



## SPRINGFIELD FAMILY CENTER

### October 2025 Newsletter

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#### From the Executive Director

Dear Friends and Neighbors,

As the seasons change and the days grow shorter, this time of year invites reflection.

At the Springfield Family Center, we are reminded not only of the colder months ahead but also of the strength, generosity, and compassion that live within our community. We see it every day in those who give, those who serve, and those who continue to show up for their neighbors in need.

Over the past year, more people have turned to us for help; many for the first time:

Seniors trying to stretch fixed incomes

Parents skipping meals so their children can eat

Families working full-time but still struggling to afford groceries

These are not strangers. They are our neighbors.

To meet the growing need, we've stepped up in every way we can:

We've stocked a school pantry to ensure children have access to food after school and on weekends.

We've placed emergency meals at the town library, with the Community Health Team, and

other partners for after-hours access.

We've continued offering hot meals, groceries, and support to anyone who walks through our doors.

But it's not enough.

While the need continues to grow, available support systems and funding opportunities are declining, placing more and more pressure on local nonprofits like the Springfield Family Center to bridge the gap. Our resources are stretched thin, and we are being asked to do more every day.

That's why we are reaching out to you, our neighbors, supporters, and friends, as part of our Annual Appeal. We are asking for your partnership in caring for our community's most vulnerable members.

Thanks to generous supporters like you, we have been able to meet urgent needs with dignity, hope, and compassion. But today, we need your help more than ever.

Your gift, of any amount, makes a difference. Right now.

Whether it's a one-time contribution or a recurring monthly donation, your support helps us continue providing essential services to our neighbors facing adversity. By becoming a monthly donor, you offer steady, reliable support that sustains our work all year long.

Give securely online via PayPal or Venmo, or by mailing your donation to the address below.

Click the button below to donate today!

Your support provides more than food.

It offers relief.

It offers hope.

It reminds someone they are not alone.

Thank you for believing in a stronger, more compassionate Springfield. Together, we can ensure no one in our community goes hungry, or feels forgotten.

With gratitude,  
All of us at Springfield Family Center

P.S. Prefer to give by mail?  
Please send your donation to:

Springfield Family Center  
130 Springfield Plaza Road  
Springfield, VT 05156

**Donate Today!**

# Food Insecurity in Springfield

**Currently, 2 out of 5 Vermonters don't have enough to eat...**

**Springfield faces a poverty rate nearly double the states average.**

**More than 30% of households in Springfield are cost-burdened, spending so much on rent, it leaves very little for food.**



**We invite you to stand with us in the fight against hunger. Together, we can ensure that everyone in our community has enough to eat.**

## How You Can Help

Your donation directly supports programs that feed local families with dignity, compassion, and care.

- **\$25** provides a week of groceries for a family of 2.
- **\$100** provides 30-hot, nutritious, in-house made meals.
- **\$250** provides two weeks of groceries for a family of 4.
- **\$500** helps keep our in-school food pantry stocked.



*Scan the QR Code and make a donation today!*

We could not do what we do without caring partners like you!



# By The Numbers

In Fiscal Year 2024-2025, with your support  
Springfield Family Center Distributed...

61,936 lbs.  
of food  
through the food shelf  
reaching  
2,155  
individuals throughout  
the year.

25,523  
In-House Made  
Free Meals.

14,912  
Loaves of bread

Holiday Themed Food  
Boxes, Feeding 275 people

1,483 lbs.  
of shelf stable food to a  
Springfield Elementary school  
serving  
141 households.

18,964 lbs.  
of fresh  
produce to  
5,650  
individuals throughout  
the year.

1,913  
individuals received either  
eggs/milk over the course  
of the year.

155  
Fully prepared recipe kits distributed to  
encourage the use of diverse fresh foods.

To ensure no one in our community goes hungry, especially outside regular business hours, the Springfield Family Center has expanded its reach by placing ready-to-eat meals at key locations, including the town library, the Community Health Team, and other essential community partners. Since launching this initiative in late July 2025, we've already distributed over 600 meals through these extended access points, providing critical nourishment when and where it's needed most.



*Drawing provided by youth community member*

## Recipe of the Month ~ Blanching and Freezing Winter Squash





## SFC's Veggie Guide: Blanching and Freezing Winter Squash

This step by step guide works for your favorite winter squashes including Butternut, Acorn, and Kabocha squash.



### Items You'll Need:

Cutting Board  
Chopping Knife  
Peeling Knife  
Regular Table Spoon  
Fork  
Ladle/Slatted Spoon  
Spatula  
Baking Tray Lined with Parchment Paper  
Quart Sized Pot and Lid  
Iodized Salt  
Collander (for draining water)  
Ice  
Large Bowl  
Aluminum Foil  
Freezer Bags  
Permanent Marker  
And most importantly, a squash of your choice!

### Directions:

#### 1. Prepare Your Squash:

First, take your squash and remove the skin. The outer skin is typically tough and not pleasant to eat. Use a sharp knife to cut off the top and bottom bulbs of the squash, then use a Y-shaped peeler or the knife to carefully peel away the skin then chop the raw squash into equal-sized pieces.

#### 2. Blanch It:

Next, you need to gently boil your squash pieces in salted boiling water for around 5 minutes until the edges are soft and easy to break up with a fork. You don't want to cook the squash all the way through. Place the squash into ice-cold water to stop the cooking and to decrease temperature. Drain from the water then pat dry with paper towels.

#### 3. Flash Freeze:

Place the squash onto a baking sheet and ensure no pieces are touching one another. Cover the tray in foil or cling film and then place in the freezer overnight.

#### 4. Final Freeze:

Once frozen, remove the tray from the freezer then place the frozen squash bites into a freezer bag or airtight container and place back into the freezer.

Congrats! You've successfully stored your winter squash!

Guide Adapted From: <https://www.freezeit.co.uk/can-you-freeze-butternut-squash/>

### Tips and Tricks:

To make peeling easier, you can microwave the squash for 30 seconds before you start to soften up the outer skin.

Once frozen squash will last up to 9 months in the freezer, make sure to label your freezer bag with the date before the final freeze.

Squash can be cooked from frozen, and will boil in 7-9 minutes or bake in 20-30 minutes.

Squash cannot be refrozen once it's defrosted, it will lose its taste and texture.

## Want to Help Us Make the Holidays Brighter?!

Each year, the Springfield Family Center partners with the Santa Claus Club to provide Holiday Meal Boxes so local families can enjoy a special meal together during the season.

We're now accepting donations to help make these boxes meaningful and festive.

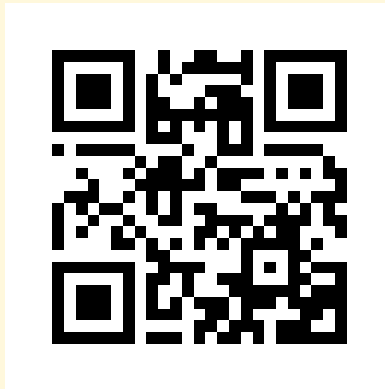
You can help by donating any of the following in-date items:

stuffing

- canned vegetables
- boxed mashed potatoes
- cranberry sauce
- gravy
- mac and cheese

Every item and every dollar help bring warmth, nourishment, and joy to families in our community.

Thank you for your kindness and generosity this season.  
Together, we can make the holidays brighter for everyone.



Can't make it to the store but still want to support the program?  
Scan the QR code to view our Holiday Box Wish List and donate directly online!



## Upcoming Community Events

### **Free Community Meal:**

Roast Pork with Buttered Noodles, Mashed Butternut Squash, Oven Beans, Applesauce and a Chocolate Chip Pumpkin Square for dessert.

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

When: Wednesday October 15th

Time: 11:30-12:30pm

### **41st Annual Vermont Apple Festival and Craft Show**

Where: Riverside Middle School

When: Saturday October 11, 2025

Time: 9:00am-4:00pm

Free Parking, Free Admission, Free Entertainment

### **Trunk or Treat**

Where: Riverside Middle School

When: Thursday October 30, 2025

Time: 5:00pm-7:00pm

Interested in decorating a trunk. Sign up using the button below!

**Trunk or Treat!**

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# ***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](mailto:SFCbuyaday@gmail.com)**



### **Buy a Day; Make a Difference Honorees**

**October "Buy a Day, Make a Difference" Honoree: Christine Williams**

In a heartfelt tribute, Ed Sleeper has chosen October 31st to honor his beloved wife, Cher, by remembering her mother, Christine Williams.

Christine was a woman of deep compassion and quiet strength. By buying this day in her name, 30 food-insecure neighbors will receive a hot, nourishing meal, a reflection of the kindness Christine shared throughout her life.



In honor of Christine, any donations made today will be matched, dollar for dollar, up to \$100 — helping even more neighbors in need.

Today, we remember Christine and celebrate the lasting difference one generous life can make.



## **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!**

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## **Springfield Family Center's 6th Annual Basket Raffle Fundraiser!**

It's that time of year again, our biggest (and most fun!) fundraiser is almost here!

We're gearing up for the 6th Annual Basket Raffle this November, and we need your help to make it the best one yet!

#### How You Can Help:

Donate a themed gift basket to be raffled off throughout November and into December—just in time for the holidays!

Every basket donated helps us feed our hungry neighbors and spread a little joy this season.

#### Basket Theme Ideas:

Let your creativity shine! Popular themes include:

Game Night

Car Wash Kit

Fishing Lovers

Favorite Sports Team

Holiday Baking or Cooking

Animal Lovers

...or anything else you can dream up!

Whether your basket is creative, cozy, festive, or fun, every donation makes a difference.

#### Drop-Off Location:

Springfield Family Center

130 Springfield Plaza Road, Springfield, VT

Let's come together to make this our best raffle yet.

Thank you for supporting Springfield Family Center and helping us care for our community!





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**Our Friends at Hunger Free Vermont have put together helpful information sheets to explain the changes to 3SquaresVT (SNAP) benefits taking effect TODAY**

# Changes to 3SquaresVT

Last updated: 9/15/25



**Federal changes to 3SquaresVT will impact people in Vermont.  
Here is what we know now:**

- Right now, 3SquaresVT eligibility hasn't changed, but some may see a change to their benefit amount or eligibility on October 1, 2025.
- If you currently get 3SquaresVT, continue to use those benefits as usual.
- If you think you qualify for 3SquaresVT, it's worth it to learn more.

## → 3SquaresVT Eligibility for Immigrants Will Change

Eligibility for immigrants will be limited to lawful permanent residents, Cuban and Haitian entrants, Amerasians, Hmong or Highland Laotian Tribal Members, and COFA citizens. Refugees, people granted asylum, and other currently eligible immigrants will no longer qualify. Children or other eligible household members may still qualify even if their parents or household members no longer qualify. **For multilingual videos about these changes, [click here](#).**

## → 3SquaresVT Work Rules Will Change

Some adults on 3SquaresVT who are 18-54 without children or disabilities have to report work to keep benefits for more than 3 months, unless they meet an exemption. DCF-ESD calls this the "Time Limited Benefit Work Requirement." **This rule will be expanded to more people who will need to report to DCF-ESD if they are meeting the work rule or meet an exemption:**

- Adults 18-64
- Adults living with children 14 and older
- Veterans
- People experiencing homelessness
- People under 25 who were in foster care at age 18

**No one is at risk of losing 3SquaresVT because of work rules until February 2026,** but it's important for people to let DCF-ESD know if they are exempt, because it may help them keep benefits for longer. Learn more about work rules [here](#)

## → 3SquaresVT Utility Expenses Will Change

Right now, everyone gets an automatic utility deduction (Standard Utility Allowance). This simplifies paperwork and results in a higher benefit amount. This will change, so only households with an older or disabled member will automatically get the utility deduction. **For all other households, this deduction is available if you pay any amount of heating or cooling, and it may give you a higher benefit amount.**



## 3SquaresVT Time Limited Benefits Work Rule



Some people need to report work to keep benefits. There are many ways to get excused or exempt from this work rule.

**People are here to support you! Learn more or connect with a provider today.**

This work rule is for people who are 18-64 and are not disabled, pregnant, or caring for kids under 14.

To get more than 3 months of benefits, you need to report work or be excused from the work rule by meeting an exemption.

There are many ways to be excused, including facing personal barriers to work, like experiencing homelessness and lacking a shower or basic needs, grieving the loss of a family member, or waiting to get into a doctor for a medical problem. **These are just a few examples.**

**To learn more about how to report work or get an exemption:**

- **VISIT:** [dcf.vermont.gov/benefits/3SquaresVT/WorkRules](https://dcf.vermont.gov/benefits/3SquaresVT/WorkRules)
- **CALL:** 1-855-855-6181 or **TEXT:** 'VFBCCHAT' to 61222 to talk with a Vermont Foodbank 3SquaresVT Assistor

**It's worth it to learn more, so you can keep the 3SquaresVT benefits you are eligible for!**



October 2025

*This institution is an equal opportunity provider.*

# 3SquaresVT Work Rules



If you get 3SquaresVT and you are between the ages of 16 - 64, you may need to report work activity unless you are excused or exempt. If you are under 16 or over 64, you are **not** subject to work rules and you do not need to take any action.

## There are two work rules:

- The "General Work Requirement"
- The "Time Limited Benefit Work Requirement"

Some people might have to meet both work rules. **Many people may be exempt or excused from the work rules.** Each person in a 3SquaresVT household might have different rules to follow.

If you need to report work activity, you will get a "Consolidated Work Notice" in the mail from ESD. Read it carefully to see if you need to send in information to show you meet the work rules, or you are exempt. **See the back side of this document for more information, including where to get support.**

## The General Work Requirement

This rule is for people 16-59. It mainly means you have to tell ESD if you have a job or not, and that you shouldn't quit or refuse a job without a good reason if one is offered to you.

Simply by signing and submitting the application, you are meeting this work rule.

To continue meeting the rule you need to:

- If you aren't currently working: accept a job offer if one is offered to you.
- If you are currently working: do not quit or reduce your job hours unless you have a good reason.

## The Time Limited Benefit Work Requirement

This rule is for people 18-64 who are not disabled, pregnant, or caring for kids under 14. It's called the "Time Limit" because in order to get more than 3 months of benefits (or in order to avoid "timing out" of benefits), you need to report work unless you are excused or exempt.

To follow this rule you need to:

- Work 80 hours a month (paid or unpaid)
- Volunteer at a public or non-profit organization for a certain number of hours (ESD will tell you the needed hours)
- Participate for 80 hours in a job training program that's approved by ESD.

**There are many ways to be excused or exempt from these work requirements. See the back side for more details.**

Updated October 2025

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## Changes to the WIC (Women, Infants, and Children) program taking effect TODAY

# Changes to WIC Food Benefits

Starting October 1, 2025

The USDA has changed WIC benefits to give families more flexibility and choices.

## Fruits and Vegetables

Fresh cut herbs are allowed.



## Milk and Dairy

- You can get more yogurt in place of milk.
- Children 12 to 24 months can have both whole and low-fat yogurt instead of only whole milk yogurt.
- You can get more tofu in place of milk.
- Milk amounts reduced.



## Peanut butter, dried beans/peas, and canned beans.

Households with peanut/nut allergies can choose other nut or seed butters.



## Eggs

Instead of eggs, you can have more peanut butter, dried beans, or canned beans.



## Whole Grains

- New bread choices include whole wheat English muffins and whole wheat bagels.
- New whole grain choices include quinoa, wild rice, and cornmeal.
- Whole grain amounts increased for adults
- Whole grain amounts reduced for children.



## Juice

- Instead of juice, you can have \$3 cash benefit for fruits and vegetables.
- Juice amounts are reduced.



## Canned Fish

Canned fish is available for everyone aged 12 months and older.



For more information  
[HealthVermont.gov/WICFoodChanges](https://HealthVermont.gov/WICFoodChanges)

**WIC** WOMEN  
INFANTS  
CHILDREN  
VERMONT DEPARTMENT OF HEALTH

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# Changes to WIC Infant Foods

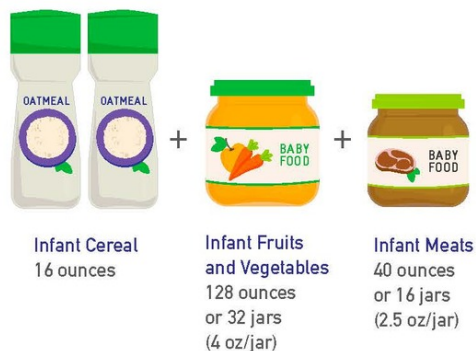
Effective January 1, 2025

The USDA made changes to infant foods-reducing the amount of infant cereal and infant meats and increasing the amount of Cash Value Benefit (CVB) for fruits and vegetables.

## Formula Fed Infants



## Fully Breastfed Infants



As of January 1, 2025, families with infants over 6 months can trade jarred baby food fruits and vegetables for \$11 (half) or \$22 (all) Cash Value Benefit (CVB).

The CVB can be used to purchase fresh, frozen, or canned fruits and vegetables. You can make this change at your WIC appointment or by contacting [your local WIC office](#).

## Trade half or trade all



For more information  
[FNS.USDA.gov/WIC/Food-Packages](https://FNS.USDA.gov/WIC/Food-Packages)

**WIC** WOMEN  
INFANTS  
CHILDREN  
VERMONT DEPARTMENT OF HEALTH

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## WIC Food Swaps, Made Simple

You can swap some WIC foods for other options that may work better for you and your family.  
Contact WIC for more information.

### Milk

Swap milk:



1 quart milk



1 tub yogurt (32 oz)



1 quart milk



1 tofu (1lb)



3 quarts milk



Cheese  
1lb (or 16 oz)

### Juice

Swap juice:



64 oz juice



\$3 worth of fruits  
& vegetables

### Eggs

Swap eggs:



1 dozen eggs



1 jar peanut  
butter  
(16-18 oz)

or



4 cans beans  
(15-16 oz each)

or



Dried beans,  
lentils, or peas  
(1 lb or 16 oz)



[HealthVermont.gov/WICFoodChanges](https://HealthVermont.gov/WICFoodChanges)

**WIC** WOMEN  
INFANTS  
CHILDREN  
VERMONT DEPARTMENT OF HEALTH



## Gratitude Corner

Thank You for Your Support in September!

All of us here at Springfield Family Center are deeply grateful to the following supporters whose generosity makes our work possible, month after month.  
Your continued kindness helps us feed, support, and care for our neighbors in need.

Thank you for standing with us!

The Sterns

Daryl

Willing Hands

Linda Richey

Rodney Houlton

Anny & Gerry

Patricia

Trisha Paradis

Methodist Church

Diane

Rodney Holton

Ritta Murray

American Legion Post 18

Tucker

Edgar May Health and Recreation Center

Donna Builder

Kathy Feikert

Mike Wochoski

Elizabeth

Neal

June and Bill Brink

Donovan Nicholas

Shirley Pinney

Sharon Tucker

Melon Man

Curtis Alcock

Danielle Baber

Jess Nichols

Department of Children and Family Service

First Congregational Church

Springfield Town Library

St. Mary Church

June Goodband

Patricica Schmidt

Felicia

Boris

Springfield Coop

North Baptist Church

VT 50k Bike Race

Vail Resorts

Sky

### A Warm Welcome and Heartfelt Thanks to Kinney Drugs

All of us here at Springfield Family Center would like to extend our sincerest welcome to our new Plaza neighbors, Kinney Drugs. They went above and beyond at their grand opening by inviting the Springfield Family Center as a guest of honor and generously presenting us with a \$1,000 donation in support of our charitable food programs. Thank you, Kinney Drugs, for your generous support and your dedication to helping others. Our work would not be possible without compassionate, community-minded partners like you.

Together, we ALL make a real and meaningful difference.







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See you in November!

Your Friends at the Springfield Family Center

802 885 3646

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



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