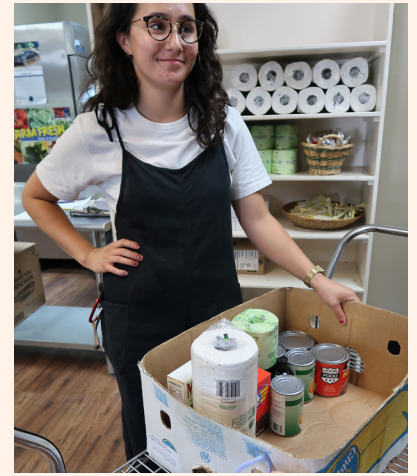
Expanding our reach throughout the Champlain Valley

The Addison Food Shelf has joined the Feeding Champlain Valley Addison Food Hub as a critical part of our hunger relief efforts in Addison County! The Feeding Champlain Valley Food Hub, located in Middlebury, is a large dry and cold storage facility that provides space for storing, organizing, packing, and distributing food boxes through our online market.

This warehouse will provide extra storage space for the Addison Food Shelf, freeing up room at the food shelf to become a calmer and more intentional space for residents to get the food they need.

All are warmly welcomed to the Food Shelf by Sadie who bops around from shelf to shelf, cooler to cooler, finding the specific items most needed and most desired by each visitor.

“I want to create a more autonomous experience so that people can get food with dignity,” says Sadie. She greets each person and chats about their day. Many visitors, such as elderly people living alone, experience a lot of isolation living in such a rural place and appreciate a friendly person to talk to.



“Even though they’re facing big things that I can’t always help with, I can provide food and take care of this fundamental need.”

Sadie keeps the Food Shelf stocked with food, household, and hygiene items that she knows people need and want. “I see a lot of families, young couples, and working-class folks. Many people carpool here because transportation is such a big obstacle. But no matter the hardship, everyone leaves here happier.”

Our Food Access Initiative

Meeting people where they are at

In Chittenden County, Ana and Eric work out of the Food Hub in Colchester bringing deliveries to over 500 people a month. This work reaches people throughout the Champlain Valley who can’t access our Food Shelves due to barriers such as transportation, illness, lack of childcare, etc. In addition to food,

Ana has been working hard to grow our list of partners so that we can reliably offer products like pet food and much-needed household products.

During the growing season here in Vermont, fresh vegetables are plentiful. Through food rescue and gleaning efforts, there are a variety of veggies added to the food boxes for delivery. A recent food recipient shared, **“This is SO nice to get! We are so excited about the veggies.”**



→ *2 million+ pounds of food distributed annually*

Distributing these locally grown products is also a learning opportunity about farming in Vermont and the seasonality of food. Ana shares,



“If you’re isolated and don’t feel like a part of anything, eating veggies from local farms connects you through food and gives you the sense that you are still part of the community.”

Ana sees the positive change that it brings to people’s lives. “When I started, I was seeing clients every two weeks and things felt stuck, like nothing was improving. After a while, I started to receive calls like, ‘I was finally able to save enough to fix my car and can go to the store again, I no longer need the deliveries.’”

It is really helping. Thanks to this food, people can get through the hard phases.”

Ways You Can Give

VOLUNTEER

We couldn’t do this work without volunteers. To help pack boxes of food, deliver groceries, stock shelves, and much more, submit an application on our website!

MAKE A DONATION

Visit our website to make a secure gift or send a check or cash to Feeding Champlain Valley, Attn: Philanthropy, PO Box 1265, Burlington, VT 05402.

BECOME A MONTHLY DONOR

Join the Full Plate Club, a group of dedicated donors who provide food all year long.

GIVE FOOD

Donated food helps us stock the shelves with variety and in-demand items. Visit our website for a list of current needs and donation hours.

LEAVE A LEGACY WITH PLANNED GIVING

You can make an impact for years to come by including CVOEO in your estate planning or as a beneficiary of your retirement account, life insurance, and other assets.

Contact us at philanthropy@cvoeo.org



Learn more at

feedingchamplainvalley.org