



SPRINGFIELD FAMILY CENTER

September 2025 Newsletter

Paint & Sip Fundraiser – This Saturday!



Looking for something fun to do this Saturday to escape the rain? Look no further!

Join us on Saturday, September 6th at 1:00 PM at the VFW-Springfield, VT

Come paint a beautiful picture while supporting a great cause; helping to feed our food-insecure neighbors.

Your ticket includes:

All painting supplies

Light refreshments

Access to a cash bar

It's a fun afternoon for a meaningful mission. Bring a friend and make a difference!

Click the Button below to reserve your spot today!

Paint & Sip!

Welcome, Carol –Springfield Family Center's Newest Board Member!



Please join us in giving a warm welcome to Carol Knight, the newest member of the Springfield Family Center Board!

A long-time supporter of SFC and a proud North Springfield resident, Carol has been deeply involved in community service for years. While volunteering with the Springfield Santa Claus Club, she witnessed firsthand the vital role the Family Center plays in supporting the health and wellness of our neighbors.

"Being a long-time resident of North Springfield, I was honored to be asked to join the Springfield Family Center Board. I have supported the Center for years and while volunteering with the Springfield Santa Claus Club, that was based at the center on Summer Street at the time, I got to witness the vital role the center plays in the health and wellness of Springfield area residents. I'm excited to get started!" — Carol

We are thrilled to formally welcome Carol to the board and look forward to the experience, insight, and heart she brings to our mission.

Welcome aboard, Carol!

Springfield Family Center's Annual Backpack Drive A Resounding Success!

We're thrilled to share that our Annual Backpack Drive was a huge success! Thanks to the generosity of our amazing community members and North Star Health, we were able to collect and distribute much-needed school supplies to Springfield area schools.

These donations went directly to students in need, ensuring our youngest community members are equipped and ready to start the school year with confidence.

Thank you to everyone who contributed — your kindness made a real difference in the lives of local children. We're so grateful to be part of such a caring and compassionate community.



Help Us Expand Our In-School Food Pantry Program!

With school back in session, the Springfield Family Center is once again working to ensure that no student goes hungry — and now, we need your help more than ever.

We currently stock an in-school food pantry to provide students with access to food during evenings and weekends. This program has been a lifeline for many children in our community.

We've been asked to expand this vital service to reach even more students in need — and we can't do it without your support.

How You Can Help:

Drop off in-date, shelf-stable food items at the Springfield Family Center
Ship items directly to us using our convenient Amazon Wish List

Every donation — big or small — makes a difference in a child's life. Together, we can make sure no child goes hungry after the school day ends. Thank you for your continued support!

Click the button below for the link to the Amazon Wish List!

Amazon Wish List

Recipe of the Month ~ Roasted Parsnips



SFC's Veggie Guide: Roasted Parsnips

Parsnips are a root vegetable similar in shape and texture to a carrot, only they are white. Parsnips have a sweeter, licorice-like taste with a hint of spice to them, Enjoy!



Ingredients:

2lbs parsnips
1 tbs extra-virgin olive oil
1 1/2 tsp Italian seasoning
1 tsp salt

Items You'll Need:

Knife
Cutting board
Peeler
Bowl
Baking sheet pan

Directions:

1. Preheat your oven to 400 degrees F.
- 2) Peel the parsnips as you would a carrot.
- 3) Cut parsnips into 1-inch chunks.
- 4) Place the cut parsnips into a bowl and add olive oil, Italian seasoning and salt. Stir and toss to mix and coat the parsnips with ingredients.
- 5) Spread parsnips out on the baking sheet in a single layer.
- 6) Place baking sheet in oven and roast, stirring the parsnips around the pan once or twice until the parsnips are tender in the center and browned on the outside. Cooking time is approximately 25-35 minutes.
- 7) Remove from oven and serve!

Enjoy!!!!

Recipe Adapted From: <https://www.healthyseasonalrecipes.com/simple-roasted-parsnips/>

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

Special Recognition – August 19th Honoree:

We had one more special celebration come in after the August newsletter went out, and we didn't want to miss the opportunity to recognize an outstanding member of our community.

We are thrilled to announce Tara Chase, our August 19th "Buy a Day, Make a

Difference" Honoree!

On this day we were thrilled to recognize Tara Chase as our Buy A Day, Make a Difference Honoree!

August 19 had been lovingly sponsored by Lindsay and Keegan through our Buy a Day, Make a Difference program, in celebration of Tara's birthday!

Thanks to this meaningful gift made in Tara's honor, 30 of our food-insecure neighbors were nourished that day; a tribute as generous and heartfelt as the person it celebrates.

Tara is a truly wonderful person, someone who gives so much back to her community with compassion, kindness, and unwavering dedication. Keegan and Lindsay, who love her deeply, chose the most perfect way to honor her, by continuing the work she values so deeply: helping others.

Thank you, Keegan and Lindsay, for this incredible gesture. And happiest of birthdays to you, Tara, your heart makes the world a better place.

September 2025 Buy a Day; Make a Difference Honorees:

September 2nd "Buy a Day; Make a Difference honorees:

Roy and Helen Martin

On this day, we are honored to celebrate the wedding anniversary of Roy and Helen Martin, a beautiful love story remembered with deep affection.

This special day was chosen by our dear friend Kristi Morris to honor his wife Sharon's parents. In selecting this day, Kristi not only pays tribute to the lasting love and legacy of Roy and Helen, but also helps nourish the lives of neighbors in need; a touching way to turn love into action.

Kristi's act of kindness ensures that 30 of our food-insecure neighbors will enjoy a hot, nourishing meal today in honor of Roy and Helen.

If you'd like to join in honoring their legacy, any donations made today in honor of Helen and Roy will be matched up to \$100, helping your generosity go even further. Click the button below to donate today!

September 17th "Buy a Day, Make a Difference" Honoree:

In Loving Memory of Mabel C. Hurd

Today, through our Buy a Day, Make a Difference program, we are honored to remember and celebrate the life of Mabel C. Hurd, a beloved grandmother, whose warmth and spirit continue to inspire.

Her grandson, Jason Hurd, has chosen this day to honor Mabel's memory, a touching tribute to the love, strength, and kindness she shared with all who knew her. In her name, Jason is helping provide 30 hot, nourishing meals to neighbors facing food insecurity, turning remembrance into a meaningful act of compassion.

Mabel's legacy lives on not only in the hearts of those who loved her, but also in the lives touched through this generous gift.

If you'd like to honor someone special today, any donations made in Mabel's memory will be matched up to \$100, helping us feed even more families in need.

Click the button below to donate today!

September 22nd "Buy a Day, Make a Difference" Honoree:

Lucy Knight

On this day we're delighted to honor Lucy Knight on her 4th birthday through our Buy a Day, Make a Difference program.

Lucy's grandma, Tamara, has chosen this special occasion to spread love and kindness far beyond their family. In celebration of Lucy's joyful spirit, Tamara is helping provide 30 warm, nourishing meals to neighbors facing food insecurity. This generous act turns Lucy's birthday into a beautiful opportunity to share love and kindness with the wider community.

Happy Birthday, Lucy! If you'd like to join in this celebration and make a difference in Lucy's honor, any donations made today will be matched up to \$100, doubling the impact and helping us reach even more families in need.

Let's celebrate Lucy's special day by making the world a little brighter for those who need it most!



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

Thank You for Your Support in August!

We would like to extend our heartfelt gratitude to everyone who donated during the month of August. Your generosity helps us do what we do — and truly makes a difference.

As a charitable organization offering free services to the community, we work hard for every dollar that comes in. It's the kindness and support of people like you that make our mission possible.

We simply could not do this without you. Thank you for standing with us, and for helping us serve our neighbors in need.

— The Springfield Family Center Team

Donors:

Turning Point Recovery Center

June and Bill Brink

Granite State

Ann & Gerry

Daryl

Congregational Church

Judy Sterns

Willing Hands

Shaw's Supermarket

Dollar General

Linda Richey

VFW Pot #771 Auxiliary

Joyce Sylvester

American Legion Post 18

Karen Edward

Donna Builder

UU Church

Rita Murray

St Mary's Church

Rodney Holton

Amanda French

Margaret Blanchard

Jackie Corliss

Black River Produce

Cathy Stearns

Plainsbrook Farm

Ginny

Jean Patoine

Joe Wilson

Kathryn Feicker

Springfield Town Library

Rexford Batcheldor

Paul and Angel Cioffi

Niki Twoig

Caroline Cromley

Carol Hansen

Pat Hill and Angela Trauth

Jeannine Hughes

Kenneth and Sara Spoor

Another Heartfelt Thank you to the Springfield Supported Housing Program who hosted for our benefit. Their generosity brought in an astounding 613 pounds of food and \$456 to help purchase food. Thank you for all you do for our community!

See you in October!

Your Friends at the Springfield Family Center

802 885 3646

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



©2025 Springfield Family Center, Inc. | Springfield Family Center, Inc. 130 Springfield Plaza Rd, Suite #9,
Springfield, VT 05156

[Like](#)

[Tweet](#)

[in](#)

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by

[GoDaddy Email Marketing](#)®