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SPRINGFIELD FAMILY CENTER

NOVEMBER 2024 NEWSLETTER



Hello, Friends!

The season of Thanksgiving has arrived!

Here's a look at some goings on this month at the Springfield Family Center!

Support Springfield Family Center with ~ “Buy a Day; Make a Difference!”

With Springfield Family Center's recent move to a more accessible location, we're experiencing a surge in demand for our charitable food resources. Unfortunately, this increased need coincides with decreased funding opportunities. As an organization dedicated to providing free food, we rely solely on town appropriation, grants, and fundraising events to sustain our charitable food programs.

To help meet the rising demands, we're excited to introduce a new way for individuals to support our mission: “Buy a Day; Make a Difference!”

Here's how it works:

- Purchase a Calendar Day: Honor yourself or someone special by purchasing a day on our calendar, which will provide up to 30 meals for food-insecure neighbors.
- Public Recognition: The honoree will be publicly recognized on their chosen day as a vital partner in our efforts to combat hunger in the community.

This is a unique way to celebrate a birthday, anniversary, or special occasion by gifting hope and sustenance to those in need.

Lead the Way! Spread the word about your special day! Any donations made on that day will be matched up to \$100.00

Secure Your Day:

- Make a one-time gift of \$100 to the Springfield Family Center.
- Alternatively, become a sustaining donor for just \$10/month.

For more information or to purchase your day, please email us at: SFCbuyaday@gmail.com

Together, we can make a difference!

Vaccine Clinic:



Springfield Family Center has teamed up with North Star Health to host a **FLU VACCINE CLINIC** on **WEDNESDAY, NOVEMBER 13th**, from 10:30-1:30. **NO APPOINTMENT NECESSARY**. Just stop by our location at 130 Springfield Plaza Road Suite #9 in the Shaw's plaza between the hours of 10:30am-1:30pm. Vaccinations will be provided on a first come first served basis.

*Please note ~ This is not a free vaccine clinic. For those interested in receiving the vaccine, please come with your insurance card.

If you're under 64 years old and don't have insurance, you can call the health department at: 802-289-0596 to schedule an appointment for a free flu vaccine.

Annual Basket Raffle:

Springfield Family Center is thrilled to announce our biggest fundraising event of the year - just in time for the gift giving season! We invite you to participate in our 5th Annual Basket Raffle, supporting our food shelf and weekday meals programs.

Ticket Pricing:

\$2 per ticket

3 tickets for \$5

All proceeds will directly benefit our programs, helping us make a positive impact in the lives of our neighbors.

Don't miss your chance to win amazing baskets generously donated by our community partners, local businesses, and YOU, our wonderful supporters!

So far we have a selection of 12 baskets with more to come ~ have a peek at the baskets online using the button below as there is something for everyone in the family!

Thank you for making a real difference in our community!



[**View Baskets & Get Tickets Here**](#)



Holiday Food Drive:

The Finance Team at HCRS Presents:

Holiday Food Drive

UNTIL December 12th, 2024

Springfield 390 River Street Location

.....

**Join us to help fight against hunger this
Holiday Season by supporting the
Springfield Family Center**

WHAT IS NEEDED:

Boxed Mashed Potatoes, Green Beans, Cranberry Sauce,
Box Stuffing, Crispy Fried Onions, Cream of Mushroom
Soup, Gravy, Boxed Mac & Cheese, Canned Veggies,
Canned Yams, Gluten Free Stuffing

Call Mel Murphy 802-886-4500 ext 2187 or email: mamurphy@hcrs.org

Join us in spreading joy and making a difference in our community this holiday season! The HCRS

Food Drive is active now and runs through December 12th.
Thank you for your support!

Halloween Coloring Contest!

The Springfield Family Center congratulates Camila, Kiera, and Sierra, the talented winners of our Halloween coloring contest! We're excited to share that two of our winners are featured here (with permission). We hope they had a fantastic time carving their winning pumpkins! Great job, everyone!





Board Member Spotlight:

Tara Chase, Board Secretary

"I joined the Springfield Family Center Board of Directors because I am committed to addressing food insecurity in our community. My goal is to support individuals and families who are experiencing hardship, with the hope of making a meaningful impact. I believe that alleviating food insecurity benefits everyone in our community, regardless of their background or circumstances. By joining the board, I aim to contribute to solutions that build a stronger, more resilient community for all."

Peanut Butter and Jelly Showdown!

Probation & Parole vs. DCF Peanut Butter & Jelly Showdown



Nov. 4th - Nov. 15th

The Battle Plan:

- **Probation & Parole** is Team Peanut Butter! 🥜
- **DCF** is Team Jelly! 🍇
- The winning team gets bragging rights & a Pizza Party on November 15! 🍕

The Springfield Family Center does amazing work supporting local families. Let's fill their shelves with deliciousness before the holiday season kicks in!

On November 15, **Nick Merrill** from Probation & Parole and **Erin Keefe** from DCF will team up to deliver all our donations to the Springfield Family Center.

Get ready for a tasty competition! Our friends at Springfield Probation and Parole and the Department of Children and Family Services are teaming up to host a Peanut and Jelly Showdown in support of Springfield Family Center's Food Shelf Program.

Team Peanut Butter (Probation and Parole) is going head-to-head with Team Jelly (DCF) in a friendly contest to gather donations.

How You Can Help: Bring your peanut butter and jelly donations to the Springfield Probation and Parole front office at 100 Mineral Street, between 7:45 AM and 4:30 PM, from November 4th to November 15th.

Let's spread the love and support our community together! Thank you for your generosity!

Recipe of the Month ~ Delicata Squash



SFC's Veggie Guide: Roasted Delicata Squash

This winter squash is similar in flavor to that of a sweet potato! It can be enjoyed by itself or as an addition to your favorite dish!



Ingredients:

2 Medium Delicata
Squash
1 Tbs Olive Oil
1 Tsp salt (optional)
1/4 tsp ground pepper
(optional)

Items You'll Need:

Cutting board
Knife
Baking Sheet
Measuring spoons
Spatula
Spoon

Directions:

1. Pre-heat oven to 425 degrees F.
2. Trim off the ends of the squash. Then cut squash in half lengthwise. Use a spoon to scrape out the seeds and squash pulp. Cut the remaining squash into 1/2 inch sections.
3. Place the squash on baking sheet in a single layer, drizzle with olive oil, season with salt and pepper as desired.
4. Place in the oven and cook about 10 minutes, flip squash and cook another 10-15 minutes until browned and tender.
5. Remove from oven and Enjoy!

Recipe Adapted From: <https://www.thekitchn.com/delicata-squash-23079003>



Colder Weather:

The colder weather is starting to set in... Often, this is a time of pleasure for many as they enjoy warm days, cool nights, and all the excitements fall has to offer! However, far too many others are beginning to worry as they are burdened with trying to figure out how to navigate the challenges the change of seasons brings. The changing of temperatures equals increased costs for individuals and families already struggling to make ends meet. This doesn't even include the stress of also trying to prepare for the holiday season. In Springfield, over 30% of the households are cost-burdened - which means that the occupants pay more than 30% of their income to housing. In such a case, there is often not enough money to pay for other basic needs, including healthy and nutritious food. With this in mind, Springfield Family Center is asking for your help as we prepare to meet the increased needs of our community.

[**Donate Here**](#)

Here are ways you can help us help others!

- Host
a
food
drive
- Donate
Shelf
stable-
in
date
food
- Donate
fresh
fruits
and
vegetables
- Donate
frozen
Hams
and
turkeys
- Start
a
workplace
challenge
food
drive
- If
you
are
able
make
a
Monetary
donation
- Become
a
sustaining
donor-
as
little
as
\$10/month

can
"buy"
a
pre-
made
meal
for
one
person
or
enough
ingredients
from
the
food
shelf
to
provide
a
meal
for
2-
3
people.

A Heartfelt Thank You to Our Supporters!

Springfield Family Center would like to take a moment to recognize the incredible individuals and organizations that have shown unwavering support and dedication to our mission and the community throughout the month of October. These amazing people go above and beyond to provide the resources needed to assist community members facing adversity:

BASKET DONORS:

Springfield Supported Housing Program, Springfield, VT
Hireability/Vabir, Springfield, VT
Springfield Police Department, Springfield, VT
Willow Farm Pet Services, North Springfield, VT
Springfield Town Library, Springfield, VT
Springfield Area Parent Child Center, North Springfield, VT
Edgar May Health and Recreational Center. Springfield, VT
Weston Theater/The Hub at Weston, Weston, VT
Turning Point Recovery Center, Springfield, VT
Green Mountain Lavender, Springfield, VT
Senior Solutions, Springfield, VT
The Baker Family
Keegan Mack-Chase
Moonlit Stitch, Chester, VT
Jane Mallon-Czajka
James Harris
Smitty's Chester Market, Chester, VT
Plains Brook Farm, Weathersfield, VT
The Paradis Family

FOOD DONORS:

Black River Produce, Springfield, VT
Shaw's Supermarket, Springfield, VT
Dollar General, Springfield, VT
Stone Village Farmers Market, Chester, VT
Keith and Judy Stern
Willing Hands, Norwich, VT
United Universalist Church, Springfield, VT
Springfield Chamber of Commerce, Springfield VT
St. Mary's Holy Family Parish, Springfield, VT
North Springfield Baptist Church, North Springfield, VT
WIC Department, Springfield, VT
Springfield Town Library, Springfield, VT
Donna Builder
Rita Fletcher
VFW Post 771 Auxiliary
Springfield Hospital, Springfield, VT
Plains Brook Farm, Weatherfield, VT

FOOD DRIVE HOSTS:

Boy Scouts - Chester Troop #206
Okemo Valley Women's Club

Your commitment makes a significant difference in the lives of those we serve. Thank you for standing with us in this vital work!

SPRINGFIELD FAMILY CENTER

FOOD INSECURITY IN SPRINGFIELD

2 out of 5

Vermonters do not know where their next meal is coming from. Springfield, in particular, suffers from a poverty rate that is 47% higher than Vermont's average. Out of 9,000 residents, roughly 2,430 are living at or below the poverty line,



With SFC's recent move to a more accessible location, we have seen a steady increase in the number of meals we serve each day as well as an increased use of our food shelf.



YOU can help by buying a meal for a neighbor. With as little as \$10.00, you can "buy" an entire prepared meal for one person or enough ingredients from our food shelf to provide a meal for a household of 2-3 people.

Scan the QR code and make a donation today!



www.springfieldfamilycenter.com

Buy A Meal For A Neighbor

See you in December,

Your Friends at the Springfield Family Center

802 885 3646



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