

# WILLING HANDS

## Feeding Hungry Neighbors



SUMMER 2010

### A Few Highlights:

- *In 2009, Willing Hands delivered approximately 182 tons of fruit, vegetables, eggs, milk, meat and locally baked bread to our neighbors in need. That's 40 tons more than the previous year. So far this year, we're on track to meet or exceed these record breaking numbers.*
- *In these days of ever-increasing costs, Willing Hands' total cost per pound of food delivered actually dropped during the past year to 29 cents per pound.*
- *The Willing Hands van celebrated its 3rd birthday with an odometer reading rounding 100,000 miles. Willing Hands is out on the road picking up and delivering nutritious food seven days a week, year round.*



*Delivery van driver Chuck Egner staying fit lifting on average a ton of food every Monday and again on Tuesdays!*

## WILLING HANDS DELIVERS

“Willing Hands is pleased to report that we are serving more people more nutritious food more efficiently than ever before. Our circle of support grows each year, both in the number of people stepping up to help and the number of people that we, in turn, are able to serve.”

Recognize these words? They're the same ones we used to open our summer newsletter last year. We're very proud to be able to use them again!

Willing Hands continues to serve as a critical conduit between our region's food suppliers and our neediest neighbors. We handle only nutritious food - the kind of food that everyone knows is best to eat - the kind of food that many of our neediest neighbors cannot afford to buy.

Our local grocers, farmers and bakers generously provide us with their

surplus fruit, vegetables, milk, meat, eggs, and bread. Thanks to you, we are able to pick up and deliver their donations to 52+ social service organizations every week, year round, free of charge.

We hope you will take a few minutes to read through this newsletter. We are as pleased as ever to tell you about all the good work that your support enables us to do, including our primary program of food recovery and distribution, our cooking classes, our organic farm garden, and our harvest/gleaning projects.

With an annual budget just over \$100,000 we are an efficient group of part-time staff and volunteers. We are proud of our accomplishments and extend a special **thank you** to you, our supporters. We really mean it when we say, **we couldn't do it without you!**

### The Numbers:

# of Towns in the Upper Valley region served by Willing Hands: 20

The % of our Recipient Organizations that report Willing Hands service as “very valuable” to them: 98

Average # of Pounds of Food that Willing Hands Delivers each Week: 7,000

Approx. # of Pounds of produce and bread donated by local farmers and bakers in 2009: 53,000



# WERE YOUR CHILDREN EVER HUNGRY, BUT YOU..?

“Were your children ever hungry, but you couldn’t afford more food?” This is one of the questions in the study conducted by the USDA that ranked Vermont as the 6<sup>th</sup> hungriest state in the US. In their report *Household Food Security in the United States: 2008*, the USDA also stated that 8.5% of households in New Hampshire were “food insecure”. Missed meals and poor quality food make up the profile of hunger. Experts refer to it as *food insecurity*.

The sad reality is that our working families, our elderly and our children comprise the vast majority of those who are hungry. Many of our neighbors here in the Upper Valley are forced to make the types of trade-offs that no one would ever want to make: food, clothing, shelter, utilities, transportation, or health

care. And we all know that the situation is not improving. It may even be getting worse. Willing Hands is on the road seven days a week doing our best to help.

Our recipients are grateful:

*“...Our weekly delivery arrives Tuesday...Most of our clients plan their visits to the Food Shelf at the same time. We are very, very pleased with our deliveries from Willing Hands and are grateful to be included.”*  
Thetford Food Shelf

*“I represent the homeless shelter in Claremont... We are so happy to offer our families fresh fruits and veggies...a very refreshing choice for clients that have only gotten an overwhelming amount of starch and preservatives in their diets.”*  
Southwestern Community Services

*“..I cannot say how important this produce is to the elderly at Rogers House. It's like waiting for Santa Claus...Aside from Meals On Wheels, they would lack much of the necessary food that keeps them going. Some here have no more cash after they buy their meds... I am grateful and very pleased with your efforts to improve living for us senior citizens.”*  
Rogers House  
Lebanon, NH

## WHY DONATE FOOD TO WILLING HANDS?

“Because I hate to see good food go to waste”, says Liz Guest of Killdeer Farm, a long-time food donor to Willing Hands, “and we want people to have access to our food who otherwise might not be able to.”

“The community is really good to us. There’s no reason why we shouldn’t give back.” Mary MacNamara told us. Last year McNamara Dairy donated just over one ton of milk to Willing Hands

“Its my little mission,” Dave Day says modestly. On his day-off between his two jobs, Dave Day volunteers to prepare surplus meat for donation. He then loads up the back-seat of his car with boxes of food

and makes a delivery for Willing Hands to the Hartland Food Shelf. “Many people in our area are on the borderline”, Dave reports. “They come to our food shelf early in the morning because they don’t want to be seen.”

One lifelong resident of the Upper Valley who donates his chicken’s eggs to Willing Hands through the “Share the Harvest” program at West Lebanon Feed & Supply does so because he believes that “we all have to look after each other.”



*Recipients selecting their favorite food from their Willing Hands delivery*

**“Everyday, nearly 260 million pounds of food are wasted in this country.”**  
America’s Second Harvest

# WHY VOLUNTEER?

Bill Josler is intrigued by Willing Hands. "How simple it can be to make a difference!" he told us the other day. Bill has driven the Sunday route many times as a volunteer during the past year. He enjoys delivering healthful food to his neighbors in need. He especially likes to stop at Romano Circle Family Housing where every Sunday a little blond girl waits, hoping the Willing Hands van will bring her a peach. Bill always has one ready.

Bill brings along young people to assist him. He believes that hands-on volunteer work helps them to become aware of the value of community service and to "recognize the network of folks out there working to make peoples' lives better."

Willing Hands recently teamed Bill with Hanover High sophomore, Simone Serat, to run one of our nutrition education programs. Their task: to teach at-risk teens at The Junction in White River how to cook healthy meals. "It has the feeling of Thanksgiving" Bill says, as they all cook up a feast then sit down together to eat. He and Simone will continue these informal, fun classes throughout the summer.

We are grateful to Bill for his help. We'll be sorry to see him go, but wish him well this fall when he leaves for Africa to serve as a Peace Corp volunteer.



*Volunteers at work in the Willing Hands organic garden*



*Cooking up a feast*



*Volunteers Andrea Colgan and Steve Moore planting potatoes at the Willing Hands Garden early in the spring*



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**Yes, I want to help Willing Hands reduce hunger in the Upper Valley.**

**Enclosed is my contribution of:**

- \$30 to cover the cost of delivering just over 100 pounds of nutritious food
- \$100 to cover the cost of delivering 8 big boxes brimming with nutritious food
- \$290 to cover the cost of delivering 1,000 pounds: an entire day of deliveries!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

- I'm interested in volunteering to help Willing Hands with:  
 The Farm Project     Nutrition Education     Sunday Driving     Committee Work
- Please contact me at this phone number: \_\_\_\_\_ or this email address: \_\_\_\_\_

# COLLABORATIONS ARE KEY TO OUR SUCCESS

## Willing Hands Extends Special Thanks to

### *These Primary Food Donors:*

The Coop Foodstores  
Black River Produce  
La Panciata Bakery  
Edgewater Farm  
Killdeer Farm  
Kendal at Hanover  
West Lebanon Feed & Supply  
Riverview Farm  
Poverty Lane Orchard  
Whitman Brook Orchard  
Crossroads Farm  
Blue Ox Farm  
McNamara Dairy  
Upper Valley Produce  
Allechante Bakery  
Cedar Circle Farm  
Hurricane Flats Farm  
King Arthur Bakery  
Echo Hill Farm  
Fat Rooster Farm

### *These Major Donor Organizations:*

Upper Valley United Way  
Jane's Trust  
Help The People Foundation  
Dwinell Charitable Trust  
Summit Wealth Management  
Jack & Dorothy Byrne Foundation  
Giving Bowls Project  
NH Charitable Foundation  
Turrell Fund  
Claremont Savings Bank  
Mascoma Savings Bank  
Ottauquechee Health Foundation  
Thetford Farm Trust  
Walmart Foundation  
Merchant's Bank Foundation  
Stettenheim Foundation  
Norwich Lions Club  
St. Thomas Episcopal Church  
Westboro House

## BEHIND THE SCENES:

### **Board of Directors:**

Jack Lyons - President  
Suzanne Serat - Vice President  
Terry Lyons - Secretary  
Mark Lindberg - Treasurer  
Will Allen  
Peter Carter  
Andrea Colgan  
Carolyn Frye  
Susan Gault  
Tom Ketteridge

*Save The Date!*  
*The Hanover Rotary Club*  
*will honor Willing Hands*  
*as their partner*  
*at their annual*  
*Wine Tasting & Auction*  
*November 13*

*Save this Date too!*  
*Willing Hands*  
*Annual Summer Picnic*  
*August 22*  
*(check our website for details)*

### **Executive Director:**

Heather Bagley

**Drivers:** Chuck Egner,  
Flora Lansburgh,  
Mark Pennell

(Substitute: Chico Eastridge)

### **Contact: Us:**

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### **Website:**

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