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## SPRINGFIELD FAMILY CENTER

### JANUARY 2025 NEWSLETTER

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### Hello, Friends!

Happy New Year from all of us here at Springfield Family Center!

As we welcome the new year, we want to take a moment to express our sincere gratitude to our community for your incredible support throughout the past year. Thanks to your generosity and compassion, we were able to continue providing nutritious meals and essential resources to those facing food insecurity.

Whether you volunteered your time, made a donation, or simply shared our mission with others, your involvement has made a profound difference in the lives of countless individuals and families in our community. Your kindness ensures that no one goes hungry, and together, we've worked toward a brighter future for all.

Looking ahead to 2025, we are filled with hope and excitement for the continued impact we will make as a community. We are inspired by the dedication of people like you and are confident that, together, we can overcome the challenges that still lie ahead.

Thank you for being a vital part of our mission. We wish you and your loved ones a joyful, prosperous, and fulfilling New Year. May it be filled with peace, love, and continued service to those in need.

Interested in learning more about how you can support the Springfield Family Center?

Click the button below for more information:

[Ways to Give](#)

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### 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](mailto:SFCbuyaday@gmail.com)

Together, we can make a difference!

We are deeply grateful to the community members and businesses who participated in our "Buy a Day, Make a Difference" campaign during the month of December. Your generosity made a real difference in feeding our food-insecure neighbors this December. Together, we helped provide much-needed support to those in need at the Springfield Family Center

December Buy a Day Honorees:

12/10/24: Steffanie Baker

12/12/24: PeX Team

12/23/24: One Credit Union-Springfield Branch

12/27/24: In loving memory of Jean Frahm

12/31/24: Claremont Savings Bank

Thank you for making a lasting impact on our community. Together, we are building a stronger and more compassionate Springfield!

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## **A Heartfelt Thank You to Our Supporters!**

We extend our sincere thanks to all who contributed to our annual campaign. Your generous donations are helping to provide essential food support to those in need, making a meaningful impact in our community. Your kindness and commitment to our cause are deeply appreciated, and together, we are working towards a healthier, more nourished future for all. Thank you for your continued support!

**Feast for all (\$3000+)**

Claremont Savings Banks

Mascoma Bank

**Harvest Hero (\$1,000)+**

Springfield Lions Club

Margaret Fellenz

Barbara Sanderson

Philp and Christine Hood

John and Sarah Ryder

**Nourisher (\$500+)**

Kurt and Patricia Staudter

IVEK Corporation

The Vermont Country Store

**Pantry Patron (\$100+)**

Walter and Aida Pluss

Charlotte Osterlund

Deb and Jeff Blauw

Susan Dreyer Leon and Julian Leon

Jerry Farnum-State Farm Insurance

Beverly and Blayr Crwoley

Walter Martone

The Richards Group

Stephane Rowe

Crown Point cabinetry

Randall Susman

Danielle and Catherine Merrill

Bruce and Linda Richardson

Walter and Rosemary Martin

Ireen Daigle

Bruce and Marita Johnson

Crown Point Board of Realtors

Timothy and Martha Mott

Holy Trinity Orthodox Church

**Breadsticks (\$25+)**

Cathryn and Douglas Feickert

Laura Bauer

Mary Perry

Robert Slaton

Christian Craig

Patricia Leclair

Cindy and John Hughes

Maureen and Wayne Shattuck

Jim and Juliet Loutrel

Theresa Hatin and Chris Elders

**Foundation Gratitude's:**

We would like to express our heartfelt gratitude to the foundations whose generous support has made a significant impact in providing food to those in need. Your unwavering commitment to combating hunger and promoting well-being has been instrumental in making a positive difference in our community. We are deeply thankful for your partnership, and together, we continue to create a more nourished and hopeful future for all.

Bryant Grinder and Chucking Foundation

M&T Bank Charitable Foundation

Hoehl Family Foundation

**Other Donors whose support made a difference in the lives of those we serve:**

Community Banks, N.A

The Baker Family

Mandi Pratt

Andrea Cook

Basket Raffle supporters (both donors and those who bought tickets)

**December Food Donors:**

Holy Trinity Orthodox Church

Vabir/Hireability-Springfield Branch

HCRS

Scott Mitchell

North Baptist Church

Keith and Judy Stern

Senior Solutions

So VT AHEC

James Harris

Ian Speers

Universalist (UU) Church

Willing Hands

The Baker Family

Rodney Holton

Black River Produce

Springfield Town Library

Donna Builder

America Legion Post 18

Shaw's Supermarket

Aurora

William Snide

St Mary's Holy Parish

First Congregational Church

Baptist Church

Karen Engdahl

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**SFC Staff  
Member  
Spotlight:**

Getting to know SFC Staff,  
Keegan Mack-Chase:



Keegan's journey to becoming the Food Shelf Coordinator at the Springfield Family Center is a story rooted in compassion, dedication, and a deep sense of community. Before taking on her role at the Center, Keegan was already familiar with the important work being done, regularly volunteering her time to help with food drives and ensuring the food shelf was stocked and organized. Her commitment to making a difference was evident in her hands-on approach, always looking for ways to improve services and make an even greater impact.

One of her standout contributions was the creation of the hygiene bank, a thoughtful and much-needed service that addressed a gap in the support available to community members.

Recognizing that access to hygiene products is an essential part of personal dignity and well-being, Keegan initiated this program to provide a crucial layer of assistance to individuals and families in need.

Now, as the Food Shelf Coordinator, Keegan continues to bring that same passion and resourcefulness to her work, helping the Springfield Family Center grow in its mission to support those facing adversity. Her ability to connect with people, her tireless work ethic, and her innovative thinking make her a perfect fit for the Center's team. Whether she's managing the food shelf or expanding services, Keegan remains focused on one goal: ensuring that every person in the community has the resources they need to thrive.

Outside of her work at the Center, Keegan enjoys reading and traveling, two passions that allow her to explore new ideas and cultures. These experiences often inspire her approach to community service, as she brings fresh perspectives and a broad understanding of the world around her.

The Springfield Family Center is fortunate to have Keegan as part of the team, and her continued contributions will undoubtedly play a vital role in shaping the Center's future success. Together, we can face the challenges ahead and offer lasting support to our community.

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## Upcoming Community Events:

Springfield Town Library  
presents: Scam, Fraud &  
Identity Theft workshop.  
Thursday, January 30th at  
6pm

### Scam, Fraud, & Identity Theft

Springfield Town Library

Thursday, January 30

6:00 pm



Mary Kohn



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## Recipe of the Month:





## SFC's Veggie Guide: Simple Potato Leek Soup

Leeks are a part of the onion family with a sweet and garlicky flavor. They are rich vitamin K, antioxidants and an anti-inflammatory. Simply put, they are good for your and DELICIOUS!



### Ingredients:

2 tbs olive oil  
2 leeks  
3-4 lg potatoes, peeled and cut into 1/2" cubes.  
3 cups vegetable stock (you can also use chicken stock if preferred).  
1 cup of water  
salt and pepper to taste

### Items You'll Need:

lg chopping knife  
cutting board  
lg soup pot with lid  
spoon for stirring  
blender

**Tip: How to clean and cut leeks:** 1. Cut off and remove the top dark green parts of the leek and roots on the bottom. 2. Once you have removed the greens, cut the leek in half from top to bottom. 3. Rinse leek under cold water to remove any debris.

### Directions:

1. Clean leeks as described in the tip above. Once cleaned, chop leeks into small pieces.
2. Heat olive oil in a large soup pot over medium heat.
3. Add the leeks and cook for 7-10 minutes, stirring often until soft (don't allow them to brown).
4. Stir in potatoes, vegetable stock, water and salt and pepper to taste, bring to a boil.
5. Reduce heat and let simmer for approximately 20 minutes.
6. Remove from stove and carefully transfer soup to a blender. This will likely need to be completed in steps as to not overfill the blender. Blend until smooth.
7. Serve and Enjoy!!!!

Recipe Adapted From: <https://veggiedesserts.com/potato-leek-soup/>





## Colder Weather:

The colder weather has set in...

Often, this is a time of pleasure for many as they enjoy all the excitements of the holiday season!

However, far too many others are worried 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.

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.

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**Buy A Meal For A Neighbor:**

# 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](http://www.springfieldfamilycenter.com)

**Buy A Meal For A Neighbor**

See you in February!

Your Friends at the Springfield Family Center

802 885 3646



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