



AT THE UPPER VALLEY HAVEN

DOUBLE YOUR IMPACT TODAY!

The Food Services Program at the Haven is our busiest and most popular. From a *Monthly Food Shelf*, where anyone can stock up on full orders of proteins, veggies, fruits, canned and boxed goods, pasta, rice, pet food, toiletries, and household items, to our *Daily Food Shelf*, for an extra loaf of bread and unlimited produce to hold families over, to our *Grab and Go* option, where sandwiches, prepared meals, and personal items are just a step away, your gift helps us welcome friends in with open arms during these tough times.

FOOD SERVICES AT THE HAVEN

January 1 - July 2023

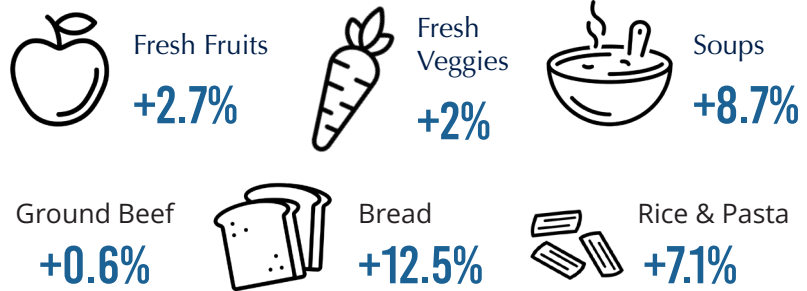
2,431 Households Served	10,540 Visits to the Food Shelf
626 New Households	206 Tons of Food Donated

July 2023 Alone

974 Households Served	1,521 Visits to the Food Shelf
94 New Households	31 Tons of Food Donated

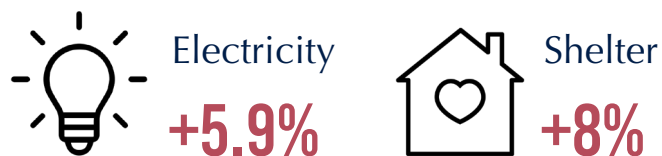
PRICE COMPARISONS

Food (YOY 2022-2023)
Overall increase: **+5.8%**



PRICE COMPARISONS

Living Expenses (YOY 2022-2023)



Did you know? The Haven's Food Service Program extends far beyond our campus! We deliver and stock supplemental food at the Dartmouth Cancer Center and primary care clinics, Dartmouth Health's *Moms in Recovery* clinic, Dartmouth College's student infirmary, and other community food pantries. Your gift helps us get food wherever people need it!

Please make your gift in honor of *Hunger Action Month* by visiting uppervalleyhaven.org/donate/ham or filling out the enclosed reply form!

"I have a PhD, and never thought I'd be out of work and in need of help. I come to the Food Shelf not only for the food, but also for the kind support.

Although I survived cancer, I have another chronic health issue that makes a trip to the grocery store overwhelming. I never feel judged at the Food Shelf, and I go home with a great variety of food. I love connecting with the volunteers there, too. I am so grateful!" – **Anna, Hartland, VT**