

Volunteer Rhonica stocks the shelves at the Richford Food Shelf.

FULL PLATES *Fall 2025*

In uncertain times, we are here to help.

We are so grateful for your support. We experience firsthand the difference that your generosity makes in a person's life, and I am honored to share this impact with you through the stories in this report. It takes a strong network of support to uplift and nourish every member of our community.

Our work across the Champlain Valley is successful thanks to our dedicated staff, volunteers, community partners, supporters, and YOU. **Sometimes all it takes is a bag of groceries to take someone from hunger to hope. Let's make this year a Holiday Without Hunger for all!**

With gratitude,

Rob Meehan, Director of Feeding Champlain Valley



This holiday season, we expect over 40,000 visits to our food shelves, requests for a food delivery, guests for a hot meal, and emergency calls during times of crisis.



This holiday season, Holly is sharing her love of cooking with her son,
thanks to help from Feeding Champlain Valley.

Holly, who lives in Addison County, comes from a Vermont family that turned to CVOEO for support during hard times. “I’ve been going to the food shelf my whole life. I used to go with my mom when I was little and started going myself when I moved out on my own at 16.”

Holly has a deep appreciation for everything CVOEO has done to help her, from support finding housing, navigating the rental market, and of course, getting enough healthy food to feed herself and her family.

“I love the fruits and vegetables—there’s so much to choose from and it’s in good shape. They go through them all and make sure they’re good.”



Cooking for a family comes with many different challenges. Holly tries to keep the fridge full—“The doctor says my son is going through a growth spurt, he is eating so much.” She is able to purchase some food from the grocery store and supplements when needed with food from the food shelf, but **she finds herself needing to lean on Feeding Champlain Valley now more than ever.**



We distribute groceries that focus on nutrition, provide culturally relevant options, and offer fruits and vegetables gleaned by staff and volunteers from local farms.

“I go grocery shopping at the store near me. I always use coupons, but the food has been so much more expensive.”

A month ago, Holly had to get surgery that required three weeks of bed rest to recover. She was unable to work and lost a lot of income, which made it hard for her to make ends meet.

Holly called Feeding Champlain Valley for help. We prepared a box of groceries with items that Holly requested, and her mom was able to pick it up and deliver it to her to keep her fed and healthy as she recovered.

This holiday season, Holly plans to get a Thanksgiving food box from Feeding Champlain Valley. **“I love Thanksgiving, it’s my favorite holiday, I go all out.”** She is excited to get a turkey, stuffing, cranberry sauce, and all the fixings, but she won’t be asking for a pie from the foodshelf this year. **“I save the pies for others because I love to make my own, it was one of the first things I learned to make with my mom, and is now my favorite thing to make with my son.”**



In Burlington, volunteers helped make over 400 bagged lunches for the Community Resource Center.

In St. Albans, NorthWest Family Foods is experiencing a 20% increase in visits compared to last year.



In Middlebury, the Addison Food Shelf worked with volunteers to pack home delivery orders and restock the shelves, and make space for fresh produce in the walk-in coolers.

➔ For updated hours, follow us on Facebook, Instagram, or at feedingchamplainvalley.org.

FIGHT HUNGER

your way.

You can make an impact in our community



Volunteer

We couldn't do this work without volunteers! To help pack boxes of food, deliver groceries, stock shelves, and much more, submit an application on our website.

Give Food

Donated food helps us stock the shelves with a variety of in-demand items. Visit our website for a list of current needs and donation hours.

Make a Gift

Visit our website to make a secure donation. Send a check, cash, or donor-advised fund (DAF) contribution to Feeding Champlain Valley, Attn: Philanthropy, PO Box 1265, Burlington, VT 05402.



Give Back Year Round as a Monthly Donor

You can join the Full Plate Club, a group of 120+ dedicated donors who provide food and support every month with a recurring gift. These gifts are a budget-friendly option, available through credit card, PayPal, Google Pay, Apple Pay, or bank transfer.

Start a Fundraiser or Virtual Food Drive

It only takes a minute to set up a fundraiser as an individual, business, or team. Get creative—celebrate the holiday season, a birthday or wedding, honor a loved one, and more.

Remember Feeding Champlain Valley in your Will or Trust

You can make an impact for years to come by including Feeding Champlain Valley in your estate planning or as a beneficiary of your retirement account, life insurance, donor-advised fund (DAF), and other assets.

Questions? Contact us at philanthropy@cvoeo.org.

Feeding Champlain Valley is a program of CVOEO, EIN #03-0216837.



Learn more at
feedingchamplainvalley.org