



20
24



BEET HUMMUS

Jump start your January with beets, the red gem of root vegetables. Try our recipe for Beet Hummus—it is a sensory celebration! The light, creamy texture, delicious bright taste, and whimsical pink color make it a great way to get the year started.


Ingredients

- 1/2 pound beets (about 4 medium sized beets), cooked and chopped
- 1 (15-ounce) can chickpeas
- 4 Tbsp tahini, sesame seed paste
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 clove garlic, chopped
- 1 tsp cumin or 1 Tbsp fresh cilantro
- Pinch of salt
- Pepper to taste
- 2 to 3 Tbsp chickpea liquid

Get the full recipe at vtfoodbank.org/recipe24

JANUARY 2024

Vermont Foodbank partners with 300+ food shelves, meal sites, senior centers, shelters, and schools statewide where you can receive food at no cost.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 New Year's Day	2	3 	4	5	6
7	8	9	10	11 	12	13
14	15 Martin Luther King Jr. Day	16	17 	18	19	20
21	22	23	24	25 	26	27
28	29	30	31	1	2	3



CABBAGE STIR-FRY

Stir-fry up some fun in February. Try our recipe for simple and delicious Cabbage Stir-Fry. This recipe is easy to prepare, packed with vitamins K and C, and budget friendly! To make a meal of it, simply add your choice of protein and serve with brown rice.


Ingredients

- 1 medium cabbage, cored and shredded
- 1 Tbsp vegetable or olive oil
- 1 Tbsp sesame oil
- 2 garlic cloves, minced
- 1 tsp grated ginger, fresh
- 2 Tbsp soy sauce
- Pinch of red pepper flakes

Get the full recipe at vtfoodbank.org/recipe24

FEBRUARY 2024

Are you looking to add more fresh fruits and veggies to your diet? Vermont Foodbank's VeggieVanGo fresh produce events can expand your menu and stretch your food budget!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2  Groundhog Day	3
4	5	6	7	8	9 	10 Lunar New Year
11	12	13	14 Ash Wednesday Valentine's Day	15	16 	17
18	19 Presidents' Day (Regional Holiday)	20	21	22	23	24 
25	26	27	28	29	1	2



CARAMELIZED ONIONS

Slow your roll; don't sauté, caramelize. Sweet and savory, Caramelized Onions are a great addition to so many meals and can be used as a topping, in a salad, or with hummus. Once you try this simple recipe, you'll want to add caramelized onions to everything!

Ingredients

- 2 Tbsp butter
- 2 medium yellow onions, halved and sliced paper thin (about 4 cups)
- Salt and pepper, to taste

Get the full recipe at vtfoodbank.org/recipe24

MARCH 2024

3SquaresVT benefits are used to purchase foods of your choice at most grocery shopping locations, and everyone can apply! The Foodbank team is here to help.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3 	4	5	6	7	8	9
10 Ramadan begins Daylight Savings Time starts 	11	12	13	14	15	16 
17 St. Patrick's Day	18	19 Spring Equinox	20	21	22	23
24 Palm Sunday	25	26	27	28	29	30
31 Easter Sunday	 Holi				Good Friday	



GLAZED CARROTS

Make carrots shine with this simple, yet delicious, recipe for Glazed Carrots. This delightful dish is one of the most popular at our VT Fresh taste tests, and a kid favorite. The versatile ingredients make this dish easy to prepare, and the great taste keeps you coming back for more.

Ingredients

- 2 Tbsp unsalted butter or vegetable/olive oil
- 1 1/2 pounds carrots (6-7 large), peeled and sliced into 1/2 inch rounds
- 2 to 3 Tbsp brown sugar, maple syrup or honey
- 2 cups water
- Chopped chives, parsley, dill or fennel for garnish (optional)

Get the full recipe at vtfoodbank.org/recipe24

APRIL 2024

If you're 60 years or older, you may be eligible to receive a free, monthly food box through the Commodity Supplemental Food Program. Spend your money on foods you love—let CSFP cover the staples.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1  April Fool's Day	2	3	4	5	6
7	8 	9 Eid al-Fitr	10	11	12	13
14	15  Tax Day	16	17	18	19	20
21	22 Earth Day Passover Begins	23 	24	25	26	27
28	29	30	1	2	3	4



HONEY MUSTARD VINAIGRETTE

Make a salad you won't regret with Honey Mustard Vinaigrette. A vinaigrette is a simple oil and vinegar-based salad dressing that is emulsified (blended) prior to dressing your salad. We added grain mustard, local honey, and a few additional ingredients to create a burst of flavor that will make your salad greens pop!

Ingredients

- 2 cloves garlic, finely minced
- 2 Tbsp mustard
- 1/4 cup vegetable or olive oil
- 3 Tbsp vinegar
- 1 Tbsp honey
- 1 Tbsp water
- Salt and pepper, to taste

Get the full recipe at vtfoodbank.org/recipe24

MAY 2024

Vermont Foodbank's annual Hunger Action Conference brings together partners, Vermont non-profits, state representatives, and advocates to creatively address the issue of hunger in our state.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 	2	3 Hunger Action Conference	4
5 Cinco de Mayo	6	7 	8	9	10	11
12 Mother's Day	13	14	15 	16	17	18
19	20	21	22	23 	24	25
26	27 Memorial Day	28	29	30 	31	1



KALE CHIPS

Don't call it quits on kale. Kale is delicious, nutrient-dense, and rich in vitamins. This fun twist on chips is a great source of vitamin A, vitamin C, calcium and even protein! Crispy and delicious, Kale Chips make a great snack, or summer side.

Ingredients

- 1 bunch kale, washed and thoroughly dried
- 2 Tbsp vegetable or olive oil
- Salt to taste
- Optional: 1 tsp cumin, 1/4 tsp cayenne pepper, or 2 tsp Parmesan cheese

Get the full recipe at vtfoodbank.org/recipe24

JUNE 2024

By purchasing local food directly from Vermont farmers and producers, the Foodbank's Vermonters Feeding Vermonters program helps ensure everyone can enjoy the bounty of harvest season.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6 	7	8
9	10	11	12	13	14 	15
16 Father's Day	17 Eid al-Adha	18	19 Juneteenth	20 Summer Solstice	21 	22
23	24	25	26	27	28 	29
30						



BAKED ZUCCHINI WEDGES

Need to increase your zucchini demand to keep up with supply? We have the recipe for you! Crunchy Baked Zucchini Wedges are delicious, and are a great way to make use of zucchini. These tasty wedges make an excellent snack when paired with a dipping sauce like marinara or ranch.

Ingredients

- 4 small or 2 medium zucchini, wedged
- 2 Tbsp vegetable or olive oil
- 1/2 cup seasoned panko bread crumbs
- 1/4 tsp garlic powder
- 2 Tbsp grated parmesan cheese
- 2 Tbsp fresh parsley, chopped
- Salt and pepper, to taste

Get the full recipe at vtfoodbank.org/recipe24

JULY 2024

When you volunteer with Vermont Foodbank, you're sharing your time, passion, and commitment to fighting hunger—and ensuring everyone in Vermont has access to nourishing food.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17 Ashura	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



TOMATO BRUSCHETTA

Summer means tomatoes and tomatoes mean antipasti! Our recipe for Tomato Bruschetta celebrates the sweetness of summer-ripened tomatoes, savory garlic, fresh basil, and olive oil; all combined and served atop slices of toasted bread. Our recipe is delicious and so easy to make.


Ingredients

- 1 1/2 lbs tomatoes
- 2 cloves garlic, minced
- 1 Tbsp olive oil
- 6-8 fresh basil leaves, chopped (can use dry basil)
- Salt and pepper to taste
- 1 small baguette, sliced and toasted
- Optional: parmesan cheese

Get the full recipe at vtfoodbank.org/recipe24

AUGUST 2024

Gleaning is the act of harvesting excess crops from farm fields. Vermont Foodbank—with volunteers and partner farms—operates the state's largest gleaning program, connecting neighbors with local food. Glean with us!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4 	5	6	7	8	9	10
11	12 	13	14	15	16	17
18	19 	20	21	22	23	24
25	26 	27	28	29	30	31



APPLE SAUCE

Cortlands and Empires and Macs, oh my! It's apple season and, with more than 150 varieties grown in Vermont, the flavor possibilities are endless. Homemade Applesauce is delicious and can be made with just one ingredient, the apple.





Ingredients

- Apples
- Sugar, to taste (Optional)
- Cinnamon, to taste (Optional)
- Maple Syrup, honey or brown sugar, to taste (Optional)

Get the full recipe at vtfoodbank.org/recipe24

SEPTEMBER 2024

September is Hunger Action Month! Join the Foodbank in advocating for system and policy changes that will allow Vermont's people to thrive and help end hunger for good.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2  Labor Day	3	4	5	6	7
8	9	10	11 	12	13	14
15	16	17 	18	19	20	21
22 Autumn Equinox	23	24 	25	26	27	28
29	30	1	2	3	4	5



RUTABAGA FRIES

Deep purple on the outside and butter-yellow on the inside, rutabaga is sweeter than its counterpart, the turnip. Rutabagas are an excellent source of potassium, calcium, magnesium, and vitamins E and C. Try our Rutabaga Fries recipe for a crispy, sweet, and savory side dish.





Ingredients

- 1 large rutabaga
- 1/4 cup vegetable or olive oil
- 1 tsp rosemary or other herb/spice mix
- Salt and pepper, to taste

Get the full recipe at vtfoodbank.org/recipe24

OCTOBER 2024

VT Fresh is a Foodbank program that celebrates fruits and vegetables grown in Vermont. You can find tasty recipes (like the ones here!), cooking tips, and more on our website.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2  Rosh Hashanah	3	4	5
6	7	8	9	10 	11	12 Yom Kippur
13	14 Indigenous Peoples' Day	15	16	17 	18	19
20	21	22	23	24 	25	26
27	28	29	30	31 Halloween	1	2



ROASTED BUTTERNUT SOUP

How lovely is it when the weather turns cold, and the oven turns on? Roasting vegetables to make soup is a favorite cooking technique in autumn. With a savory sweetness that can't be beat, Roasted Butternut Soup will take the chill out of your day!



Ingredients

- 1 butternut (or other winter squash), halved lengthwise and seeds removed
- 2 Tbsp vegetable or olive oil
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 4 cups vegetable stock (or chicken broth)
- Salt and pepper, to taste
- 1 Tbsp maple syrup, brown sugar or honey
- 1/2 tsp dried sage or thyme

Get the full recipe at vtfoodbank.org/recipe24

NOVEMBER 2024

At Community Kitchen Academy, you will learn skills to build a career in the food service industry. As a student, the food you cook will help feed neighbors in the community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1  Diwali	2
3 Daylight Savings Time ends	4	5 Election Day	6	7	8 	9
10	11 Veterans Day	12	13	14	15 	16
17	18	19	20	21	22 	23
24	25	26	27	28 Thanksgiving Day	29 Native American Heritage Day	30



HONEY-ORANGE MASHED SWEET POTATOES

Brighten a winter day with a bowl of sunshine! Delicately sweet and a little zesty, Honey-Orange Mashed Sweet Potatoes provide a double boost of vitamin C with a side of, "Wow, that's delicious."

Ingredients

- 2 medium sweet potatoes, peeled and cubed
- 1 orange, zested and juiced (about 1/2 cup OJ and 1/4 tsp zest)
- 1 Tbsp honey
- 1 tsp Mrs Dash (salt substitute)
- 1 Tbsp butter or vegetable/olive oil
- Pepper to taste
- Sprinkle of cinnamon, optional

Get the full recipe at vtfoodbank.org/recipe24

DECEMBER 2024

When you donate to Vermont Foodbank, every \$1 you give can provide more than \$4 worth of nourishing food and services to neighbors in Vermont.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5	6	7
8 	9	10	11	12	13	14
15 	16	17	18	19	20	21 Winter Solstice
22 	23	24 Christmas Eve	25 Christmas Day	26 Hanukkah begins Kwanzaa	27	28
29	30 	31 New Year's Eve	1	2	3	4

What is VT Fresh?

Are you looking for simple and delicious recipes for cooking with fresh fruits and vegetables *and* the chance to win a \$100 gift card? This Vermont Foodbank program offers tips and tools needed to whip up delicious, nutritious dishes that you and your family will love!

Visit VT Fresh online for:

- 📱 recipes, available in multiple languages,
- 📱 **great info on nutrition and cooking with kids,**
- 📱 and...how to join the community-wide recipe testing project!



Check us out at
vtfoodbank.org/vtfresh



VT Fresh is funded in part by the USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT and helps you buy the foods you love. To find out more, contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.

The start of a new year offers us a chance to pause and reflect. It is a time to consider goals and dreams, practices we wish to continue, changes we'd like to make, and accomplishments we want to work toward.

Whether you are kicking off 2024 with a full reset or a gentle refresh, we hope this calendar will inspire you in the kitchen and bring joy to your table, all year long.

Each month features a fruit or vegetable that grows in Vermont, matched with one of our favorite recipes for preparing it. Every recipe is simple to make, delicious, and uses just one fruit or vegetable as the primary ingredient. Download all 12 recipes at vtfoodbank.org/recipe24.

Sharing recipes is one of the many ways Vermont Foodbank works toward our vision of a Vermont where everyone:

- has equitable access to enough nourishing food every day
- takes action to eliminate hunger and poverty
- has what they need to thrive

If you love to cook (or are just learning!), you can check out more recipes like these, as well as kitchen tips and tricks, online at vtfoodbank.org/vtfresh. From the VT Fresh webpages, you can also become a Recipe Tester and sign up to get monthly recipes delivered straight to your inbox.

Wishing you a bright and tasty new year!

Vermont Foodbank Team



Beet Hummus



Honey Mustard Vinaigrette



Tomato Bruschetta



Glazed Carrots

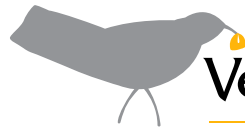


Rutabaga Fries



Kale Chips

The mission of Vermont Foodbank is to gather and share quality food and nurture partnerships so that no one in Vermont will go hungry.



Vermont Foodbank
— vtfoodbank.org