



SPRINGFIELD FAMILY CENTER

April 2025 NEWSLETTER



Note from the Executive Director:

Federal executive orders can have unintended consequences on food insecurity, often exacerbating challenges faced by vulnerable populations. While designed to address various policy areas, these orders can lead to cuts in social safety nets, disruptions in food assistance programs, or the prioritization of economic concerns over human needs. When critical support systems like SNAP (Supplemental Nutrition Assistance Program) are underfunded or restricted, food-insecure individuals and families find it even harder to access the nutrition they need to thrive.

Additionally, some of the grants that organizations like the Springfield Family Center rely on to feed those in need are directly impacted by these policies. These funding

disruptions make it even more difficult to provide consistent and reliable resources to our community, further deepening the struggle for food security.

As these challenges deepen, it is clear that we must amplify our efforts to support our food-insecure neighbors. Local communities, non-profits, and grassroots organizations will play an even more essential role in filling the gap, providing meals, food resources, and emotional support. We must work together, with urgency and compassion, to ensure that no one is left behind in the fight against hunger. The need for collaboration, innovation, and action has never been greater—our neighbors are depending on us. Read on for ways you can make a difference...

Ways to Give

Grow a Row; Feed a Neighbor...

Spring has sprung and gardeners everywhere are preparing for another season of growth and abundance.

This year, let's plant with even more purpose...

I encourage all gardeners to consider growing an extra row of vegetables, dedicated to being donated to your local food shelves.

With federal and program cuts looming, it's more important than ever to come together and support those facing hardship. We have the power to make a difference, to nourish our neighbors, and to fight food insecurity right in our own communities.

Let's grow a row and sow the seeds of hope this summer. Together, we can make a lasting impact.





SFC Volunteer Spotlight:

Rodney Holton: What happens when you cross the path of someone who has a lot of kitchen know-how and is looking to help out your organization? Why, you take them up on that offer, of course! Rodney Holton comes to Springfield Family Center with 30+ years of kitchen experience and has been lending a hand as a volunteer, with a seamless transition into our crew of diligent helpers! The Springfield Family Center is Rodney's first volunteering experience. With the new venture, he has found that the work gives him a greater sense of self-worth and fulfillment. He feels that the most important part of giving back to the community and others is "to show the people (of the community) that we care". SFC looks forward to continuing our partnership with Rodney and the knowledge and comradery that he already brings with him!

Community Service:

Are you a student in need of community service hours? There's no better way to give back than by helping feed your neighbors! Consider hosting a food drive and making a real difference in your community. To get started and learn how you can leave a lasting impact, contact Springfield Family Center at 802-885-3646 today!

Did You Know?

If you're in need of a meal and the Springfield Family Center is closed, don't worry! We've partnered with the Springfield Community Health team, located in the medical care building on River Street. Give them a call at 802-875-2878 to coordinate picking up a meal during their business hours.

Upcoming Community Events:



Food Drive:

Mark your calendars: Our friends at the Springfield Lions Club will be hosting a FOOD DRIVE to Benefit the Springfield Family Center's Food Shelf:

What: Food Drive to Benefit Springfield Family Center

Where: Shaw's Supermarket-Springfield Plaza

When: Saturday April 12th, 2025

Time: 9:00am-1:00pm

*Free Community Lunch:

What: Free Community Lunch

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

When: Wednesday April 16th

Time: 11:30am-12:30pm

*Please note, Springfield Family Center will not closed for all services this day

Week of the Young Child Festival and Touch a Truck Event:

The Edgar May Health & Recreation Center and Springfield Area Parent Child Center (SAPCC) will be hosting their annual event inside Riverside Middle School gymnasium with booth activities including sensory play, tumbling, smoothie making, bubbles, music, and more. SAPCC will be giving away free books to children and sign-ups for the Dolly Parton Imagination Library will be available. The Springfield Lions Club will be doing free vision screenings for children as well at the event

What: Week of young Child and Touch a truck Festival

Where: Riverside Middle School-Springfield, VT

When: Saturday April 5th, 2025

Time: 9:00am-12:00pm

Recipe of the Month:



SFC's Veggie Guide: Microwaveable Black Bean Quesadillas

This is a simple and flavorful meal packed with protien, veggies, and healthy fats. And it only takes a few minutes to make! Enjoy!



Ingredients:

1 can of black beans
1 can of corn (or bag of frozen corn)
1 diced red onion
Shredded Mexican-blend cheese
Tortillas
Fajita seasoning blend
Salsa
1 Lime
1/4 cup Chopped cilantro (optional)

Items Youll Need:

Bowl
Cutting board
Knife
Fork or Masher
Plate
Spoon

Directions:

1. Drain the can of beans and corn (if using canned), and lightly rinse with water. Dice the red onion. Roughly chop the cilantro. Cut the lime in half.
2. Place the beans in a large bowl, mix in the fajita spice mix, chopped cilantro (if using), and squeezed lime juice to taste. If you're mixing your fajita seasoning blend from scratch, use the spice guide below to know which spices to mix together.
3. With a fork or masher, crush the bean mix together until it forms a paste.
4. Spread the bean paste on two tortillas, then layer on corn, diced onion, and a handful of cheese on one tortilla. Top it off with the second tortilla.
5. Place your quesadilla on a glass plate and microwave it for 1 minute, or until the cheese melts. Top it with your favorite salsa.

Enjoy!

Fajita Sasoning Blend: 1 tbsp corn starch, 2 tsp chili powder, 1 tsp salt, 1 tsp paprika, 1 tsp white sugar, 1/2 tsp onion powder, 1/2 tsp garlic powder, 1/4 tsp cayenne powder, 1/2 tsp ground cumin

Recipe Adapted From: <https://www.eatthis.com/microwave-recipes/>



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

Looking for a truly meaningful 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. Together, we helped provide much-needed support to those in need at the Springfield Family Center.

March Buy a Day; Make a Difference Honorees:

One Credit Union

On March 17th, we celebrated One Credit Union; our incredible partners, whose unwavering commitment to fighting food insecurity and supporting those in need continues to make a profound impact in our community. One Credit Union stands as a true beacon of hope, and we are deeply grateful for their dedication to making a difference.

Want to follow One Credit Union's lead in feeding our community and Help us fill our April Calendar?

To learn more about how you can also "Buy a Day" and make a difference click the button below.

Together, we TRULY DO MAKE A DIFFERENCE!

Buy A Day, Make A Difference!

A Heartfelt Thank You to Our Supporters!

Town Appropriation: A heartfelt message to our neighbors, our friends...On behalf of all of us here

at the Springfield Family Center, 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.

Springfield Elks Club #1560: On behalf of everyone at Springfield Family Center, we would like to extend our heartfelt thanks to the Springfield Vermont Elks #1560 for awarding us the 2025 Gratitude Grant! Your generosity plays a vital role in ensuring that no one in our community has to go hungry. We are deeply grateful for your ongoing partnership and the thoughtful care you put into supporting those in need. Thank you, Springfield Elks, for making such a meaningful impact in our community!

Plains Brook Farm Weathersfield, VT: We would like to extend our heartfelt thanks to Plains Brook Farm for their generous donation of ground beef and eggs to the Springfield Family Center. Your support is invaluable in helping us provide nutritious food to those in need within our community. Your contribution makes a significant difference, and we are deeply grateful for your kindness and commitment to supporting our charitable food programs. Thank you for making a positive impact in the lives of many!

Springfield Food Co-Op: We would like to extend our sincere gratitude to Springfield Coop for their generous donation through the Change for Change program. Your support plays a vital role in helping us continue our charitable food work and ensures that we can provide nourishment to those in need within our community. We deeply appreciate your commitment to making a positive difference, and we are incredibly thankful for your partnership in supporting this important cause.

Crockpot Donations: A heartfelt thank you to Karen Engdahl, Jean Patoine and Ginny Thulen for your generous crockpot donations! These will surely be put to good use as we prepare meals to help feed our hungry neighbors. Your thoughtful contribution is deeply appreciated and will make a lasting impact on our ability to serve the community.

Grants: We would like to extend our heartfelt thanks to Vermont Mutual Insurance and the Agnes M. Lindsay Trust for their generous funding support to Springfield Family Center. Their contribution is helping us provide nourishment to our food-insecure neighbors, making a meaningful difference in our community.

We want to extend our heartfelt thanks to all of those who generously donated food and monetary support. Your support plays a crucial role in helping us provide nutritious meals to families and individuals in need.

Shaw's Supermarket-Springfield

Dollar General-Springfield

Black River Produce

American Legion Post 718

St. Mary's Church

Judy & Keith Stern

Ginny

UU Church

Rodney Holton

North Springfield Baptist Church

Willing Hands

Donna Builder

Jess Nichols

United Methodist Church

Jeri Farrar

Ed Majewski

James Harris

First Congregational Church-Springfield

North Star Health

Jean Patoine

Boris

Cavendish Game Birds

Pat Hill and Angela Trauth

Carol Hitchcock

Susan Dowdell

Ian Speers

Carol Hansen

Tamara Rice

Thank you for your support and for helping us make a difference!



Plains Brook Farm
www.plainsbrookfarm.com

See you in May!

Your Friends at the Springfield Family Center

802 885 3646

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



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