



CHITTENDEN EMERGENCY
FOOD SHELF

feeding people, cultivating opportunities



What does the face of hunger look like?

Is it old, young? Does it smile, or is it always drawn with worry? Are its clothes tattered, or are they just like yours? Is its need constant, or just once in a while? Is it right next door, does it live someplace else...or nowhere at all?

**The short answer: yes.
Hunger looks like all of those things.**

For over 35 years, our mission has been to make sure people have enough to eat. As the largest direct-service emergency food provider in Vermont, we serve over 12,000 people every year. That's a lot of people – but we don't do it alone. We partner with other community organizations to get nutritious food to those who need it. The dollars we rely on come from our generous community. Volunteers are the hands and hearts of the Food Shelf, and give thousands of hours a year to help us do this important work. Still, the need is constant, real, and right here in Vermont.



At the Chittenden Emergency Food Shelf, we:

PROVIDE GOOD FOOD

THE FOOD SHELF offers a monthly five-day supply of groceries to folks who need it. To supplement the wide variety of nutritious staples, there is also fresh produce and bread available five days a week. We have a translator on staff who speaks five languages and can help most new Americans select their own groceries.

SERVE HOT MEALS

THE SOUP KITCHEN is the county's largest source of hot, nutritious meals for the homeless and others in need. We serve breakfast every weekday, plus a Sunday breakfast and supper that are made possible through a 20-year partnership with the University of Vermont Campus Kitchens and Food Salvage programs.

TEACH JOB SKILLS

COMMUNITY KITCHEN is an intensive, 14-week culinary job training course for unemployed or underemployed men and women that is offered in partnership with the Vermont Foodbank. Professional chefs teach students marketable skills that prepare them for sustainable careers in the food service industry and help break the cycle of poverty and hunger.

DELIVER GROCERIES

HOMEBOUND GROCERY DELIVERY volunteers bring a five-day supply of groceries each month to senior citizens and people with physical disabilities who aren't able to get to the Food Shelf. The delivery helps stretch limited food budgets and provides a very welcome friendly visit.

MAKE SUMMER LUNCHES

BROWN BAG LUNCHES keep low-income children full and active during summer months when school-based food assistance isn't available. Well-balanced lunches include fresh fruit and vegetables from our partners at the Intervale Center's Healthy City Gleaning project.

RESCUE EDIBLE FOOD

PROJECT ANGEL FOOD volunteers collect leftover prepared food from supermarkets that would otherwise go to waste and deliver it to social service agencies and hunger relief programs in the area. Community Kitchen students turn some of the fresh produce, meat, and bread into more nutritious meals for community organizations.

MEND & SUPPLY CLOTHING

ANNE'S CLOTHING CORNER is a collection of coats, pants, sweaters, and shoes donated by the community that are available free of charge to Food Shelf visitors. Cecilia can also mend a zipper or make other small repairs to clients' own clothing.



Meet some of the folks we serve

KIM & GRIFFIN When Kim had her son, Griffin, she wanted to stay home to raise him. Without child support, this single mom started her own in-home childcare business to pay the bills. But times were tough in her neighborhood and just one family signed up, leaving Kim with an income of only \$5 an hour. Between the Food Shelf, food stamps, and the WIC Program, Kim was able to feed her family for a year and a half. Now Kim is a substitute teacher at a local preschool, but her paycheck isn't always reliable enough to make ends meet. She still comes to the Food Shelf to get through leaner months. "I'm always amazed at the healthy options at the Food Shelf," says Kim. "Griffin loves the fruit!" Kim is only a few classes from finishing her bachelors at Johnson State College, and is thankful to have the Food Shelf as a resource while she works toward her degree.

ROBERT Robert worked as a repairman for 30 years. Around his 60th birthday, he started to have back pain that became so excruciating that Robert was forced to retire. After years of visits to several doctors, Robert was finally diagnosed with a pinched nerve in his back. Although there is no cure, he has learned to live with the pain that limits his mobility and makes it extremely difficult to leave his house.

In May of 2008, Robert joined the Food Shelf's Homebound Delivery program. Receiving a five-day supply of groceries once each month helps Robert stretch his food dollars farther, but what really gets him through the month is the visit from Food Shelf staff and volunteers. Robert lives with his brother, but doesn't get many other visitors. So each time he sees the Food Shelf folks, Robert gets tears in his eyes, thankful for their time, company, and generosity.

JERRY Jerry moved to Vermont 12 years ago from New York in search of a better life. When he first arrived he had trouble finding stable work, so his cousin brought him to the Chittenden Emergency Food Shelf for the morning hot meal. "The staff at the food shelf is so friendly, they are always willing to help," Jerry says. "They are great neighbors." These days, Jerry is working odd jobs at Labor Ready and trying to make ends meet. He has been staying in a local shelter until he saves enough money to get his own place. Whenever Jerry doesn't have work, he still joins the Food Shelf community for breakfast during the week.

ASHLEY & FAMILY Ashley and her husband live in an apartment in Jericho, where Ashley is a stay-at-home mom with two young girls. Her husband works for a local landscaping company, but doesn't get many hours of work during the winter. With the added cost of a heating bill, sometimes they have trouble making ends meet during colder months. "We do the best we can," says Ashley. "But the cost of gas and food keep going up, and wages aren't keeping up." She comes to the food shelf to get staples for her family when times are tough. Initially, Ashley felt ashamed that as parents, she and her husband couldn't provide everything their daughters needed to stay healthy and full. But, "the staff and volunteers are phenomenal," Ashley says. "They always make you feel welcome and they make you understand that you shouldn't feel bad about coming here. They are here to help."

In order to protect the privacy of our clients, the photos used on this page are stock photography.



12,290
Vermont children
depend on food shelves
each month.

37%
of Vermonters
cannot afford either
enough food or enough
nutritious food.

Lack of affordable housing,
low wages, high
unemployment, &
limited public transportation
all contribute to hunger &
food insecurity in Vermont.

75,100
Vermonters
don't have access to
enough food to fully meet
basic needs.



At the Chittenden Emergency Food Shelf, we:

**PROVIDE
GOOD
FOOD**

THE FOOD SHELF offers a monthly five-day supply of groceries to folks who need it. To supplement the wide variety of nutritious staples, there is also fresh produce and bread available five days a week. We have a translator on staff who speaks five languages and can help most new Americans select their own groceries.

**SERVE
HOT
MEALS**

THE SOUP KITCHEN is the county's largest source of hot, nutritious meals for the homeless and others in need. We serve breakfast every weekday, plus a Sunday breakfast and supper that are made possible through a 20-year partnership with the University of Vermont Campus Kitchens and Food Salvage programs.

**TEACH
JOB
SKILLS**

COMMUNITY KITCHEN is an intensive, 14-week culinary job training course for unemployed or underemployed men and women that is offered in partnership with the Vermont Foodbank. Professional chefs teach students marketable skills that prepare them for sustainable careers in the food service industry and help break the cycle of poverty and hunger.

**DELIVER
GROCERIES**

HOMEBOUND GROCERY DELIVERY volunteers bring a five-day supply of groceries each month to senior citizens and people with physical disabilities who aren't able to get to the Food Shelf. The delivery helps stretch limited food budgets and provides a very welcome friendly visit.

**MAKE
SUMMER
LUNCHES**

BROWN BAG LUNCHES keep low-income children full and active during summer months when school-based food assistance isn't available. Well-balanced lunches include fresh fruit and vegetables from our partners at the Intervale Center's Healthy City Gleaning project.

**RESCUE
EDIBLE
FOOD**

PROJECT ANGEL FOOD volunteers collect leftover prepared food from supermarkets that would otherwise go to waste and deliver it to social service agencies and hunger relief programs in the area. Community Kitchen students turn some of the fresh produce, meat, and bread into more nutritious meals for community organizations.

**MEND &
SUPPLY
CLOTHING**

ANNE'S CLOTHING CORNER is a collection of coats, pants, sweaters, and shoes donated by the community that are available free of charge to Food Shelf visitors. Cecilia can also mend a zipper or make other small repairs to clients' own clothing.



There's a lot of work left to do. And we could sure use a hand.

DONATE MONEY

CASH Monetary donations keep us going. Every dollar helps us secure food from generous wholesalers to fill gaps in food supplies, pay for everyday necessities like silverware in the soup kitchen, or maintain vital equipment.

STOCK To us, donating appreciated securities – stocks, bonds, or mutual funds you've held for more than a year – is the same as giving cash.

CORPORATE MATCHING If you work for a company that has a matching gift program, consider using it to double your Food Shelf donation. Or, talk to your HR department to see if you can start one.

PLANNED GIVING Naming the Food Shelf as a beneficiary of your will or insurance policy is a generous way to feed the community long into the future.

Visit us at www.feedingchittenden.org to make a secure donation.

DONATE FOOD

Most of our programs run on non-perishable food donated by the community. We always need canned goods and other shelf-stable food in any quantity, from a single can of green beans to a palette full of pasta.

If your organization would like to host a food drive, we offer resources to make it run smoothly – helpful tips, a list of items we always need, signage, and more.

If you work for a restaurant or grocery store, we'll happily take your leftover prepared food, produce, or baked goods and share it with people who need a good meal.

Please call us at **(802) 658-7939** to arrange a donation or a food drive.

DONATE TIME

The Food Shelf is a busy place, and we rely on a lot of talented volunteers to keep most of our programs going. If you'd like to help out as an individual or with a group, here are some of the things you could do:

- Stock shelves
- Serve a hot meal
- Deliver groceries
- Help clients select their groceries
- Pick up donations
- Record donations as they come in

To volunteer, give us a call at **(802) 658-7939**.



CHITTENDEN EMERGENCY

FOOD SHELF

feeding people, cultivating opportunities

www.feedingchittenden.org (802) 658-7939

228 North Winooski Avenue Burlington, VT 05401

Office hours: Monday – Friday, 8 a.m. to 4 p.m.

The Chittenden Emergency Food Shelf is a program of the Champlain Valley Office of Economic Opportunity (CVOEO) and is a United Way member agency.