



SPRINGFIELD FAMILY CENTER

May 2025 NEWSLETTER

Do you love to cook?

For locals, by locals ~ Springfield Eats!

The Springfield Family Center Cookbook Fundraiser:

The Springfield Family Center is revisiting a fundraising opportunity in the form of a community-inspired cookbook. We are looking for YOUR input to help make it all possible.

Home cooked meals made for ourselves, our family, or our friends create a common language of care and nourishment no matter where you go.

Favorite recipes often highlight unique flavor palettes that are special to the region, community and family of each person. This cookbook aims to collect recipes from our friends in the community – home cook or professional chef alike, providing meal ideas that nourish and satisfy.

Please join us in our efforts to bring your favorite recipes for others to try, all recipes are welcome. From appetizers to entrees, casseroles, one-pot wonders, gluten free, vegetarian, desserts, kitchen short-cuts...whatever your palette enjoys!

Submissions can be mailed, emailed or dropped off at the Family Center in person. The proceeds from each cookbook sold will be in support of our multiple charitable food programs, providing us with the means to support families and individuals facing food insecurity within the Springfield, North Springfield and Baltimore communities.

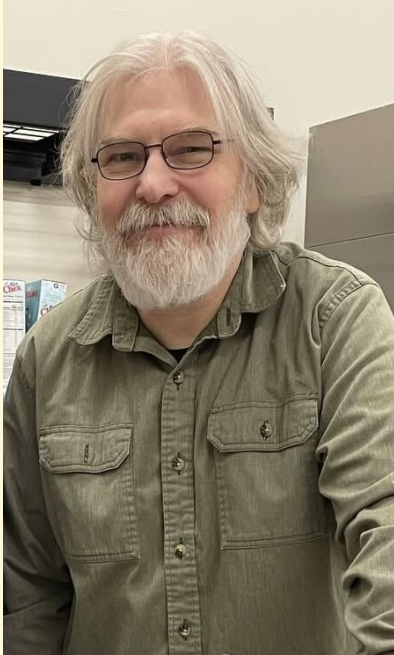
Mail: Springfield Family Center, PO Box 20, N. Springfield VT 05150

Email: programsatsfc@gmail.com



In-person: 130 Springfield Plaza, Suite 9, Springfield VT

We will be collecting submissions through June 30th.



SFC Staff Spotlight:

James Harris:

James, a Military Veteran, brings a wealth of experience in community service to the Springfield Family Center. With several years of non-profit work, James has dedicated much of his career to serving others. He spent six years managing the community kitchen at St. Vincent de Paul in Coeur d'Alene, Idaho, and later worked in advocacy in Brattleboro, Vermont, before relocating to Springfield. James previously served on the Springfield Family Center Board for a year before joining the staff.

James has been with the Springfield Family Center for over six years and performs a variety of duties, drawing on his broad skill set to support the center's mission in multiple ways. Deeply community-oriented, he is a proud member of the local VFW and Post Commander of American Legion, where he continues to serve and advocate for veterans and the broader community. A world traveler, he infuses his creative passions into his work, bringing a unique perspective and dedication to his role at the Springfield Family Center.

Upcoming Community Events:



Register Here
Scan QR CODE to register
Cost: \$20 (Participants are responsible for their own tables, chairs, and setup)
Please contact Courtney in advance at Vista@SSHPVT.org for any requests or inquiries.



This event is proudly supported by:







SPRINGFIELD SUPPORTED HOUSING PROGRAM

Resource Fair for Landlords

May 1, 2025
4-6 PM

The Great Hall -
100 River St, Springfield, VT 05156

Join us at our highly anticipated Landlord resource Fair! This event presents an incredible opportunity for landlords, interested landlords or community partners to connect with leading organization's and not-for-profits to explore a wide range of resource options. Don't miss out on this fantastic chance to kick-start your professional journey!

2025 Registered Info Tables:

- Springfield Supported Housing Programs
- Windham and Windsor
- CVOEO
- SEON
- Sharing Housing INC
- Turning Point
- Efficiency Vermont
- VT.GO
- Fire and Safety

Why attend?

- Meet Springfield Supported Housing Program and other agencies!
- Connect with agencies for resources.
- Explore diverse resource options
- Hear from various organizations
- Get your applications questions answered.
- Grow your professional network

Table Hosts From 2024







Fair Housing
and
Anti-Discrimination





Get more information about SSHP : www.SSHPVT.com

Springfield Supported Housing Program Landlords Resource Fair :

What: Landlord Resource Fair

When: May 1, 2025

Where: The Great Hall located at 100 River Street Springfield, VT

Time: 4:00pm-6:00pm

Springfield & Bellows Falls Area Transition Resource Fair

YOU'RE
INVITED


**Answers, & Support to Help Youth & Their Families
Prepare for Life After High School**

WHAT TO EXPECT

The **Springfield and Bellows Falls Area CORE Transition Team** invites you to a special community event supporting youth as they transition from high school to adult services and post-secondary opportunities!

EVENT DETAILS

 **Date: Thursday, May 8, 2025**

 **Time: 5:00 PM – 7:00 PM**
(Presenters should arrive at 4:00 PM)

 **Location:** Nolan Murray Center —
38 Pleasant Street, Springfield, VT

WHO SHOULD ATTEND?

- Students & youth in transition
- Families and caregivers
- SLPs, case managers, and educators
- Anyone looking to learn more about local services and supports

THIS IS A WELCOMING SPACE TO:

- ✓ **Connect** with local resources and support networks
- ✓ **Ask questions** about the transition process
- ✓ **Meet reps** from service agencies, schools, & community programs
- ✓ **Gather info** whether you're new to services or exploring next steps



RSVP TO CONTRIBUTE

Jennifer Merrill
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Rebecca Auger
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Jennifer Parker Williams
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Springfield & Bellows Falls Area Transition Resource Fair; supporting youth as they transition from high school to adult services:

What: Transition Fair

When: Thursday May 8th, 2025

Where: Nolan Murray Center-38 Pleasant Street Springfield, VT

Time: 5:00pm-7:00pm



Community Event: May Festival-Plant, Craft and Flea Market:

What: Plant, Craft and Flea Market

When: Saturday May 17th, 2025

Where: Unitarian Universalist Meetinghouse-21 Fairground Road Springfield, VT

Time: 9:00am-2:00pm rain or shine

Springfield Town Green Up Day:

Pick up green bags from: The Springfield Regional Chamber of Commerce

When: Saturday, May 3rd, 2025

Where: Meet at the parking lot of the Springfield Food Co-op

Time: 8am-12pm

Cook out to follow at the Comtu Park

Low Cost Vaccine Clinic for Cats and Dogs:

When Saturday, May 3rd

Time: 9:00 am-1:00pm (first come first served)

Where: Lundgren Subuaru of Claremont

Cost: \$10/shot

Free Community Lunch::

What: Free Community Lunch

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

When Wednesday, May 21st, 2025

Time: 11:30-12:30pm

Free Food Distribution::

What: Free Food Distribution:

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

When: Saturday may 29th, 2025

Time: 2:30pm-4:30pm

Recipe of the Month:



SFC's Meal Guide: Overnight Oats

This no-cook method of making oatmeal is healthy and delicious! Overnight oats contain more protein than most grains, are rich in fiber and are a nutrient dense food which makes you feel more satisfied and fuller longer!



Ingredients:

1/2 cup rolled oats
1/2 cup of water (you may substitute using any milk of your choice)
1-3tsp of honey or maple syrup (optional)
1/4 cup of your favorite toppings such as fruit, nuts, seeds, etc. (optional)

Items You'll Need:

Mason Jar or other glass container with a lid.
1/2 cup measuring cup
1/4 cup measuring cup
1 tsp measuring spoon
Spoon for stirring

Directions:

1. In a mason jar or other glass container with lid, add the oats and water (or milk) and desired amount of honey or maple syrup.
2. If desired add your favorite toppings (for example: fresh berries, bananas, dried fruit, nuts, coconut, chia seeds, etc.)
3. Stir all ingredients and cover with lid.
4. Place jar in the refrigerator and leave overnight.
5. Take out the next morning, add any additional fresh toppings and ENJOY!

Recipe Adapted From: <https://www.chewoutloud.com/3-ingredient-overnight-oats-recipe-no-cook/>



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.

April Buy a Day; Make a Difference Honorees:

One Credit Union

On April 30th, 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 May 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!

Your support makes our work possible. Thank you to all who supported us throughout the month of April; your contributions truly make a meaningful difference in the lives of so many. Together, we are building a stronger, more compassionate community:

The Baker Family

Plains Brook Farms

Jerri Farrar

Judy and Keith Stern

VFW Post 771 Auxiliary

Springfield Co-op

Boris

Sharon Stoddard

Kathy Fiekert

Willing Hands

St. Mary's Church

Riverside Restaurant

UU Church

Cheryl

Rodney Holton

Okemo Mountain

Springfield Town Library

Fiamma

North Springfield Baptist Church

All of us at the Springfield Family Center would also like to express our heartfelt gratitude to the Springfield Lions Club and National Tech Honor Society at Springfield's River Valley Tech Center for hosting food drives to benefit our organization. Thanks to their collective efforts, an incredible 498 pounds of food and \$282 in monetary donations gathered—resources that will go directly toward supporting our food shelf program.

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



See you in June!

Your Friends at the Springfield Family Center

802 885 3646

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



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