

# Say **NO** to hunger in the Islands!



## Be A Gleaner

The Healthy Roots glean team rescues quality vegetables and fruits from farms and redistributes to charitable food sites.

Visit [vermontgleaningcollective.org](http://vermontgleaningcollective.org) or email [healthyrootsgleans@gmail.com](mailto:healthyrootsgleans@gmail.com) for more information. Healthy Roots and volunteers glean most Tuesday mornings at Pomykala Farm in the summer and fall, as well as at other farms in the area.

## Make A Donation

**Support South Hero Land Trust:** Your tax deductible donation to South Hero Land Trust will go directly to participating farms to buy plants, produce, and other staple food products for local food shelves, supporting neighbors in need AND local farms. Make a donation today at [shlt.org/donate](http://shlt.org/donate) and write "Grow for a Neighbor Project" in the subject line so we know where to direct the money!

**Support Healthy Roots Collaborative:** To support Healthy Roots Collaborative and the gleaning program please contact [healthyrootsgleans@gmail.com](mailto:healthyrootsgleans@gmail.com).

## Share the Harvest

On the back page we list charitable food sites and other programs in the Islands where you can donate extra foodstuffs, including any extra produce from your garden. Fresh fruits and vegetables are needed!

Please wash and bag all produce donations before delivering them and please practice good hygiene when harvesting, washing, bagging, and delivering your donations.

**See BACK PAGE for contact information and pickup times at local food shelves->**

## Grow With Us

South Hero Land Trusts and local community members grow produce at a **collective food shelf plot** to benefit local food relief efforts. Email [guy@shlt.org](mailto:guy@shlt.org) to learn more and get involved.

Foodshelf Donation Information on **BACK**>>



## Contact

[healthyrootsgleans@gmail.com](mailto:healthyrootsgleans@gmail.com)  
[info@shlt.org](mailto:info@shlt.org)



# Charitable Food Programs in the Islands

Please wash and bag all produce donations before delivering them and please practice good hygiene when harvesting, washing, bagging, and delivering your donations.

## Food For Thought

Food for Thought is a meal program providing food for kids at risk of hunger during school vacations. Volunteers assemble boxes of fresh produce and other breakfast, lunch, and snack foods to families in Grand Isle County each week.

**Location:** South Hero Congregational Church  
24 South Street in South Hero

**Accepts:** Easy snack foods and things kids can eat without cooking: including cucumbers, tomatoes, green beans, lettuce, and berries. They also like potatoes, winter squash and peppers. No zucchini please.

**Schedule:** June 24th through 3rd week of August. Drop offs can be at the church anytime on Thursday, they start packing around 3:45pm and families come at 5pm.

**Contact:** Email Kaight Altoff at [kaighta@yahoo.com](mailto:kaighta@yahoo.com)

## St. Amadeus Church

**Location:** 75 North Main Street, Alburgh

**Accepts:** All produce

**Schedule:** Tuesdays and Thursdays 9-3pm.  
Not open in winter

**Contact:** Please call Fiona at (802) 796-3481

## Grand Isle Food Shelf

**Location:** Methodist Church, 12 Hyde Road in Grand Isle.

**Accepts:** Fresh Produce, Vegetable Starts

**Schedule:** Year round. Donations are accepted on Tuesday mornings from 9:30-11:00 AM and Wednesday afternoons from 12:30-1:00 PM. The food shelf opens to clients at 1:00 PM on Wednesday. If you get there early and no one is there, you can leave donations by the side door (in the shade if possible).

**Contact:** Judy Ayers - 372-8404.

## Islands In The Sun

**Location:** 54 S. Main St. Alburgh

**Accepts:** All produce except kale

**Schedule:** The food shelf is open year-round on Saturdays from 11:00 AM until they run out of food.

**Contact:** Please call Irene Clark at 999-5862 to arrange a donation drop-off OR email Peter at [healthyrootsgleans@gmail.com](mailto:healthyrootsgleans@gmail.com)

# Thank you!

