



FULL PLATES *Spring 2026*

Teaming up so all may be fed

Food connects us all — from farm workers, food rescue and gleaning volunteers, Full Plates Club members, and guests at one of our 27 food access sites. Everyone deserves to have a full belly. People are struggling right now. Rising grocery and gas prices mean new faces show up to our doors every week.

This Spring we are shining a spotlight on our incredible volunteers who make our mission possible. Their dedication to this work and belief that Vermonters deserve to be fed gives us hope for a better future.

With gratitude,

Rob Meehan, Director of Feeding Champlain Valley



Feeding Champlain Valley addresses hunger by providing inclusive access to nourishing, culturally relevant groceries and meals through food shelves, home deliveries, and more, while cultivating community partnerships that foster innovation, improve health, and maintain dignity.

Stepping up: Volunteer Stories at FCV

→ *We couldn't do this work without you.*



“I was new to the area and looking for volunteer work. I’ve kept coming back because of Lois and the friends I’ve made here.” - Lee, volunteer for 13 years

Friends Lois and Lee (their beaming smiles are on the first page of this report) have been longtime friends and volunteers at our Burlington Food Shelf. Lois has been volunteering for 21 years and Lee for 13 years. They sort through donated food, unpack and distribute bulk deliveries, and greet visitors with warmth and kindness. They help navigate language barriers and dietary needs to make sure everyone can find what they need.

When Lois first started volunteering, her shift was slow and quiet. In recent years, the food shelf has become increasingly busy. Somedays Lois and Lee have a hard time keeping the shelves stocked during a busy shift!

Allison has been a Friday morning volunteer for over two years;

she comes to the food shelf on her day off for a couple of hours, after she connected with Feeding Champlain Valley through City Market’s member worker program.

Allison volunteers to help distribute food, typically spending her time unpacking food rescue deliveries, stocking the fruits and vegetables, and stocking the coolers.

“It’s always exciting when you open a food rescue box, and there are really good things in it. Lots of fresh produce from Healthy Living today — good organic produce.”



M&T BANK TEAM GIVES BACK

regularly at our Burlington Food Shelf, doing everything from cleaning dishes, packaging food, and stocking the shelves! Since December, staff members from multiple offices and branches have joined together to fight hunger.

After an orientation from our Distribution & Receiving Coordinator, Morgan, the M&T Bank team got started grinding and bagging coffee and packaging up rescued bread.

**“It’s a real treat to come here and be a part of Feeding Champlain Valley’s work in our community.”
- Mo at M&T Bank**

**“I first volunteered during the holidays and couldn’t wait to come back. It’s great to make an impact near where I work in Burlington. Samantha, the Volunteer Coordinator, makes it easy for our team to find shifts that work with our schedule.”
- Chris at M&T Bank**



CURRENT VOLUNTEER OPPORTUNITIES

Help pack boxes of food, deliver groceries, stock shelves, and much more! Submit an application on our website or email Samantha at sgreen@cvoeo.org.

Addison Food Hub: Client intake or delivering orders out of our food hub in Middlebury from Tuesday through Friday.

Burlington Food Shelf: Dishwashers needed! This is an essential role that helps keep our culinary team running smoothly from Monday through Friday.

Sheldon Food Hub: Packing or delivering orders from Tuesday through Friday.

Gleaning in Chittenden County: Coming soon! Once local farmers start having fruits and vegetables in the fields (around June), we will have opportunities for volunteers to glean in the fields and help deliver produce to our food shelves and network partners.

Thank you for 4,300+ volunteer hours in 2025!

“When I was a child, there were times when my family didn’t have enough money for food, and we relied on our local food shelf to help meet our needs.

That experience has stayed with me, and being able to support an organization that provides that same kind of help to families in our community means a great deal to me.”

– Anonymous donor,
Full Plates Club member since 2022



Join the Full Plates Club and give our community food and comfort every month!

When you join the Full Plates Club, you join a group of 190+ dedicated donors who provide food and support every month with their recurring gift.

Learn more:
feedingchamplainvalley.org/give-monthly



Give Food

Your donated food helps us stock the shelves with a variety of in-demand items! Please visit our website for a list of current needs, donation hours, and a food drive toolkit.

Make a Gift

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

Questions? Email us at philanthropy@cvoeo.org.

Feeding Champlain Valley is a program of CVOEO.
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Learn more at
feedingchamplainvalley.org