

Kernels

You're making sure that people in every community in Vermont can enjoy a holiday meal.

Here are stories about the lives you've changed.

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Vermont Foodbank

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Holiday meals bring us together

The kitchen table is the heart of most homes, especially during the holiday season when families sit around the table to enjoy a traditional meal. Everyone celebrates in their own way, some traditions are new and some have been passed down for generations. What really matters is that when we come together for a meal, we are reminded that we have each other. And when you help a neighbor in need during the holidays, that's what you're making possible for someone else. By giving the gift of a meal, you're saying, "I've got you, neighbor."

In my in-law's house, our Christmas dinner tradition is standing rib beef roast and Yorkshire pudding. While there is no "recommended daily allowance" of Yorkshire pudding, I'll certainly enjoy it as a once-a-year treat. To the right is my mother-in-law, Paula Hepburn's, recipe. She sometimes substitutes the roast drippings for part of the butter. Just thinking about it has my mouth watering!

With gratitude,


John Sayles, CEO

Recipe

Yorkshire Pudding 6 servings

Ingredients (must be at room temperature when mixed or they will not puff)

7/8 cup flour

1/2 teaspoon salt

1/2 cup milk

2 eggs

1/2 cup water

1/4 cup butter

1. Preheat oven to 400 degrees.
2. Sift flour and salt into a bowl. Make a well in the center, and pour milk into the well. Stir in the milk.
3. In a separate bowl, beat eggs until fluffy. Then add the beaten eggs to the batter with the water. Beat the batter well until large bubbles rise to the surface. You may let this stand covered and refrigerated for up to 1 hour and then beat it again.
4. Melt the butter in an oven-proof dish about 9 x 12, or muffin tins. Once the butter is melted and the pan is hot, pour in the batter. Bake the pudding for 20 minutes.
5. Reduce the heat to 350 degrees and bake it 10 to 15 minutes longer until golden brown. Serve immediately!



Because of you, fresh, local food is available for Kay's sister and for friends, family, and neighbors in need.

Two sisters are fighting hunger, with you by their side.

Kay lives in Milton, Vermont, and she is inspired to give to the Foodbank because she sees how hunger affects her sister. Thanks to your help, Kay's sister is able to get the help she needs.

“My sister is a proud, aging Vermonter and it’s hard for her to accept that she needs help,” says Kay.

Kay’s sister lives off of a meager social security income that makes it difficult to make ends meet and nearly impossible to afford the foods she ate during her working life.

Thanks to donors like you and Kay, Kay’s sister can get fresh food from programs that you support. She is now able to take home local produce grown right here on Vermont farms.

“The day [my sister] called to tell me that she was going to get free garden vegetables it was as if she had won the lottery. She is truly grateful to be able to have vegetables in her diet again.”

Kay’s sister is so inspired by the help she receives that she wants to help other people struggling with hunger.

“She volunteers at food donation sites to help others in their need. Often she’ll speak of folks who have a greater need than her own, and her compassion for them is unmatched. She lives in their shoes. She struggles as they do.”

And she inspires Kay to give back as well. “I give as often as I can to the Vermont Foodbank,” says Kay. “I wanted to give *her* the money for her to buy food, but her request was that I continue to give to the Foodbank so that others would benefit as well. She is an amazing woman, and she is truly grateful to have the fresh produce.”

“Hunger knows no age limit — and I pray that we will be able to continue to support the Foodbank. Thank you for all you do to help those who might otherwise go without.”

A family finds *hope* around a holiday table, thanks to you.

Liz is a full-time student and single mom of three. Hoping to provide a better life for her kids, Liz decided to go back to school last year. Coming up with the resources to support her education and her family has been tough, and her budget feels particularly tight during the holidays. Because of people like you, Liz will have help putting a festive, nutritious meal on her family's table this holiday season. This is her story.

“The holidays are supposed to be a happy time, but for me they are more sad and depressing. I feel sad because I can't give my children everything they want. They see their friends getting all these gifts and it hurts that I can't give them the same. But thanks to the food pantry, I can at least give them a special holiday meal.

The food pantry helps a ton during the holidays. They give out turkeys and holiday boxes that include stuffing, mashed potatoes, cranberry sauce, etc. — everything you need for a meal. Without the food pantry I don't know what I'd do during this time. **I may not have a lot to give my boys, but they love food, so when the pantry gives us an amazing meal, I know they're happy.**

I'm confident that times won't always be this tough for us, and I look forward to finishing school and having the resources to enjoy this season. [...] But even when we have enough, I hope my boys always remember how we struggled. And that when they get older, this memory inspires them to go back to food pantries during the holidays — but this time as volunteers, full of love, compassion, and support for people in need.”

Stories like this are true for families in our state and across the country. Because of you, families like Liz's will be able to gather around a full and joyful table this holiday season. Thank you!



Thanks to you, families like Liz's have help when they need it most.





**Produce like this,
at Groundworks
in Brattleboro, is
available in every
Vermont county
thanks to your
support.**

You're *helping* a family without a home.

Manny is parenting alone these days. He made the tough decision to move into a shelter for the safety of his kids. His medical needs make it impossible for him to go back to work right now, but he can't wait to heal and become self-sufficient again. In the meantime, his kids have fresh fruits and vegetables from the local food pantry to stay healthy and strong. This is their story.

“I've been homeless for about nine months now. I live in a shelter with my four children — who are 9, 11, 13, and 15. We ended up here after fleeing an abusive relationship. It was hard to leave, but after things got really rough, I knew what I had to do to take care of them. It seems ridiculous that living in a homeless shelter is the better option for my kids. But let me assure you, with what we were going through, it is.

It's tough living in the shelter — for me, yes, but especially for my children. It breaks me down as a father watching them go through this. I've always worked in the past, as a welder and forklift driver, but I'm in between surgeries right now and can't bring in any income.

Besides love and support, the one thing I can provide for my children with right now is healthy food — thanks to the food pantry. [...] The pantry — supported by our local food bank — provides fresh, local produce that I

otherwise could not afford. My children love it, and it gives them the nutrients they need to keep them strong through this tough time.

All I want is to be self-sufficient and provide a stable, better life for my kids. No one wants to depend on others for support, including me. But when I need it — and we all need help at one point or another — I'm truly grateful that it's there. And I'm confident that someday soon, when all this is behind me, I'll be able to pay this help forward — by helping others in their time of need.”

You give families in Vermont food and hope when they need it most. Thank you!



Families like Manny's are struggling throughout Vermont. You make sure help is always there.

Thank you!

Because of your support, people in Vermont are learning how to cook healthy meals for their friends and families. With your help, the Vermont Foodbank partners with schools, hospitals and food shelves to share healthy recipes, give fresh ingredients, and offer cooking demonstrations. Here's one of our favorite recipes for those delicious fall veggies!

Recipe

Roasted Maple Veggies 4-6 servings

2 tbsp olive oil, divided	salt and freshly ground
4 large carrots, peeled	black pepper, to taste
1 medium onion, peeled	3 medium-tart apples
1/4 cup orange juice	2-3 tbsp maple syrup
1 tbsp minced fresh dill, or to taste	

1. Preheat the oven to 350°F.
2. Roughly chop the carrots and onions into the same size pieces. Add to a baking dish coated with oil.
3. Combine the oil and orange juice in a small bowl; add to the veggies and stir to cover. Sprinkle with dill, salt and pepper. Put in oven and bake for 20 minutes.
4. Meanwhile chop the apples to the same size as the veggies. Add to the baking pan and cover with maple syrup. Bake for an additional 20-30 minutes or until golden brown. Enjoy!



People are making tough choices: heat or eat? You can help this holiday season. Every \$35 you donate provides nearly 60 meals.

Forecast: How will people heat their homes and also put food on the table?

Vermont is a cold place most of the year, and many of us know the stress of paying for heating fuel. **As the cold settles in, people are tightening their budgets to make ends meet.** Families have to choose: will we heat or eat?

That choice is even more heartbreaking during the holidays. Going without a holiday meal to share with friends and family is a high price to pay for keeping the lights on and the heat running. Parents are wrestling with how to tell their kids why there won't be presents, sugar cookies, and a holiday dinner this year.

If local food shelves and meal sites are stocked with good, wholesome food, people who need help will breathe a little easier this holiday season. During the next month, Vermont Foodbank trucks will be busy delivering healthy, festive food to all corners of Vermont.

Can you give the gift of food and help ensure there is enough for everyone?

With your continued help, no one will have to go to bed hungry in order to heat their home. And no one will have to go without a joyful and hearty holiday meal.

Every \$35 you donate provides nearly 60 meals for neighbors in need.

While Supplies Last...

Give the perfect holiday gift!

Instead of presents, consider making a donation in

honor of a friend, family member, or colleague. For every \$35 you donate, you can request that we send you this special edition holiday card so you can let a loved one know you care.

This one-of-a-kind design, titled "Reciprocity," was created for the Vermont Foodbank and donated by local artist Michelle Wallace ©Nature Mandala Art :: Vermont.

To request cards, make your donation at: www.vtfoodbank.org/holidaycard or give us a call at 802-476-3341.



Daphne's will says a lot about her. What does your will say about you?

This is what Daphne Gratiot from Woodstock, Vermont, told us when she added the Vermont Foodbank to her will: "I grew up in New York City during the depression, I have memories of food lines and children with no shoes in wintertime. We must all contribute to make sure this suffering never happens in Vermont on our watch or, if we can, after our watch."

Daphne's hope for a better future *lives on* because of the gift she put in her will. When you join donors like Daphne by leaving a gift in your will, you're leaving a legacy that can change the future.

For more information, contact Allison Mindel at amindel@vtfoodbank.org or (802) 477-4108.