

WILLING HANDS

delivering donations of wholesome food
to our neighbors in need



SUMMER 2012

A Few Highlights:

- *In 2011, Willing Hands delivered approximately 208 tons of fruit, vegetables, eggs, milk, meat and locally baked bread. We look forward to hefting at least as many boxes of nutritious food again this year!*
- *We've got a new delivery truck - thanks in large part to the fundraising talents of the Hanover Rotary Club. Our new truck is fully insulated, refrigerated and has custom-made shelving. Our delivery drivers love it!*
- *Writing for the Quechee Times, Mary Graham said of Willing Hands: "It would be hard to find an organization that exemplifies the principle of generosity as thoroughly as this one does."*

WILLING HANDS DELIVERS...

Willing Hands recognizes that growing, selecting, preparing and eating healthy food has the potential to be one of our greatest healing arts. As you read through this newsletter we hope you will draw a similar conclusion.

Former board member Will Allen of Cedar Circle Farm is hard at work again this season teaching volunteers at the Willing Hands Farm Garden how to grow healthy food, from seed to harvest. Will cares deeply about passing along these skills and sharing his philosophy about the importance of caring for our land and transforming our food system.

Our other local food producers/ donors are likewise dedicated to the highest standards of quality and social responsibility. Willing Hands is simply a cog in the wheel of such commitment. It is our privilege to pass along their food donations so that our neediest neighbors can make selections and learn to feed their families with the kind of health promoting food that everyone deserves.

Recipients have told us they "receive far more benefits from that produce than we can ever repay..." Mary Graham of the Quechee Times echoed that thought, "Willing Hands also 'delivers' the awareness that other people care and feel responsible for the recipients' well-being, and in times when feelings of isolation and alienation are becoming more common, perhaps a little display of such 'brotherhood' can go a long way."

As you support our local food producers and cooperatives, or contribute to Willing Hands or to one of our 56+ recipient organizations, please know that you are helping to transform a food system into a healing art. We thank you, one and all.



By now you've probably seen our new truck!

The Numbers:

# of children in Vermont who rely on the state foodbank system	12,000
Approximate # of lbs. of produce that we delivered to The Haven in 2011	66,000
# of other organizations currently served every week by Willing Hands	55



Willing Hands recipients enjoy picking out their favorite fruits

FEATURED FOOD DONOR

Every year a significant amount of the food that Willing Hands delivers is donated to us by local farmers. Some invite us to their fields to glean. Others ask us to stop by during the summer and fall to make weekly pick-ups. One of those is Killdeer Farm.

This year, owners Jake & Liz Guest are celebrating thirty years of working their land. Killdeer was one of the first farms in the state to get organic certification. Jake was a founder of NOFA (Northeast Organic Farming Assoc.) and of the Norwich Farmers Market. Beginning with 10 acres and a great crop of spinach, they now work about 50 acres, growing "several hundred" flowering plants and "at least" a hundred varieties of vegetables for sale at their farm on Butternut Rd. in Norwich, at their farm stand on Route 5 and to wholesale accounts including the Coop Foodstores.

The staff at Killdeer carefully cull and sort their harvest. Only the highest quality is offered for sale. Some is composted. The rest is set aside for donation to Willing Hands and for their own consumption. Jake & Liz tell us they are proud that they eat exactly the same quality produce as they donate to Willing Hands.

We have received farm-fresh organic vegetables from Killdeer since our earliest days and over 7,500 lbs in each of the last two years. We congratulate Jake & Liz Guest for their dedication to excellence in farming and for their extraordinary generosity in giving back to the community.

"It's amazing...The quality of the food that we get donated to us is remarkable"
Jim McCracken
Willing Hands Driver



"Thank you for the fresh food which Willing Hands has brought to our table. It has been a very real and large help to us."
A Family in W. Fairlee

WILLING HANDS & HEALTHY CHOICES

"Eat More Fruits & Vegetables." We've heard this all our lives, and lately, perhaps more than ever. From the pages of our kid's classroom workbooks, to the *New York Times*. From videos such as *Forks Over Knives* to speeches by Michelle Obama.

And by now you've probably seen "MyPlate" - the new symbol for our government's campaign against obesity - designed to remind us about the basics of a healthful diet and to encourage us to make half of every plate-full of food, fruits and vegetables.



Its simple, right? Just Do It. But for many of us it is not simple at all.

The organizations we serve tell us repeatedly, "...without your services many of our clients would not have access to fresh fruits and vegetables...our folks depend on this delivery every week." Driver Jim McCracken reports "there is a real need in the community...our recipients are thankful every time they see us" At the Thetford Food Shelf they tell us, "The first selection our people head for is the produce table."

Willing Hands - working together so that all of us have the opportunity to fill our plates (at least half-way) with delicious and nutritious fruits and vegetables.



Many people think Willing Hands has lots of delivery trucks. In fact we have only one - and its on the road seven days a week.

WHAT ELSE IS NEW?

- The Willing Hands Garden is springing up thanks to a group of dedicated volunteers who have just transplanted 9,600 onions. No doubt, as garden coordinator / board member Andrea Colgan reports, “That should make your eyes water!”
- Very special thanks to Susan Gault who is retiring from our Board of Directors. Sue has been with us since our earliest days, with her unflinching dedication and good humor. From driving the delivery van to writing appeal letters—Sue has done it all, and Willing Hands could not have been luckier to have her help.
- We are excited to partner with The Haven, Listen Community Services & Dartmouth’s Class of 1982 Social Entrepreneurship Fellow, Santiago Kesselman to begin to develop a community kitchen and culinary training program to teach at-risk students marketable job skills and to provide meals for our neighbors in need.
- We are pleased to announce that long-time food donor Pooh Sprague of Edgewater Farm has joined our Board of Directors.

- It is not uncommon for our Sunday Driver Volunteers to handle over a half-ton of food when they run our delivery route. Special thanks to Duncan Holley, Jim Magnell, Corky & Dana Scott, Carolyn & Milt Frye, Larry Litten, Gina Sonne, Craig Young, and Jay & Deb Van Arman. We know full well how much heavy lifting these folks do with Willing Hands!
- Undergrads and Medical School students at Dartmouth are collaborating with Willing Hands to provide lessons in cooking & healthy eating to the at-risk youngsters they serve through the Dream Team Program:



- **The NH Charitable Foundation has awarded Willing Hands a challenge grant. They promise to match donations to us dollar for dollar up to \$5,000. We have until the end of June (!) to reach this goal. Now is a great time to give. Your gift will be worth twice as much!**



Yes, I want to donate now so that my gift will be doubled by the NHCF!

Enclosed is my tax deductible 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!

P.O. Box 172
Lebanon, NH 03766
802-698-0265

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:

Baker's Studio
Blue Ox Farm *
Cedar Circle Farm
Coop Foodstores *
Crossroads Farm
Echo Hill Farm
Edgewater Farm *
Fat Rooster Farm
Hurricane Flats Farm
Kendal at Hanover *
Killdeer Farm *
King Arthur Bakery *
La Panciata Bakery *
Longwind Farm *
Luna Bleu Farm
McNamara Dairy *
Poverty Lane Orchard *
Riverview Farm *
Upper Valley Produce
West Lebanon Feed & Supply
Whitman Brook Orchard *



** donated more than 1,000 lbs in 2011*

These Major Donor Organizations:

Claremont Savings Bank
Cohen Dental
Dwinell Charitable Trust
Giving Bowls Project
Granite United Way
Hanover Lions Club
Hanover Rotary Club
Help The People Foundation
Jack & Dorothy Byrne Foundation
Jane B. Cook 1992 Trust
Lang McLaughry & Spera
Ledyard National Bank
NH Charitable Foundation
Norwich Congregational Church
Norwich Lions Club
Ottauquechee Health Foundation
Sabil & Sons
Summit Wealth Management
St. Thomas Episcopal Church
Turrell Fund
Thetford Farm Trust
White Mountain Insurance

BEHIND THE SCENES:

Board of Directors:

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



Willing Hands' Drivers Chuck Egner, Corky Scott, Jim McCracken, and Mark Pennell received the highest possible rating from our recipient organizations when asked, on our annual survey, if they were courteous, informed and dependable.

Executive Director:

Heather Bagley

Contact Us:

info@willinghands.org
volunteer@willinghands.org
802-698-0265
P.O. Box 172 Lebanon, NH 03766
www.willinghands.org

"Your service has proven to be an outstanding asset to our community food shelf...our clients prefer fresh produce over canned and processed foods since you have begun this service."

C.S. Sharon Food Shelf

