



FOOD RESOURCES FOR ALL

No one should worry about having enough food! Here is a list of current food programs and community food resources for all of us when we need them.

Food Programs:

FOR EVERYONE: 3SquaresVT is a program that gives those of us who qualify money (or “benefits”) every month to buy groceries at more than 600 retailers and 40 farmers’ markets across Vermont. **3SquaresVT** benefits are deposited each month on an EBT card, which looks and works like a debit card. 70,000 people in Vermont shop with 3SquaresVT, but many more are eligible and don’t know it. To find out if you are eligible and get help applying, visit vermontfoodhelp.com or text **VFBSNAP** to **85511**.

FOR KIDS: In Vermont schools, all students can enjoy free breakfast and lunch through Universal School Meals. For many of us, it can still be challenging to feed kids at home. By completing the School Meal Application, families can potentially qualify for additional benefits like discounts on Internet bills ([learn more at https://www.fcc.gov/acp](https://www.fcc.gov/acp)) and heating costs ([learn more at https://dcf.vermont.gov/benefits/fuel](https://dcf.vermont.gov/benefits/fuel)). Keep the “Letter of Eligibility” received after applying, as it serves as a key to accessing these benefits. Contact your school for the School Meal Application.

FOR PEOPLE WHO ARE PREGNANT OR CARING FOR A CHILD UNDER 5: WIC is a program that gives those of us who qualify access to healthy foods, nutrition education, breastfeeding/chestfeeding support, and community referrals. To find out more and get help applying, visit HealthVermont.gov/ApplyToWIC or call **2-1-1**.

FOR OLDER VERMONTERS: For those of us aged 60 or older who meet income guidelines, free boxes of food are available every month through the **Commodity Supplemental Food Program**. This program helps with meal planning and frees up money for other expenses. For more information and a simple application, go to vtfoodbank.org/share-food/csfp or call **1-800-214-4648**.

FOR PEOPLE LIVING WITH DISABILITIES AND OLDER VERMONTERS: There are free meals delivered to homes through **Meals on Wheels**, and help with grocery shopping. Many organizations also offer pick-up or in-person meals. For more information, call **1-800-642-5119**. There is also personalized assistance to apply to 3SquaresVT by calling **1-800-479-6151**. All relay calls accepted. If you are 60 or older, you can call VT’s Senior Helpline at **1-800-642-5119**.

Community Food Resources & Meals:

- The Vermont Foodbank and its **Network of Pantries, Food Shelves and Community Agencies** are dedicated to supporting Vermonters during times of need. For more information, visit vtfoodbank.org/gethelp or call **1-800-585-2265**.
- There are community meals offered at churches and community centers around the state. Call **2-1-1** to find meals in your region.

These programs are here for all of us when we need them – they are designed to help us AND our entire community!

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