The compassionate work that you enable the Haven to do does not go unnoticed—not by us, not by the families who receive life-changing support from our services, and not even by Congress and national anti-hunger organizations!

On June 3, 2021, Joel Berg, CEO of Hunger Free America, visited the Upper Valley Haven, along with leaders from Hunger Free Vermont and New Hampshire Hunger Solutions, Vermont Congressman Peter Welch and staff from the offices of Senator Bernie Sanders and New Hampshire Congresswoman Annie Kuster.

Mr. Berg and other speakers highlighted the continued impact of COVID-19 on low-income families struggling with food insecurity in the Upper Valley and beyond and what steps can be taken to help erase the crisis. One in three people in Vermont experienced food insecurity in the past year. The risk of hunger doubled for families with children and for Black, Indigenous and People of Color.

Congressman Welch noted that “the Upper Valley Haven has been a critical resource and a frontline provider to so many struggling Vermonters throughout the pandemic.”

You help the Haven ensure we can prevent as many Vermonters as possible from being left behind in the struggle with food insecurity. Without you, we could not do the work that Joel Berg, Congressman Welch, and Congresswoman Kuster say keeps our communities stronger and healthier as they fight for legislative action to end the hunger crisis.

For more on this visit and next steps from our state government, visit uppervalleyhaven.org/hunger-free-2021

Most Needed
- Yogurt (6-16 oz. sizes)
- Cooking oil
- Bottled water
- Shelf-stable milk
- Beans

Always Needed
- Tuna/Canned Chicken
- Pasta
- Canned Vegetables
- Canned Tomatoes
- Canned Fruit
- Pasta Sauce
- Soups or Broths
- Macaroni & Cheese

Personal Items
- Shampoo
- Deodorant
- Toothpaste
- Toothbrushes
- Dental floss

Other Needs
- Bug repellent spray
- Small tents
- Gift cards
- Can openers
- Adult size backpacks

Life for Corey and his family looks a lot different in 2021, thanks to donors’ generous support of the Haven and all our assistive programs. Corey holds a meat cutter position at Co-op Food Stores, he and Krysta are engaged to be married, their son is now eight, growing and healthy, and they are saving up to buy their first house.

“When we were here, we were without the Haven,” Corey gratefully acknowledges.

And the Haven wouldn’t be there for so many people like Corey, Krysta, and their son without selfless, caring people like you.
40 years of the Haven, thanks to you!

With the Upper Valley Haven’s 40th anniversary this year, I’ve spent a lot of time reflecting on the work that you and I have done together. From thousands of people fed through our Food Shelf and community food programs, to the hundreds of families who’ve found a safe place to live at the Byrne and Hixon shelters, to the community services and children’s programs that help build healthier and safer families and neighborhoods—You’ve been right here with us, helping us provide security, food, and kindness to those in critical need.

When I didn’t think it was possible to be more grateful for you and your generous spirit, the pandemic devastated our nation and our communities. Suddenly, hundreds more people were out of work and out of money, leading to a dangerous spiral into food insecurity, homelessness, and desperation. And still you were right here with us. When the number of visits to the Haven per household doubled over the last year, and hundreds of new families turned to us for help, your selfless giving ensured that we were able to provide the loving support they needed, when they needed it most.

The road ahead of us will be long, even as vaccinations increase and things return to “normal.” But I feel confident that, with you by our side, the Haven can continue to help our neighbors, our family, and our friends find hope and light in the most uncertain of times.

It’s what we’ve been doing together for 40 years, long before the pandemic.

My deepest thanks for demonstrating your incredible humanity and for caring.

Michael Redmond
Executive Director

YOU Helped to Keep People Safe During the Pandemic

Vermont’s pandemic response, a model in the country to keep people safe and healthy, included covering the cost of housing around 2,000 people who were experiencing homelessness in over 70 hotels across the state—including 160 households in five hotels in the Upper Valley.

This is why, as always, we are so grateful for your support of the Haven. You enable us to pivot our programs, services, and staff to best serve Vermonters in this time of unprecedented need.

To help with the physical, mental, and emotional safety of those now housed in hotels, the Haven has two full-time Hotel Case Workers, Rebecca and Katie.

Rebecca and Katie have personalized their assistance to best support individuals and families. Their assistance includes referrals to local health clinics and connections to mental health or substance use services. Recommending COVID-19 resources including vaccinations as well as childcare options so parents can return to work. Katie and Rebecca also work on obtaining essential documents like social security cards or state ID cards needed for housing.

For those living in hotels, even having someone to simply listen to their fears, frustrations, and goals has helped as they navigate their new lives and plan for the next steps— and made them feel at home in an uncertain situation.

Yet with one-third of those housed by the state in hotels having lost their eligibility for the program in early July, the need for the Haven’s housing services in our area is greater than ever. Throughout the pandemic, even with very tight recency rates, the Haven helped people transition into permanent housing and start a new life. With new challenges, our work is even harder.

You are absolutely essential to the work our community service and support teams here have done so far, and their journey with our neighbors in need as they look toward the future.

Part of the Solution

On June 15th, the Upper Valley Haven hosted a walk-in COVID-19 vaccination clinic on our campus, in motels providing emergency housing as well as other community locations providing services. Partnering with the Vermont Department of Health and the Good Neighbor Health Clinic, 41 people received vaccinations!

Because of donors like you, neighbors in need have come to recognize the Haven as a safe place to seek comfort, shelter, and guidance to help them from the hardest of times to a bright future.

Hosting a vaccination clinic fits right into the mission you help us uphold: providing a safer and healthier life for everyone in the Valley, regardless of their financial status. Thank you!