



SPRINGFIELD FAMILY CENTER

August 2025 Newsletter

A Message from the Executive Director

As we close one fiscal year and begin another, the Springfield Family Center faces some of the most serious challenges we've encountered in recent years; challenges driven by significant cuts to the Supplemental Nutrition Assistance Program (SNAP).

SNAP is the nation's largest anti-hunger program, and these federal reductions will deeply affect both struggling households and the local organizations working to support them.



What's Changing in SNAP?

Federal changes to SNAP include:

Reduced Federal Reimbursement to States:

The federal reimbursement rate to states is dropping from 50% to 25%, limiting states' ability to deliver benefits and provide outreach. Vermont lacks the financial resources to offset this cut, which directly impacts the monthly food assistance available to eligible individuals and families. This reduction will also result in job losses.

Expanded Work Requirements:

Work requirements for SNAP eligibility now apply to individuals aged 18–64 (up from 18–54).

Single parents must now increase their work hours once their youngest child turns 14, instead of the previous threshold of age 18.

Elimination of Exemptions from Time-Limited Benefits:

Exemptions for the following groups are being removed:

People experiencing homelessness

Veterans of any discharge states

Individuals aging out of foster care

These changes will significantly impact low-income households who already rely on stretched resources to meet basic needs.

The Reality in Vermont:

According to the Urban Institute, in 2024 SNAP benefits did not cover the total cost of ingredients for a meal in 99% of Vermont counties. While the average meal cost was \$4.16, SNAP only covered \$2.63.

It is further reported by Urban Institute that more than 42 million Americans depend on SNAP. Although inflation has slightly slowed, food prices remain 23.6% higher than in 2022. Food insecurity is now on par with levels seen during the Great Recession.

These statistics aren't just numbers' they represent real families, friends, and neighbors. And they highlight the increasing demand placed on organizations like Springfield Family Center.

Springfield Family Center's Ongoing Response

In the last fiscal year, SFC rose to meet the growing need:

School Pantry: 1,483 lbs of food distributed to 141 student households

Recipe Kits: Distributed to 114 families

Prepared Meals: 25,523 meals made and distributed

Bread Distribution: 14,912 loaves shared

Fresh Produce Access: 5,060 individuals served

Holiday Meal Boxes: 56 boxes, feeding 275 individuals

Food Shelf:

61,936 lbs of food distributed through 1,065 visits, serving 2,155 people

cumulatively Including:

87 veterans

505 seniors

444 children

693 individuals living with a disability

Community Meals Prepared: As mentioned, a total of 25,523 meals were made and distributed. Of these:

- 695 meals were provided to veterans
- 5,411 meals served seniors
- 1,836 meals went to children
- 5,671 meals supported individuals with disabilities

Emergency Meal Program:

279 meals distributed after hours via the Town Library. We also supply shelf-stable food to the Springfield Town Police Station, Community Health Team, and Local Resource Center for after-hour needs.

What Comes Next...

We know the coming year will bring greater demand and fewer federal support. But we also know this community never backs down from a challenge.

We need your help; now more than ever.

How You Can Get Involved:

Grow a Row: Plant an extra row in your garden for donation

Round Up for Change: Round up purchases at local retailers

Host a Food or Fund Drive

Volunteer your time and skills

Attend or Sponsor a Fundraiser

Spread the Word

For a full list of ways to help click the button below.

Every small action makes a big difference.

The more we do together, the healthier and more resilient our community will be.

Ways To Give

Save the date for Paint & Sip Fundraiser to benefit the Springfield Family Center!



Paint for a Purpose: A Fundraiser to Fight Hunger

Saturday, September 6th | 1 PM | Springfield VFW

As food shelves across the country brace for a difficult season, Springfield Family Center is preparing for the increased need.

We can't do it alone.

There's something you can do.
Something simple. Something joyful.
Something that makes a real difference.

Join us for a Paint & Sip Fundraiser!

Enjoy an afternoon of creativity, connection, and compassion—all while supporting your local food shelf.

Tickets: \$45

Your ticket includes:

All painting supplies

Light refreshments

Access to a cash bar

And most importantly, it helps us stock shelves, support families, and stay ready to say “yes” when someone turns to us for help.

Click the button below to reserve your place today!

Let’s come together, brush in hand, and paint for a purpose—because no one in our community should have to face hunger alone.

We can’t wait to see you there!

Paint & Sip!

Springfield Family Center's Annual Back to School BACKPACK DRIVE

We are looking for school
supplies such as:

- *Backpacks
- *Calculators
- *Lunch Boxes
- *Rulers
- *Notebooks
- *Scissors
- *Markers
- *Pens
- *Boxes of Tissues
- *Reusable Water bottles



Times are challenging for many; together we can make
sure our youngest community members have the
supplies needed to learn and grow!

Donations can be brought to:
Springfield Family Center
130 Springfield Plaza Rd, Suite #9
Springfield, VT

(located in the Shaw's Shopping plaza in space the formerly known as Precision Pools or Aubuchon's),

**Donations will be brought to local schools for distribution at the beginning of the school year.*

www.springfieldfamilycenter.com

It's That Time of Year Again: Back-to-School Drive!

Springfield Family Center is once again launching its Annual Back-to-School Drive to support local students. While school might be the last thing on kids' minds, it's the perfect time for us to come together and help ensure every child in our community starts the year prepared to learn and grow.

We're collecting new school supplies. Your donations will directly support local families and help lighten the load for parents and caregivers.

Drop-Off Location:

Springfield Family Center

130 Springfield Plaza Road, Suite #9

Springfield, VT

Hours: 9:00am-2:30pm

Thank you for helping us make a difference; one backpack at a time!

Food Drive!

Our friends at Springfield Supported Housing Program are generously hosting a Food Drive to benefit the Springfield Family Center—and you're invited to be a part of it!

When: Monday, September 1

Time: 9:00 AM – 3:00 PM

Location: In front of Shaw's, Downtown Springfield Plaza

Help make a difference by donating non-perishable, in-date food items. Your contribution will support our neighbors facing food insecurity right here in our community.

Together, we can help fill more plates and bring hope to more families. See you there!

Got Extra Produce? Help Feed Our Community!

The growing season is in full swing—and as federal cuts to food benefits loom, your fresh produce donations matter more than ever.

If you have surplus from your garden or crops that can't be sold for any reason, please consider donating them. As budgets tighten for many families, food shelves will become an even more critical source of support.

Your extra vegetables, fruits, and herbs can help nourish our neighbors and make a real difference during a time of growing need.

Donate your fresh produce today—because no one should go hungry when good food is growing.



The Moover is Bringing Microtransit to Springfield!

Exciting news for our community: Microtransit is coming to Springfield! This new service, provided by The Moover, is designed to improve local transportation access with flexible, convenient ride options.

Want to learn more?

Read the attached information for details on how Microtransit will work and how it can benefit you and your neighbors.

Join the Springfield Town Library for a Microtransit Public Meeting

Wednesday, August 7

12:00 PM

Flinn Room, Springfield Town Library

6) Community Dinner: Springfield's Calvary Baptist Church has resumed their community dinners. They are scheduled for the 3rd Thursday of each month:

What: Community Dinner

Where: Calvary Baptist Church 156 Main Street Springfield, VT

When: Thursday August 20th

Time: 5:00-6:15pm.



Microtransit Public Meetings

In early Fall 2025, Springfield's fixed bus route – the Springfield In-Town Route – will be changed to microtransit service.

What is Microtransit?

Microtransit is a FREE Uber-like system of real-time public transit service open to all members of the public anywhere within the Town of Springfield's and North Springfield's boundaries.

Find out more about this change at one of two public meetings

July 29 5:30 PM

or

August 7 12:00 PM

**Flinn Room in the Springfield Town
Library**

Call SEVT 1-802-463-2474 or email randys@moover.com

45 Mill Street, Wilmington, VT 05363 • TEL: (802) 464-8487 • FAX: (802) 464-0164
706 Rockingham Road, Rockingham, VT 05101 • TEL: (802) 460-7433 • FAX: (802) 460-1004
EMAIL: info@moover.com • www.moover.com



Microtransit Is Coming to Springfield

In early September 2025, Springfield's fixed bus route – the Springfield In-Town Route – will be changed over to microtransit service.

What is Microtransit?

Microtransit is a FREE Uber-like system of real-time, dynamically routed, public transit service open to all members of the public within the Town of Springfield's and North Springfield's boundaries. Riders will arrange a ride by calling the MOOVer Office, or online, or via a phone app. Reservations are required, and multiple ride requests can be made with one phone call.

How will Microtransit work in Springfield?

Here is the plan (subject to change if need be):

- Monday-Friday non-holiday service 6:00 am-6:00 pm
- Trips must be reserved, and can be done by an app, calling the SEVT Office, or booking online. No hailing of rides along the route
- A hoped-for no more than 30 minutes wait time from request of ride to pick up
- Curb to curb service
- Riders will share a vehicle with other riders and the route will deviate from the most direct route to a route that accommodates other riders
- **Fare free – no charge to ride the bus**
- The service area is all trips picked up and dropped off within the Town of Springfield boundaries
- One handicapped lift-equipped vehicle

Why is the service changing from fixed route to microtransit?

1. Microtransit will serve all residents and businesses within the Town of Springfield, and not just for people living along the bus route
2. Service hours will expand from the existing 9:00 am-4:00 pm schedule to a 6:00 am-6:00 pm schedule Monday-Friday
3. Microtransit will provide more rides to more people to more places than the existing fixed route

For Our Existing Route 1 Riders

This new service will allow us to expand the operational hours and reduce wait times, allowing you to reach more destinations with greater flexibility. This new service will serve the entire Town of Springfield, allowing you to go to more places on your own schedule. It will serve many more people rather than just those who live along the bus route. You do not need to have internet access or computer skills to reserve a ride. If you need help accessing the new service, call us Monday-Friday 7:45 am-5:00 pm at 888-869-6287 and we'll reserve your ride(s) for you.

45 Mill Street, Wilmington, VT 05363 • TEL: (802) 464-8487 • FAX: (802) 464-0164
706 Rockingham Road, Rockingham, VT 05101 • TEL: (802) 460-7433 • FAX: (802) 460-1004
EMAIL: info@moover.com • www.moover.com

What are the Project's Stages?

Starting July 3: Public announcements about the new service
Starting July 14, exact dates, times, and locations TBA: Public meetings to discuss the service, solicit input from riders, answer questions
Starting August 18, exact times, dates, locations TBA: Public meetings to demonstrate how to book rides online or via the app (only if you want to use those methods, remember you can also book rides by calling the MOOver Office)
HOPEFULLY September 8, 2025 Microtransit service starts

How can I Stay Informed About This Project?

- Online at <https://www.moover.com/Springfield-microtransit/>
- Announcements in local newspapers
- Posters at key locations throughout Springfield
- Public meeting dates, times, and locations TBA (they will be in-person in Springfield and virtual)
- Call SEVT 1-802-463-2474 or email randys@moover.com

Items to Remember

- This system will have limits – we cannot serve large numbers of riders at the same time. You may be asked to re-schedule or postpone your ride, walk to/from your stop, and share the vehicle with other riders. Remember, we can only travel within the town boundaries.
- We are using new software, operating a new type of service, and involving lots of new, moving parts. There are bound to be hiccups, so we need everyone's cooperation and patience.
- We are in constant communication with other service providers to learn from them and to share our experiences. We are also employing our experience from the successful system in Windsor.
- Likewise, we are all ears to your input and together we will make the service perform as best as we can.
- A significant portion of this program's first three years' funding is provided by the Northern Borders Regional Commission. Additional funding after June 30, 2028, will need to be secured.

This project is funded by the Town of Springfield, the Vermont Agency of Transportation, and the Northern Border Regional Commission, and supported by the Springfield Regional Development Corporation.



Community Dinner

Springfield's Calvary Baptist Church has resumed their community dinners. They are scheduled for the 3rd Thursday of each month:

What: Community Dinner

Where: Calvary Baptist Church 156 Main Street Springfield, VT

When: Thursday August 20th

Summer Food Resources



FOOD RESOURCES FOR ALL

*No one should worry about having enough food!
Here is a list of food programs and resources for all of us.*

**Summer
Edition**

FOR EVERYONE: 3SquaresVT provides money every month to buy food at grocery and convenience stores and farmers markets across Vermont. The money is deposited on a debit-like card, called an **EBT card**. Benefits can be **TRIPLED** at farmers markets when combined with **Crop Cash**! Also, there are 'Farm To Family Coupons' to get fruits and vegetables at farmers markets.

How to learn more and find out if you qualify:

- **3SquaresVT:** Visit vermontfoodhelp.com or text **VFBSNAP** to **85511**
- **Crop Cash:** Visit nofavt.org/croptcash or the manager's booth of your local farmers market, or call 802-434-7162
- **Farm To Family Coupons:** Visit dcf.vermont.gov/benefits/f2f or reach out to your local Community Action Agency

There are local food shelves, pantries and meal sites at churches and community centers all across Vermont! Visit www.vtfoodbank.org/gethelp or dial 2-1-1 to find free foods and meals in your area.



**These programs are designed to help
us AND our entire community!**

Updated 7/9/25

FOR KIDS: Youth 18 and under can eat for free at any of the **Summer Meals** sites operating across Vermont until the middle of August. Call **2-1-1** or visit fns.usda.gov/summer/sitefinder to find a meal site near you. No application, no registration or ID required.

FOR PREGNANT PEOPLE AND/OR CAREGIVERS OF CHILDREN UNDER 5: **WIC** offers foods, nutrition education, breastfeeding/chestfeeding support and community referrals. For more info and get help applying, visit HealthVermont.gov/ApplyToWIC, call **2-1-1**, or text to **1-844-839-8942**.

FOR OLDER VERMONTERS: For individuals aged 60+, the **Commodity Supplemental Food Program** provides free monthly food boxes. To find out if you are eligible, visit vtfoodbank.org/share-food/csfp or call **1-800-214-4648**. **Meals on Wheels** offers home-delivered meals and grocery shopping assistance. Call the Vermont **Older Adults Helpline** at **1-800-642-5119** for more information and to get personalized assistance applying to 3SquaresVT.

FOR PEOPLE LIVING WITH DISABILITIES: **Meals on Wheels** provides free home-delivered meals and grocery shopping assistance to individuals living with short and/or long-term disabilities. For more information, call VCIL at **1-800-639-1522**. To receive personalized assistance with applying for 3SquaresVT call **1-800-479-6151**. All relay calls accepted.



This message is funded in part by the USDA. This institution is an equal opportunity provider.

Recipe of the Month: Kale Chips



SFC's Recipe Kit: Kale Chips

Kale Chips are a delicious summer snack and great for digestion, inflammation and cardiovascular support. They are high in iron, calcium, and vitamins A, C, and K, are filled with antioxidant and promote liver health!



Ingredients:

- ❖ Kale
- ❖ Olive Oil
- ❖ Salt

Items You'll Need:

- ❖ Cutting board
- ❖ Knife or Scissors
- ❖ Rimmed Sheet Pan
- ❖ Parchment Paper
- ❖ Salad Spinner or towel for drying Kale

Directions:

1. Gather all ingredients. Pre-heat oven to 300.
2. Line a rimmed baking sheet with parchment paper, or a very thin layer of olive oil or spray with non-stick cooking spray.
3. With a knife or kitchen scissors carefully remove kale leaves from the thick stems and tear into bite size pieces. Discard thick stems.
4. Wash and thoroughly dry kale leaves with a salad spinner or pat completely dry with a towel (its important the leaves not be wet when put in oven as it will make them burn).
5. Drizzle kale leaves with olive oil and toss to combine. You only need a light coating of olive oil. Too much will prevent the chips from crisping. Spread kale leaves out in an even layer on the baking sheet without overlapping and sprinkle with salt.
6. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.
7. Remove from the oven, let cool and enjoy!!

Tips for Success-See attached sheet for tips on how to make the crispiest, most delicious Kale Chips around!

Recipe Adapted From: <https://www.allrecipes.com/recipe/176957/baked-kale-chips/>

Kale Chips: Tips for Success-

As easy as kale chips are to make, there are still a couple of tips to keep in mind for best results:

Dry leaves completely

The key to crispy kale chips is to make sure you thoroughly dry your kale leaves. Use paper towels or a dry dish towel to remove any drops of water that might remain after washing and spinning your kale. Damp leaves make soggy kale chips.

Don't overdo the oil

Use a light hand when you coat the dry kale leaves with olive oil. You don't want to drench them or they'll never crisp up.

Spread out

Use a large enough rimmed baking sheet so each kale leaf can lie flat in a single layer. Leaves that are bunched up or folded over won't crisp evenly. Bake in batches if you need to.

Don't overbake

When it comes to baked kale chips, brown equals bitter. That's why it can be a little tricky to know when your kale chips are fully baked because you can't really judge by the color. You want to remove baked kale chips from the oven before they brown but while they're still a bit soft in the center. But don't worry; they will continue to crisp up after you take them out of the oven and let cool. For perfectly crispy baked kale chips, you might have to do a little trial and error to find the right balance.

Calling All Recipes!



We are still collecting recipes for our cookbook fundraiser:

We are looking for recipes including:

- *Crockpot meals
- *Kitchen shortcuts/substitutions
- *Recipes that don't require heating
- *Beverages
- *Salads or soups
- *Recipes with only 3, 5, etc. ingredients
- *Recipes made with only shelf-stable items
- *Vegan dishes
- *Vegetarian dishes
- *Gluten free dishes
- *Cultural foods handed down from family
- *Easy to make recipes for kids

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.

Free Day-Use Access to Vermont State Parks!

Vermont State Parks are participating in a pilot program that offers free day-use access to individuals who meet certain programmatic qualifications. This is a great opportunity to enjoy the beauty of our state parks at no cost!

See the attached details to find out if you qualify and how to participate.



Free Day-Use Entry to State Parks for Eligible Vermonters This Year!

Pilot Program May to October 2025

Eligibility

Eligible Vermonters include those enrolled in:

- 3SquaresVT
- Essential Person Program
- Fuel Assistance
- General Assistance
- Reach Up
- Summer EBT
- WIC

Using the Benefit

If you have an EBT or WIC card with active benefits: Bring this card to a state park and you and your household will get in for free. That's it!

Enrolled but don't have an EBT card?

Visit your local Economic Services District Office to receive an ESD card that can be used for state park entrance this year or call 1-800-479-6151 to request one be mailed to you.



Scan now!
Learn more
about this
2025 benefit.

VermontParksForever.org/paf-pilot



 **VERMONT**
DEPARTMENT OF HEALTH



 **VERMONT**
DEPARTMENT FOR CHILDREN & FAMILIES
ECONOMIC SERVICES DIVISION

Springfield Family Center, Inc.

Buy a Day, Make a Difference!

Purchase a calendar day in honor of yourself or someone special and gift enough ingredients to make meals for up to 30 food insecure neighbors.

The honoree will be publicly recognized on their chosen day as a partner in the Springfield Family Center's efforts to help reduce hunger in their community!

What a unique way to help someone celebrate a birthday, anniversary, or other special occasion by giving this gift of hope.

Lead the way by buying a day! Spread the word about your special day to friends and family and any donation made on your day will be matched up to \$100.

To secure your day, make a one-time gift to the Springfield Family Center in the amount of \$100 or become a sustaining donor throughout the calendar year \$10/month.

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



Buy a Day; Make a Difference Honorees

Springfield Family Center is honored to recognize:

Ed Merrill

August 7 has been generously sponsored by Nick Merrill through our Buy a Day, Make a Difference program, in loving memory of his father, Ed Merrill.

In honoring his father's life and legacy, Nick has made it possible to feed 30 of

our food-insecure neighbors today. This beautiful act of remembrance is not only a tribute to Ed, but a powerful reminder of how love and compassion can nourish a community.

Would you like to join Nick in honoring Ed's memory? Click the Buy A Day link below; all donations made today in Ed's name will be matched up to \$100—doubling the impact of your generosity.

Thank you, Nick, for turning love and loss into hope and nourishment. Your tribute makes a difference—one meal, one neighbor, one memory at a time.

August 21st "Buy a Day, Make a Difference" Honoree:

Percy Night

We are proud to honor Percy Night as a "Buy a Day, Make a Difference" honoree!

Percy is celebrating her 2nd birthday, and her grandmother, Tamara, has chosen to mark this special occasion by purchasing today in Percy's honor. In doing so, she is providing 30 meals for food-insecure neighbors in our community.

Want to celebrate Percy on her birthday? Click the Buy A Day link below; any donations that come in on this day in her honor will be matched up to \$100.

What a beautiful way to celebrate; turning a birthday into a day of kindness, generosity, and impact.

Happy 2nd Birthday, Percy! Your day is making a difference in the lives of many.



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

A Gift That Truly Matters – For Any Occasion

Looking for a meaningful gift to celebrate someone special? Whether it's a birthday, anniversary, graduation, or just because — honor your loved one with a gift that gives back.

When you buy a day in their name, you're not just celebrating them — you're also providing 30 meals for neighbors facing food insecurity. It's a beautiful way to share compassion, hope, and nourishment with those who need it most.

No wrapping paper needed. Just a heartfelt gesture that leaves a lasting impact.

Give the gift of kindness, community, and care — for any occasion.

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!](#)

Gratitude Corner

With Heartfelt Thanks!

We are deeply grateful to our generous donors and community members whose support makes our mission possible. Because of you, we've been able to feed countless neighbors in need and continue building a stronger, more compassionate community. Thank you for standing with us!

July Donors:

Willing Hands

The Baker Family

Boris

Rodney Holton

St. Mary's Church

Dillan

Keith and Judy Sterns

VFW Auxiliary POST# 771

Jackie Corliss

Felicia

Plainsbrook Farm

Courtney

VTEL

Granite State Bakery

Donna Builder

Black River Produce

Shaw's Supermarket

Dollar General-Springfield, VT

Holy Parish Church

June Goodband

Paul and Angel Cioffi

Caroline Cromley

Rachel Fontana

Ian Speers

Carol Hansen

Unitarian Universalist Meeting House

Pat Hill and Angela Trauth

Jeanine and Richmond Hughes

Sharon Stoddard

Thanks to the Holt Foundation for their grant in support of our food programs!
We could not do what we do without their thoughtful partnership!

See you in September!

Your Friends at the Springfield Family Center

802 885 3646

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



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