



SPRINGFIELD FAMILY CENTER

March 2025 NEWSLETTER



Hello, Friends!

As we navigate 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.

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.

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

Click the button below for more information:

Ways to Give

Springfield Family Center Selected as March 2025 Nonprofit Partner in the Hannaford Community Bag Program!

Do you shop at Hannaford in Claremont, NH? Considering supporting Springfield Family Center this March through the Hannaford Helps Reusable Bag Program! When you purchase a \$2.50 Community Bag, you're not just making an eco-friendly choice—you're also helping us continue our

mission to provide hunger relief to our food insecure neighbors. For every bag purchased, \$1 will be donated to Springfield Family Center. These donations directly help us carry out our charitable food programs to the community.

Thank you for supporting Springfield Family Center and being a part of the Hannaford Helps program this March!

BRING HOME A LITTLE LUCK



Make your community feel lucky this month by visiting our selected Hannaford location and grabbing a \$2.50 reusable Community Bag. For every bag purchased, we'll receive a \$1 donation.

hannaford.2givelocal.com
Community Bag Program



SFC Volunteer Spotlight:

Volunteer Spotlight, Jessica Gagnon - Once again, SFC has the pleasure of working with yet another dedicated volunteer! Jessica has been helping out in both our kitchen and food shelf on a weekly basis, for most of the past year. When asked to share her outlook on volunteer work, her response was that she's been in the position of needing to access the kinds of services that SFC provides. "There were times that without the local food shelf, we wouldn't have eaten. It makes me feel good to take part in helping others."

SFC is her first foray into the world of volunteering and she is really enjoying the work. "I think in a time when food and shelter insecurity is growing around us, a time when everyone seems to be asking 'What can I do? I'm just one person.', it's important to remember that THIS (volunteering/giving back to the community) is what we can do." As for her advice for others who are on the fence about how to get started with volunteering, she said that one would be amazed at how many people, businesses and organizations that are out there working to help the community. "Just ask around. Find something that calls to a cause you believe in and go offer your help to those working towards it."

We are so appreciative of the work that Jessica has provided us; her enthusiasm and willingness to help others whenever possible has made her an invaluable member of our SFC volunteer team. Thank you so much!



St. Patrick's Day!

This St. Patrick's Day, consider giving up some green for a good cause! Challenge yourself to skip your daily luxuries and donate the money you'd spend on that coffee or meal to the Springfield Family Center. A little sacrifice can go a long way in spreading the luck of the Irish to those in need!

Here is Springfield Family Center's current Wish list. We are running low on the following supplies, if you are able we ask that you please consider a donation:

Pasta Sauce

Mac & Cheese

Cereal

Peanut Butter

Rice

Tuna Fish

Canned Chicken

Gluten Free items

Upcoming Community Events:

*Free Community Lunch:

Where: First Congregational Church, 77 Main Street Springfield, VT

When: Wednesday March 19

Time: 11:30-12:30

*Please note, Springfield Family Center will be closed on this day when the First Congregational Church services their meal.

Free Community Dinner 156 Main Street Springfield, VT

Where: Calvary Baptist Church

When: Thursday March 20

Time: 5:00pm-6:15pm

Free Food Distribution open to anyone in need

Where: Holy Trinity Orthodox Church 90 Park Street, Springfield, VT

When: Saturday March 29

Time: 2:00pm-4:30pm

Are you looking for tax assistance? Do you meet the criteria below? If so, you may be eligible for tax assistance: To find out more, call SEVCA at 802-722-4575

People who generally make \$67,000 or less

Persons with disabilities

Limited English-speaking taxpayers



Recipe of the Month:



SFC's Veggie Guide: Fresh Ginger Tea

Ginger promotes digestive health, nausea relief, pain management, blood sugar and cholesterol management, and so much...



Ingredients:

1 inch chunk of fresh
ginger
lemon (optional)

Items You'll Need:

Cutting board
Knife
Saucepan Pan

Directions:

1. Take a fresh slice of Ginger, and cut it into 1 inch slices. No need peel the ginger before cutting, just wash thoroughly (you will use a 1 inch slice per cup of tea).
2. In a saucepan, combine ginger with fresh bring the mixture to a boil over high heat. Reduce heat as necessary when mixture comes to a gentle simmer (use 1 cup of water for every 1 inch slice of ginger).
3. Simmer for about 5 minutes (or up to 10 minutes if you prefer stronger tea).
4. Strain the tea through a fine sieve to remove the ginger. For extra flavor, add a slice of lemon or orange, or drizzle with honey or maple syrup to balance the ginger's heat.

Enjoy!

Recipe Adapted From: <https://cookieandkate.com/fresh-ginger-tea-recipe/>



Food Drive:

Community service is service of the heart. Start our children young, having empathy and compassion for the needs of those in our communities.

Springfield Family Center was the recipient of the efforts of students from Riverside Middle School, after they hosted a food drive in our honor. 121.2 pounds of food and personal hygiene products were dropped off and will be distributed to those facing adversity.

Great job, our young friends!!

A Heartfelt Thank You to Our Supporters!

Thank you for Voting YES:

A heartfelt message to our neighbors, our friends...

On behalf of all of us here at the Springfield Family, we want to express our deepest gratitude for your overwhelming support in voting YES for the town appropriation. Your generous decision helps us continue our vital work in providing food assistance to those in need within our community.

This approval is not just a financial contribution, it's a testament to the kindness, compassion, and solidarity that defines our town. Your vote empowers us to continue our mission of alleviating hunger and fostering a sense of security and belonging for all. Together, we can make a real difference, ensuring that no one in our community goes without.

Thank you for standing with us. Your support means the world to those we serve, and it strengthens the heart of Springfield.

Thank you for your donation!

Dear Donors, Thank you for your generous contributions to our cause. Your support makes a significant impact in providing nourishment to those in need. We are deeply grateful for your kindness and commitment to helping our community. Together, we are making a difference.

Donors:

Pat Hill

Angela Trauth

Ian Speers

Paul Cioffi

Rachel Hunter

Thomas Durant

Willing Hands

Black River Good Neighbors

Church of Chirst

Judy Sterns

Edward Majewski

UU Church

North Baptist Church

St Mary's Holy Family Parish

Rodney Holton

Marjorie

Kathy

VFW Auxiliary Post 771

Boris

Donna Builder

Ginny

Plains Brook Farm

Joann Thomas

Dollar General

Shaw's Supermarket



Support Springfield Family Center with ~ “Buy a Day;

Make a Difference!"

Looking for a truly meaningful Valentine's Day gift for that special someone in your life? How about giving the gift of a day! With just \$100.00, you can purchase a day to help feed up to 30 food-insecure neighbors. Or, become a sustaining donor for just \$10 a month, and the person you choose will be publicly celebrated for making a real impact. It's a gift that gives back and helps those in need. Purchase a day, and together, we'll spread love and support to our community.

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

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 January. Together, we helped provide much-needed support to those in need at the Springfield Family Center.

February Buy a Day; Make a Difference Honorees:

One Credit Union

Angel Cioffi

Trisha Paradis

Together, we TRULY DO MAKE A DIFFERENCE!

See you in April!

Your Friends at the Springfield Family Center

802 885 3646

[Click Here To Donate Today To SFC!](#)



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