

Kernels

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



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Vermont Foodbank

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“You help families celebrate the festive season with a delicious meal!”



Celebrating with love and food

Recently I heard Liz Dozier of Beyond Chicago speak. She asked: “Do we love the people we serve? Do we trust the genius and beauty of those we serve?” The stories in this issue of Kernels show the beauty and genius of families doing what’s necessary to care for each other. To love people is to trust the choices that make sense for individual families, based on their truths. Hard tradeoff decisions need to be made every day — like choosing between food and medication, choosing between food and rent, or buying cheaper and less nutritious food because it’s the only affordable option.

The fresh food you make available at a school, hospital, or local food shelf provides relief from the toxic stress of not having enough nourishing food on the table. It allows families and neighbors some breathing room to think about tomorrow, and it helps everyone celebrate the festive season the way we all want to — with a delicious meal.

Thank you!

John Sayles
John Sayles
CEO



A single mother of three doing her best to make ends meet, Brittany has mastered being resourceful and preparing meals on a budget. Now she is using her skills as a chef and photographer to share her delicious recipes with the Foodbank community.

“Today I want to teach you how to make a delicious holiday meal that everybody can enjoy. Not to mention after all your work you should have plenty left over for the next few days — homemade pot pie, turkey sandwiches, turkey stew! Thanks to the Vermont Foodbank helping out local families in need, I was able to make this with my children and invite a few hungry friends in need of a healthy, hearty meal! A large majority of my ingredients have come fresh to my door from these kindhearted people.”

– Brittany Collett

In the kitchen with the Colletts

Rosemary Roasted Chicken or Turkey

Ingredients

- Whole turkey or chicken
- 1 stick of butter
- 1 twig of rosemary, chopped
- 1 tbsp. paprika
- 4 garlic cloves

- 3 tbsp. olive oil
- Salt & pepper
- Carrots, chopped
- Potatoes, chopped
- Onion, chopped

Cook time and temperature

Cook in 375° oven, uncovered, for 20 minutes. After 20 minutes, lower temp to 350° and proceed to cook meat 20 minutes per pound, plus additional 15 minutes. If stuffed, cook for an additional 30 minutes. I recommend cooking the stuffing separately for best food safety.

Directions for Roasted Chicken or Turkey

Defrost the turkey or chicken 3 days prior to cooking. Rinse and remove guts of the bird.



Cut butter into small slices and stick it under the skin of the bird.
Chop garlic and put 2 cloves inside the skin finely chopped.
Put 3 tbsp. olive oil in a bowl, add chopped rosemary, 1 tbsp. paprika, and 2 cloves of garlic chopped. Add salt and pepper to taste.
Put the meat in pan and cover 1/3 of the meat with stock, add the chopped vegetables to broth.
Rub or brush the oil and herbs onto the skin of the meat.
Bake per directions above, checking every 40 minutes and basting the meat.
With spoon or baster, take the broth from the bottom and gently put it over the skin, to help keep it from drying and make it crisp.
Add tin foil or a cover once the skin is crisp enough for your liking.
Continue cooking until its internal temperature has reached 165°.

Gravy

Ingredients

- Corn starch
- Chicken or turkey stock
- Milk

Directions for Gravy

Once the meat is done, take the broth from the pot and move it into a pot or pan on the stove at medium heat.
Take milk in a dish, add cornstarch and mix well until there are no clumps.
Start with 1/2 cup milk and 3 tbsp. cornstarch for every 1 1/2 cups of broth.
Add milk and cornstarch mixture to broth.
If gravy is not thick enough, do this again and slowly add the milk and cornstarch while mixing with the broth.
Add salt and pepper to taste.
Carve the bird and serve! Add gravy and enjoy!



Thanks to you,
Amber's kids have
nutritious food to
take home over the
weekend

Amber's children have the food they need this weekend

Amber and her husband are doing their best to keep healthy food on the table for their children. But with the high cost of living in Vermont it can be difficult. Thanks to your support, help is there.

Amber is a mother of four children ranging from two to nine years old. You can hear the smile in Amber's voice as she talks about the joy her family shares together. In addition to the kids, they have two dogs and two cats. "We like to all hang out as a family and spend time together," she says.

In order to care for her children, Amber isn't currently working. And though her husband works full-time as a truck driver, it doesn't pay enough for their family to meet their basic needs.

The cost of living in Vermont is high. It's especially hard for Amber and her family

during the winter months when they face high heating bills and still have to balance other costs. It makes it difficult to afford the food they need to feed their growing children.

But then Amber learned about the bags of kid-friendly, nutritious food available at her kids' school because of your support. **Thanks to you, now her kids have nutritious food to take home over the weekends — a time when they don't have access to school lunch.** "It's awesome, they love it! They get all excited when they receive their [food]."

For the past three years, this weekend food has helped Amber's family make sure there is always enough to eat for their growing children. **"It helps. We don't have to worry about whether my kids are going to eat or not if we get low on food."**

Removing that worry allows Amber and her family to focus on the important things, like spending time together and looking toward the future. "I hope that one day we would be able to not have to worry about [food]. I hope we don't have to worry about a place to live, or food, or anything like that."

Until then, Amber is grateful that help is there and that her kids have the food they need to grow up strong and healthy.

A Thanksgiving recipe from the Community Kitchen Academy*

Culinary students are learning professional skills and preparing delicious food for people in need this holiday season, because of your support.

We had a lot of sweet potatoes available so I asked the students to come up with a vegetable side dish that would work for a Thanksgiving dinner. The result? A delectable Pecan Pineapple and Sweet Potato Crisp. Honestly, it's borderline a dessert but perfectly fine to serve as a vegetable. Either way, the resulting side dish was absolutely delicious and I was super proud of the students' teamwork and creativity in the kitchen!

– Chef David Eyler

*a program in partnership with Capstone Community Action in Barre

Pecan Pineapple and Sweet Potato Crisp

Ingredients
6-8 whole sweet potatoes, peeled and sliced thin
1 - 20 oz. can pineapple chunks, drained
½ cup maple syrup or honey
1 cup chopped pecans
½ cup melted butter
Salt and pepper

Directions:
Preheat oven 350 degrees F.
Grease a 9" x 13" ceramic or glass casserole dish.
Arrange sweet potato slices in dish, add pineapple, pecans, and drizzle with maple syrup or honey. Season with salt and pepper.
Cover with foil and bake for about 45 minutes until sweet potatoes are fork tender.
Remove casserole from oven.

Crumb Topping

Ingredients

| | |
|-----------------------|--------------------------|
| 1 cup flour | 1/2 cup brown sugar |
| 1 cup quick oats | 1 tsp. cinnamon |
| 1/2 cup melted butter | 1/2 tsp. salt |
| ¼ cup vegetable oil | 1/2 tsp. vanilla extract |

Directions:
Combine all ingredients in a bowl and mix together to form a wet crumb topping. Distribute the topping on top of baked sweet potato/pineapple mixture and return dish to oven, uncovered, for about 25-30 minutes until oat crumb topping is golden and crisp.

You're helping a family celebrate the season

With a fridge at home that is sometimes empty, eight-year-old Jaylen has been wondering what Thanksgiving will be like this year. Thanks to people like you, he won't have to miss out on his favorite holiday foods, and will be able to share a warm, nourishing meal with his family.

Jaylen is eight years old and he wants to work for a basketball team when he grows up. But he doesn't want to be a player — he wants to be the person in charge. "I want to be the coach," he says.

But lately, Jaylen hasn't been worried about being a basketball coach. He's just been hoping for a meal this Thanksgiving. "Sometimes we don't have food in the fridge after school," he says. "It's hard."

Jaylen lives with his mother and grandmother. His mom works full-time, and the family still struggles to make ends meet. **On a tight budget, it's especially hard for Jaylen's grandmother, Michelle, to put a full meal on the table during the holidays.** "We can't afford a turkey or anything that goes with it," she says.

But this Thanksgiving will be different.

Jaylen's family recently visited a food distribution and were able to bring home a turkey, stuffing, vegetables, and other holiday favorites.

"Thanksgiving to me is all about spending time with family and friends," Michelle says. "It's about appreciating what you have. I'm so grateful for this food."

And while Jaylen hopes to be a basketball coach one day, for today, he has a turkey to look forward to on Thanksgiving. **"Not having a turkey would have been sad. I'm excited that we have one now. It helps our family celebrate what we have."**

Stories like this are true for families in Vermont and across the country. Because of you, a family experiencing hunger will be able to gather around a full and festive table this holiday season. Thank you!

"Not having a turkey would have been sad. I'm excited that we have one now."

- Jaylen, 8 years old

Thank you!

Are you interested in leaving a gift in your will?

Over the years, donors have informed us of their intention to include a gift to the Vermont Foodbank in their wills. Solving hunger takes generations. You can join these supporters and make sure help is always there by including the Foodbank in your will or estate plan.

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



Happy holidays, may all be fed

Give the perfect gift

Instead of presents, consider making a donation in honor of a friend, family member, or colleague. **For every \$35 you donate, we'll send you this special edition holiday card so you can let them know.**

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

All proceeds from this holiday card benefit the Vermont Foodbank and help provide healthy food to friends and neighbors who are struggling with hunger.



Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: (_____) _____ E-mail: _____

Amount Enclosed \$ _____ **Please enclose a minimum gift of \$35.00 per card**

Charge my (check one): Visa MasterCard AMEX Discover

Card Number: _____ Expiration Date: _____ CVV Code: _____

Signature: _____

Order online at vtfoodbank.org/holidaycard or mail this completed form to:
Vermont Foodbank, Attn: Holiday Card, 33 Parker Road, Barre, VT 05641

PLEASE NOTE: *To ensure that your holiday gift card arrives to you before Christmas, please mail your form to us by December 14th.*

Thank you for giving the gift of meals to Vermont families this holiday season.