



Opportunities for Young Kids and Families

We often hear from families who would like to teach their young children about giving back to the community by volunteering, and we are so thankful to hear from so many people who want to instill a sense of taking care of each other in the next generation!

Here are some ways families have helped the people served by HCRC:

- Hold a food drive with your neighborhood, school or club (targeted drives are helpful e.g., personal care items for the Food Shelf because those can't be purchased with 3SquaresVT benefits, or healthy snack foods for our school vacation food program)
- Raise funds by hosting a bake sale, having a yard sale, selling arts and crafts, or asking for birthday donations (we can buy in bulk at the Vermont Food Bank to really stretch a dollar, we purchase a lot of fresh produce for the Food Shelf to make sure we can offer it year-round, and we also help a lot of families with emergency expenses each year)
- Shop together for items for the Food Shelf and put them in the orange bin near the side entrance at Lantman's Market
- Help pack up outgrown clothes and books for the Friends of Families Children's spring and fall
 Clothing and Book Swaps (a great chance to talk about sharing and using resources wisely)
- Plant a row of a good storage vegetable (carrots, potatoes, squash, onions, etc.) and donate the produce to the Food Shelf

And here are even more ways to give back in our community:

- Bake a treat, cook a meal or make a card for a neighbor (birth of a baby, after surgery, after the loss of a loved one, or just because)
- Offer a neighbor seasonal help with leaf raking, stick pick-up or shoveling
- Participate in town-wide community service events like Green Up Day
- Make cards to recognize those who provide a public service for the town (Fire Department, Highway Department, etc.)
- Get involved in teacher appreciation week at school or preschool