

WILLING HANDS

Feeding Hungry Neighbors



FALL 2010

A Few Recent Highlights:

- *We're carrying record-breaking amounts of food! Our delivery van operates at maximum capacity nearly every day. On average, during the past several months, we've delivered 4.7 tons each week. That's just about one ton more food per week than at this same time last year!*
- *Every week the Willing Hands van makes 53 stops to pick up donations of nutritious food.*
- *Every week the Willing Hands van makes 62 stops to deliver these donations to organizations serving our neighbors in need.*



Friends from The Junction teen center helping Willing Hands glean apples at Whitman Brook Orchard

WILLING HANDS DELIVERS

Willing Hands is pleased to be delivering record quantities of great quality, nutritious food. With your help and with the generous donations of grocers, farmers, bakers and other local food suppliers, we are making a positive, healthful difference in the lives of the many hundreds of people who receive our food each week.

As you know, Willing Hands accepts and delivers donations of 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 food donors understand our mission. They take special care in selecting the food that they give to us. We are grateful for their extra effort. Our drivers rarely have to cull out damaged or unappetizing fruits or vegetables from the boxes of food that they pick-up and deliver.

We extend special thanks to the staff of the produce departments at all four Coop Foodstores. These folks work hard to create appetizing displays of top-notch quality produce for Coop customers. They are also highly efficient at sorting surplus and seconds - setting aside the better quality fruits and vegetables for Willing Hands and the rest for animal feed and compost.

We commend and thank these employees for their extraordinary work ethic and their general good cheer. Imagine if every grocery store in our nation had such commitment to excellence and to the sustainable development of their community!

In this newsletter you will read about other partners of Willing Hands whose initiative and diligence also yields wonderful and promising results. We are as pleased as ever to tell you about all the good work that your support generates.

The Numbers Approximate Number of Pounds Delivered From Jan-Sept 2010

Farm-Fresh Milk & Eggs:	2,520
Frozen Ground Meat:	3,211
Locally Baked Bread:	7,015
Fruit and Vegetables:	289,795



Our recipients enjoy making their selections!

WILLING HANDS - PARTNERS FOR SUCCESS

Willing Hands is a critical conduit between the generosity of our region's food suppliers and the organizations that serve our neediest neighbors. Here are a just a couple of the many partnerships that your support enables us to facilitate:

Every Wednesday, Willing Hands delivers 250-300 lbs. of food to the VA Hospital where Betty Acheson and a team of volunteers have established a free "farmer's market" for veterans. Betty told us, "We started this market to encourage our diabetic patients to eat healthier. We have an educational piece to our program, display the produce attractively, supply recipes, and assist our Veterans in their selections. We are proud to say, there have been over 11,000 Veteran visits to the Market; 3,500 of these were patients seen in our Diabetes Clinic."

Betty's program was awarded the "Extraordinary Award" from the Association for Healthcare Volunteer Resource Professionals through the American Hospital Association. She will go to St Louis to accept the award and present her program nationally to the 500 plus members in attendance. In Betty's words, "All this would not be possible without Willing Hands."



Willing Hands food on award-winning display at the VA Hospital

In other news: Willing Hands, the Woman's Health Resource Center (WHRC), HEAL and the Pediatric Department at DHMC have teamed up to initiate a new project to encourage obese children to eat more fruits and vegetables. Pediatricians will write "prescriptions" for fresh produce. Their at-risk patients will redeem these prescriptions for free produce at the WHRC when the Willing Hands van makes its weekly delivery.

WILLING HANDS - ONE FINE COOK TO ANOTHER!

Every Tuesday and Thursday Willing Hands stops by the kitchen of Kendal at Hanover where we receive donations of a wide variety of surplus food including containers full of turkey stew or coleslaw, or slices of cooked meat. Handled within the strict auspices of food safety regulations, this food was prepared but not served – that is until delivery by Willing Hands to the kitchens of the Upper Valley Senior Center in Lebanon and Open Hands Mission in Claremont where creative and grateful cooks use this top quality food to supplement their menus.

Last year we picked up and delivered 451 trays of food from Kendal. We will likely pick-up and deliver as much again this year.

Kevin Clark from dining services tells us that, "...helping out in the community and not being wasteful is important to all of us at Kendal". Kristin Haney, the cook at the Upper Valley Senior Center, says that receiving these trays of food "...means a lot to us, we use all of it, for lunch and for home-delivered meals...whatever we get we are happy with and do appreciate it very much."

Willing Hands is investigating the possibility of expanding its service to handle more food of this type. We are aware, as you undoubtedly are too, that there is a tremendous amount of surplus nutritious and delicious prepared food that could be used as productively as the food is from Kendal!



Willing Hands Delivers From One Fine Cook To Another!



SO MANY WILLING HANDS!

Even on the hottest of days this summer, you'd have found a group of loyal gardeners transplanting, weeding, watering and harvesting the several thousand pounds of organic vegetables produced at the Willing Hands garden in East Thetford.

Special thanks to Will Allen of Cedar Circle Farm for leading this project and to coordinators Jim McCracken, Andrea Colgan, and Jack Lyons who worked alongside our dedicated group of volunteers. Together they logged nearly 600 hours of labor!

Volunteers have also been hard at work helping us harvest surplus crops. Thanks to Terry Dorman and Lisa Lacasse for welcoming several teams of volunteers into Whitman Brook Orchard for gleaning. We filled many, many crates with the kind of crisp delicious apples that our recipients really appreciate. Thanks also to Ward's Berry Farm for opening their blueberry fields to us for gleaning. And soon we'll be gleaning at other farms including, for the third year in a row, Edgewater Farm where we'll be gathering up winter squash and beets.

What a pleasure it is to have so many folks from our community work together with Willing Hands to provide for our neighbors in need!



Volunteers from King Arthur Flour were a colorful cheerful and productive team in the Willing Hands garden this summer



Members of the Tuck School Volunteer Club enjoyed gleaning 1200 pounds of apples on this crisp October morning



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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

Our Recipient Organizations Help Us To Get Our Food To Those Who Need It Most

In New Hampshire:

Child & Family Services
Claremont Manor Apartments
Claremont Soup Kitchen
Cornish Food Pantry
Earl Bourdon Center
Fall Mountain Foodshelf
First Baptist Church of Lebanon
Good Folks Pantry
Hannah House
Headrest
HIV/HCV Resource Center
Lebanon Towers
Listen Community Services
Maple Manor
Mascoma Senior Center
New Hampshire Foodbank
Next Step
Open Hands Mission
Orford Senior Center
Pathways
Roger's House
Romano Circle
Southwest Community Services
Stepping Stones
Students Fighting Hunger
United Methodist Church of Enfield
Upper Valley Hostel
Upper Valley Senior Center
Wellspring Community Dinner

Westboro House
West Central Behavioral Health
White Mountain Daycare
WIC - Women's Health Resource Ctr

In Vermont:

Bugbee Senior Center
Fairlee Food District
Family Place
Graystone Village
Hillcrest Manor
Hollow Drive
Journey Church Foodshelf
Junction
Northwoods
Norwich Senior Housing
Olde Windsor Village
Our Place
Overlook Housing
Saint Francis of Assisi Foodshelf
Sharon Foodshelf
Springfield Family Center
Thetford Foodshelf
Turning Point Club
Unitarian Universalist Church of Hartland
Upper Valley Haven
VA Medical Center
Vermont Foodbank
Village Apartments
West Fairlee Foodshelf

Willing Hands

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



*A thank you card from
one of our young recipients*

Willing Hands

Executive Director:

Heather Bagley
Drivers: Chuck Egner
Matt Ireland, Mark Pennell,
Phillip Goodnow

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