

# WILLING HANDS

keeping wholesome food from going to waste  
and delivering it to our neighbors in need



SUMMER 2011

## A Few Highlights:

- *In 2010 Willing Hands delivered approximately 208 tons of fruit, vegetables, eggs, milk, meat and locally baked bread to our neighbors in need. That's 68 tons more than just two years ago. So far this year, we are on track to match these record-breaking numbers.*
- *Last fall, Willing Hands' volunteers gleaned approximately 22,000 pounds of surplus fruit and vegetables from the fields and orchards of local growers.*
- *An excerpt from just one of the many thank you notes we receive from the recipients of this food: "Willing Hands is a saving grace...so many depend on you"*



*Willing Hands  
Making A Delivery*

## WILLING HANDS DELIVERS

Ours is truly an organization of willing hands. Many generous community members appreciate our simple, vital mission and step forward to help.

From large groups such as the Hanover Rotary Club whose fall fundraising event provided Willing Hands with the money we need to replace our aging delivery van - to individuals such as volunteer driver Phil Goodnow, volunteer Sunday Driver Coordinator Betty Dixon, and recently retired board member Suzanne Serat, to recipients such as the woman who tucked a five-dollar bill in with her thank you note and told us, "...you enable us to eat better...it has been a real blessing..." we thank you!

I hope you will take a moment to read more about these and other folks whose generous spirit, like yours,

allows us to have a positive, ongoing impact on the lives of thousands of our neighbors who are struggling to provide for their families.

With a paid staff of a full-time equivalent of fewer than two people, Willing Hands relies on your help! Picture our staff muscling a basket up the plank of a seesaw. Folks like you step forward, fill that basket with wholesome, nutritious food and together raise that plank so that the basket can slide into the grateful hands of our neighbors most in need. With willing hands, one and all. Many, many thanks!



### The Numbers:

Number of pounds of apples gleaned at one local orchard last fall	5,440
Number of tomato plants in the Willing Hands Organic Farm Garden	450
Number of peaches one little girl asks our Sunday volunteer drivers for each week when they make a delivery	1
Willing Hands' total cost per pound of food delivered in 2010:	26 cents

**Willing Hands**  
P.O. Box 172  
Lebanon, NH 03766

802-698-0265

[www.willinghandsinc.org](http://www.willinghandsinc.org)

# WILLING HANDS GROWS IN ROWS & ROWS

Willing Hands is committed to providing good quality produce to our recipients. The Coop Foodstores and local growers very generously donate their surplus to us. Together they provide over 95% of the food that we deliver.

We are also fortunate to have a group of volunteers who work tirelessly to grow vegetables exclusively for Willing Hands. **All of the vegetables harvested from the Willing Hands' Organic Farm go directly onto our van for immediate delivery.**

Board members Andrea Colgan, Will Allen and Jack Lyons coordinate with Cedar Circle Farm intern, Tom McQuaid, and a wonderful group of volunteers. Together they sow, tend, and harvest the acre-size garden, growing the crops that are the most popular with our recipients.

Working in groups of 8-10, two shifts each week, they've planted three 300' foot rows of lettuce, six 300' rows of sweet corn, one row each of melons and brassicas and a whole lot more. One acre is a lot bigger than you might think!

The crew is a jovial, dedicated mix of folks with all levels of gardening experience including experts from Cedar Circle and the Master Gardener Program and folks who have never seen, let alone planted, a carrot seed.

"This is a fabulous project," says volunteer Rainie Kelly. "The whole notion of producing food for this purpose is so satisfying."

Please join us!  
[volunteer@willinghandsinc.org](mailto:volunteer@willinghandsinc.org)

*special thanks to Johnny's Selected Seeds  
and Cedar Circle Farm!*



*"...just knowing what the fruits of all this labor will accomplish..."*  
volunteer, Skip Sturman



## IT IS A SHAMEFUL FACT...

...that **here in America, the greatest food-producing nation on earth, 49 million of our fellow Americans frequently worry about where their next meal will come from.** 49 million is the census bureau estimated population of all six New England states *plus another 9.5 million people...*

**At Willing Hands, we are reminded of this every day** as we make our deliveries and speak with our recipients. Economic recovery has not reached all households here in the Upper Valley. Many of our recipients are the working poor, their children, and seniors who worked all their lives and now find that social security income does not stretch as far as they expected it would.

Our recipients tell us:

*"most of the food available is high in starch and sugar"*

*"we can't afford to buy fresh produce"*

*"we would do without a healthy meal more frequently than not"*

*"Willing Hands' donations have been amazing... it is healthy food we wouldn't normally have"*



Hearing words like these every day is at once humbling and inspiring.

Banana by banana, Willing Hands provides one small solution to a very big problem.

# MANY WILLING HANDS

Knowing that the Willing Hands' aging delivery van will soon need replacement, **The Hanover Rotary Club** directed their impressive fundraising talents towards making sure that this would be possible. At their Annual Wine Tasting & Auction last fall, they did just that. Many, many thanks to event organizers Nan Carroll, Rob Hawthorne, Art Gardiner and Jay Pierson!



*Thank you Hanover Rotarians! Now We Can Get A New Van!*

**Dartmouth students Sarah-Marie Hopf and Kate Burns** worked with Dartmouth Dining Services to set up a program enabling students to make a donation from the leftover balance on their meal cards. Their efforts generated over \$5,000 and several whopping-big piles of food. One of the hundreds of student-donors summed it up: "I just thought it would be a good thing to do".

**The Sprague Family at Edgewater Farm** supplies Willing Hands with 2-3 tons of fresh produce every year through weekly donations and by inviting gleaners into their fields. As if that is not enough, Pooh and his daughter Sarah held a benefit dance this spring and turned the proceeds over to Willing Hands.

**Phil Goodnow** was looking for volunteer work during his sabbatical year from Proctor Academy. "Intrigued" by our mission, Phil drove our delivery van every Thursday for much of the school year. He told us the experience allowed him, "to reach out to people in need. Anytime we can cut down on waste is a 'win-win' for our environment and for mankind." Phil personally hefted at least 64,500lbs of food!



*Phil Goodnow*



*Kate Burns, Sarah-Marie Hopf and Don Reed of DDS*

The generosity of these individuals extends well beyond the scope of any impressive statistic. **What is most remarkable is the compassion and dedication with which they serve our community.** We certainly remain grateful for all their good work. Many, many thanks!



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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 100+ pounds of nutritious food
- \$100 to cover the cost of delivering 10 big boxes brimming with nutritious food
- \$260 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  
Edgewater Farm  
Killdeer Farm  
Kendal at Hanover  
Riverview Farm  
La Panciata Bakery  
Crossroads Farm  
Blue Ox Farm  
McNamara Dairy  
Cedar Circle Farm  
Hurricane Flats Farm  
Echo Hill Farm  
King Arthur Bakery  
West Lebanon Feed & Supply  
Poverty Lane Orchard  
Black River Produce  
Long Wind Farm  
Whitman Brook Orchard  
Allechante Bakery  
Fat Rooster Farm  
Luna Bleu Farm  
Your Farm  
Upper Valley Produce



*Extra-Special thanks to  
The Coop Foodstores!*



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

### *These Major Donor Organizations:*

Granite United Way  
Jane B. Cook 1992 Trust  
Help The People Foundation  
L. & E. Dwinell Charitable Trust  
Jack & Dorothy Byrne Foundation  
NH Charitable Foundation  
Turrell Fund  
Hanover Rotary Club  
Summit Wealth Management  
Ottauquechee Health Foundation  
Thetford Farm Trust  
White Mountains Insurance  
Merchant's Bank Foundation  
Stettenheim Foundation  
Norwich Lions Club  
Hanover Lions Club  
St. Thomas Episcopal Church  
Morgan Stanley  
Lang, McLaughry & Spear  
Sabil & Sons  
Talking Well Farm  
West Lebanon Feed & Supply  
Ledyard Bank  
People's United Bank  
Kinney Pike Insurance  
Gallagher, Flynn & Co.

## BEHIND THE SCENES:

### **Board of Directors:**

Jack Lyons - President  
Peter Carter - Vice President  
Mark Lindberg - Treasurer  
Terry Lyons - Secretary  
Will Allen  
Andrea Colgan  
Carolyn Frye  
Susan Gault  
Tom Ketteridge  
Amy Miller  
Jay Van Arman

Looking for a truly hands-on experience? Enjoy strength building exercise? Think you might like to handout healthy food to your neighbors in need? If so, then Sunday Driving may be for YOU!

We're on the lookout to add a few teams to our Sunday Driver Program. These hearty volunteers drive our van on a four-hour, midday, local route of pick-ups and deliveries.

[volunteer@willinghandsinc.org](mailto:volunteer@willinghandsinc.org)  
802-698-0265

We'll get you started right away!

### **Executive Director:**

Heather Bagley

### **Drivers:**

Chuck Egner, Matthew Ireland  
Mark Pennell, Jim McCracken  
(substitute: Chico Eastridge)

### **Contact: Us:**

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