

FULL PLATES

Fall 2021



FEEDING
Chittenden

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Why Food Access?

At Feeding Chittenden we believe no one should go without food. But barriers to accessing vital nutrition impact the most vulnerable populations in our community. Those we serve include low-income families with small children, people with disabilities, New Americans and people who are homeless. For many, problems accessing healthy food choices include high costs of food, availability, specific dietary needs and transportation.

With your support, we are expanding our offerings of healthy and culturally relevant food. We have created an online market that allows people to pick out specific food items they need, and we are expanding our delivery service of groceries and meals to homes and designated locations. Throughout the pandemic we have continued to provide groceries and meals on site by walk-in and by appointment, as well as 3 Squares outreach and culinary job training. Our online market will create more access to food and provide a direct link with community members including advocacy and referral services.

Thanks to you, Feeding Chittenden will be there as a reliable source of support to get food on people's tables. Together we will meet people where they are at in life and work to overcome the barriers that stand in the way of food security.

We envision a future where none of our neighbors go to bed hungry, and with your help we will get there.

Thank you!

Rob Meehan
Rob Meehan
Director



We are a program of



FOOD ACCESS CENTER IN ACTION

thanks to you!

With your support, Feeding Chittenden has been working to lower barriers to access for food insecure families in our community. This means getting more healthy food to more people in a way that *meets people where they are at*.

Feeding Chittenden has been bringing our **MOBILE MARKET** to Winooski and Burlington, supplying pantry staples to food insecure households. The Mobile Market distributions accompany the Intervale Fair Share Program, which provides farm fresh produce. Each week 40-50 families in need, many new to Feeding Chittenden, are able to get a well-rounded supply of groceries.

Through expanded **HOME DELIVERY**, we are able to fill grocery boxes and bring them to the doorstep of those who can't leave their home. This service helps over 200 seniors and older adults, those with mobility challenges, families that lack transportation or childcare, and community members who fear experiencing prejudice and violence.



Our **ONLINE MARKET** allows families to choose the food items they need through an online platform, which is also accessible via phone and in-person. This will get people the food they need, empower choice, reduce waste, and allow people to be heard. We currently serve 175 families (and counting!) with this service as we develop and expand.

Feeding Chittenden is getting out into the community through our **SATELLITE FOOD DISTRIBUTION**. Through partnerships with local organizations we are distributing food off-site in order to fight hunger on college campuses, amongst the homeless population, and extend our reach further than Chittenden County, to both Addison and Franklin Grand Isle.



Full Plates & Bright Futures

"I would say it's one of the best things that I've experienced."

Keanna, age 19, graduated in October from the Community Kitchen Academy, a seven-week culinary job training program that is operated in partnership between Feeding Chittenden and the Vermont Foodbank. Students like Keanna develop the professional and inter-personal skills needed to find and retain employment in the hospitality industry.



"I really enjoyed working with Chef Jim. He told me that he has a strong faith and belief that I'll get even better over time. Getting that one-on-one and that communication...the learning experience was more in-depth than a full class."



Though Keanna had prior experience in the kitchen, having attended the Burlington Technical Center's Culinary Arts program during high school and coming from a line of family chefs, gaining the first-hand experience of learning new techniques and safe kitchen practices, and preparing dishes in a variety of contexts was valuable when considering the next step in her career.

"Getting that hands-on experience with cooking, the people, the environment—it was all amazing. I kind of wish the program was longer than seven weeks!"

In addition to creating and serving high-quality free meals to the public daily through the Food Shelf and the Good Food Truck, earlier this fall the CKA students catered an event for Feeding Chittenden at Switchback Brewing Company which put their skills in menu design, customer service, and food preparation and presentation to the test. We're still getting rave reviews from the community members in attendance!

"Being able to see people's reactions after they ate was pretty amazing."

Both inside and out of the kitchen, Keanna says that the program has helped her gain more confidence in herself and pushed her out of her comfort zone.

"I still have concerns and fears, but with the help of my family and Chef Jim, I think I'll be fine when I get to the next step."



YOUR SUPPORT PROVIDES THESE VITAL PROFESSIONAL OPPORTUNITIES AND RESOURCES, WHILE SIMULTANEOUSLY FEEDING THE COMMUNITY. WE'RE SO EXCITED TO SEE WHAT THE NEXT CHAPTER FOR KEANNA LOOKS LIKE!



"Your help gets us the things we really need."
-Tamara

Our Food Access Center serves community members like Tamara and her four-year-old daughter, a New American family from Uganda who have called Vermont home for two years now.

"I'm just starting up my life here, living paycheck to paycheck, and it's very expensive. Getting food from Feeding Chittenden really helps cover expenses."

Tamara's family was connected to Feeding Chittenden through our partnership with Champlain Valley Head Start, where we have been serving over 175 local families a month during the pilot phase of our new Online Market program.

"With a job and a kid, it's hard to get to the food shelf when they're open."

Feeding Chittenden has been working with many families like Tamara's who receive child-care services through Head Start, taking grocery orders and delivering food boxes to the facility to get necessary food items to families in need.

"(With Online Ordering) Feeding Chittenden asks us what we want and gets us what we need."

The list of available food items includes fresh fruits and vegetables, pantry staples, kitchen and home essentials, frozen meats, fresh eggs and dairy products, and a variety of culturally relevant foods such as goat meat.

"My family eats a lot of eggs, rice, fresh foods, meats – Feeding Chittenden brings food that I know and can cook."

After families select the items they need, a custom box of food is prepared and delivered to Head Start, where caregivers can easily pick them up along with their children.

"I don't have a car and must take the bus. Carrying food and a child is really hard while managing the bus schedule."

The Food Access Center and our new Online Market program will expand this fall to serve 200 additional families through a partnership with the University of Vermont Children's Hospital, enabling food insecure families to order a custom box of food with the help of their healthcare provider.

With your support, we will be able to expand the Online Market program to serve increasing numbers of families and ensure quick and easy access to food online, via phone, and in-person.



How you can give help this Thanksgiving:

EVERY DOLLAR YOU GIVE WILL MAKE AN IMPACT IN OUR COMMUNITY

DONATE ONLINE OR BY CHECK:

Please make checks payable to "Feeding Chittenden".

You can mail your donation to: Feeding Chittenden, PO Box 1594, Burlington VT 05402

*Please contact us if you are interested
in donating stock or leaving a legacy gift!*

HOST A VIRTUAL FOOD DRIVE:

Fill a virtual shopping cart with the items we need most without leaving your home! The products in the Virtual Food Drive are representative of the types of product that will be purchased with your gift this holiday season. We are able to purchase food at wholesale rates and below - this is much lower in cost than retail prices in the local supermarket. By making a contribution through our Virtual Food Drive, you can practice social distancing



while donating some of our most-needed items and leaving extra food on grocery store shelves for our neighbors. Your donation will stretch farther and will help community members in need while leaving extra food on grocery store shelves for our neighbors! Give today by scanning this QR Code with your phone's camera or visiting us at www.feedingchittenden.org

VOLUNTEER:

As a Feeding Chittenden volunteer, you'll experience opportunities to learn and grow through rewarding roles that fight hunger.

To learn more and submit a volunteer application go to: www.feedingchittenden.org

DONATE FOOD:

Please bring your donations to Feeding Chittenden at 228 North Winooski Ave, Burlington, VT 05401, Monday - Friday from 10AM - 3:30PM.

There will be bins by the garage doors at the far end of the parking lot for you to place your donation in!
If you are feeling ill or have been in close contact with someone who has tested positive for COVID-19, we ask that you please wait to bring us your donation.

FOLLOW US ON SOCIAL MEDIA TO SEE ALL THE
WORK YOUR SUPPORT IS MAKING POSSIBLE!



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Photos: Jude Domski