



Food Resources of Rutland & Bennington County

Produced by Southwestern Vermont Council on Aging



3SquaresVT

3SquaresVT helps you buy food from grocery and convenience stores, farmers markets, and co-ops. 3SquaresVT benefits are loaded each month on an EBT card, which works like a debit card. To find out more or to request an application please visit **VermontFoodHelp.com** or text VFBSNAP to 85511.

You can apply for 3SquaresVT benefits and Extended Certification Period (ECP) fuel benefits all in one simple application. After your application is approved, you are automatically enrolled in three years of benefits with no additional paperwork, and are given an individual caseworker to connect with directly.

3SquaresVT in a SNAP

- 60+ or receiving disability benefits
- Purchasing and preparing meals together
- Not earning income from a job

Unearned income like SSI or a pension do not count as earned income, but must be equal to or below a certain threshold. Learn more about income eligibility here.

If you don't qualify for 3SquaresVT in a SNAP, you may still qualify for 3SquaresVT.



HelpLine: [1-800-642-5119](tel:1-800-642-5119)



Stretch Your Budget!



Crop Cash

Multiply your 3SquaresVT/SNAP dollars with Crop Cash at your local farmers market!

When you spend 3SquaresVT/SNAP benefits at a participating farmers market, you'll receive extra money to spend on local food. Markets will match \$20 or more of your SNAP benefits per day. Anyone who receives 3SquaresVT/SNAP benefits is automatically eligible to get Crop Cash at a farmers market—there is no additional application for this program.

Crop Cash PLUS

*Individuals who receive their benefits as EBT Cash or Direct Deposit will not receive Crop Cash. They will receive double the match of Crop Cash PLUS in the summer, and a one-to-one match in the winter. Folks who wish to spend EBT Cash benefits at a farmers' market should let the market manager know they receive their benefits as EBT Cash, and how much they would like to spend of their benefits at the market. The market manager will match double that amount in Crop Cash PLUS coupons during the summer season (\$1 of benefits = \$2 Crop Cash PLUS) and will match the amount (dollar for dollar) in the winter season.



3SquaresVT Farm Stand Match Program

Save 50% on fresh produce when you spend your 3SquaresVT benefits at participating farm stands! NOFA-VT's Farm Stand Match Program provides customers with a 50% discount on fruits, vegetables, culinary herbs, and culinary plant seeds and starts when they use 3SquaresVT benefits at farm stands. The program aims to support 3SquaresVT customers in purchasing locally grown fresh produce while building stronger relationships between farmers and eaters. There is no limit—customers may shop as much and as often as they like—and there is no application process. Simply shop at a participating farm stand with 3SquaresVT benefits to receive the discount.

Visit: www.nofavt.org

Current Participating Farms:

**Foote Brooke Farm
 in Jeffersonville, VT**

**Neighborhood Roots Food Collective
 in Guilford, VT**

LOCALLY GROWN

Farm Share Program

The Farm Share Program provides fresh, local foods to Vermonters in need of financial assistance via half-priced CSA shares. When you sign up for a CSA at a farm, you pay in advance for a portion (or "share") of the farm's upcoming harvest and receive a regular box of farm-fresh food all season long. This sales model provides participants with consistent access to local, in-season food and provides predictable income for farmers.

Visit: www.nofavt.org



The Spring/Summer Farm Share 2023 application is now closed. Please check back for the Fall/Winter Farm Share application, which will be open August 1 - September 30.

Senior Farm Share

The Senior Farm Share Program helps limited-income seniors living in participating housing sites to access fresh locally-grown fruits and vegetables from their local farmer. Each week a Senior Farm Share member receives a portion of the harvest from the farm. In addition to receiving vegetables, seniors are given the opportunity to connect with other seniors within their residence through food distribution and preparation, learn from ways to cook and preserve their produce, meet other community members who are associated with the farm, and develop a relationship with the farmer who grows the food they eat each week. In 2022, there were nearly 1,000 Senior Farm Share members throughout Vermont!



The 2023 application period is now closed. The 2024 application period will open in late April or early May of 2024. Please contact johanna@nofavt.org with questions about the program.



VFFC's Farmacy Project emphasizes 2 core elements – fresh produce prescriptions for individuals as “medicine” for chronic diet-related health conditions and fresh produce provided to these clients grown exclusively by new and emerging Rutland farmers.

The Farmacy Project successfully links the underserved in Rutland County to the rich, robust healthy world of good food, community programming and education. Program elements incorporate the concept of "Food as Medicine":

Working with local healthcare providers to reach at risk families with health issues impacted by diet and providing a referral for food prescription;

Enrolled Farmacy members picking up 10-12 pounds of fresh produce for 15 weeks, at multiple distribution sites in the county;

Clients and their families receiving nutrition education and cooking classes supported by community partners and;

Produce being distributed to Members grown by local Rutland small and emerging farmers.

The Farmacy Project has created and established a system based on relationships that create a successful link between farm viability, and public health - weaving together the educational and cultural experiences that only a people centered, place-based programming can provide.



Emma Hileman
Farmacy Project Director
802-342-4219



Vermont Foodbank

Food for Older Adults: The Commodity Supplemental Food Program

Go ahead, spend your grocery money on the foods you love.
We'll cover the staples.

If you're 60 or older, with Vermont Foodbank and CSFP*, you can save money on groceries and eat the nutritious, tasty foods you love.



The Vermont Foodbank
802-585-2265



Every month, a Foodbank truck arrives at VeggieVanGo locations across the state with thousands of pounds of fruits and vegetables. With the help of amazing volunteers, this produce is shared with thousands of families and individuals.



Veggie VanGo Locations

Bennington: Lower Willow Park
Address: 165 Old Mill Road
Bennington, VT 05201
Dates/Hours: 2nd Monday
2:45-4:00pm
Phone: 802-585-2265
Email: veggievango@vtfoodbank.org

Rutland Regional Medical Center
Address: 160 Allen Street
Rutland, VT 05701
Dates/Hours: First Friday: 10:00AM-11:00AM
Fourth Thursday: 9:00AM-10:00AM
Phone: 802-585-2265
Email: veggievango@vtfoodbank.org



Other Food Initiative's

Farm to Family

You may get \$30 in coupons that you can use to buy locally grown fresh fruits, fresh vegetables and fresh-cut herbs at participating farmers markets and farm stands. If you are age 60 and over, you may get \$48 in coupons. Coupons are distributed on a first come, first served basis. Coupons are provided when you apply. Coupons expire October 31st of each year.



BROC: 802-775-0878

Vermonters Feeding Vermonters

May through October local farmers deliver farmers market quality vegetables, meats, and cheeses to be distributed to the community for free and are paid a fair market value through grant funding for what they provide.



BROC: 802-775-0878

Turkey Tickets

Starting in November we offer holiday meal shopping for Thanksgiving & issue tickets for shoppers to come back on a select date close to Thanksgiving to pick up donated whole turkeys.



BROC: 802-775-0878





BROC: 802-775-0878

Feed the Freezer

Feed the Freezer is a program that provides nutritious homemade frozen casserole style dishes to individuals and families in need of a meal. They are available in Rutland through the BROC Community Food Shelf upon request in our reception area during business hours; Monday through Friday 8:00AM until 4:30PM. They can be heated in a microwave or oven.

SVCOA Meals on Wheels

SVCOA's Meals on Wheels effort provides hundreds of thousands of healthy, nutritious meals in collaboration with our meal providers to older Vermonters each year including both home delivered and community based meals.



HelpLine: [1-800-642-5119](tel:1-800-642-5119)



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SVCOA Congregate Meals

Congregate meals for older Vermonters are happening at dozens of easily accessible public meal sites across Bennington and Rutland counties. SVCOA in collaboration with meal providers provides a nutritious meal, a chance for attendees to socialize, and most meal sites also offer extra activities like guest speakers during mealtime, or wellness activities

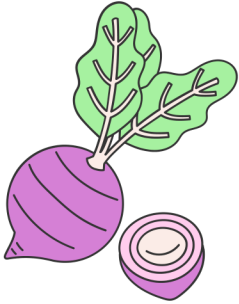
Vermont Center if Independent Living - Meals on Wheels

Meal delivery for Vermonters under age 60 with Chronic Conditions or Disabilities



VCIL: [802-779-9021](tel:802-779-9021)





FOOD SHELVES

Rutland County



Brandon Area Emergency Food Shelf

Address: 1 Carver Street
Brandon, VT 05733

Monday, Tuesday, & Thursday
9:00AM-2:00PM

Phone: 802-247-6720

BROC Community Action Food Shelf

Address: 45 Union Street
Rutland, VT 05701

Monday-Friday 10:00AM-12:00PM
Senior Hour: Friday 2:00PM-3:00PM

Phone: 802-775-0878

Castleton Care Inc.

Address: 55 Main Street
Castleton, VT 05735

Monday 3:00PM-5:00PM

Wednesdays 5:00PM-7:00PM

*** Appointment's also Available
Phone: 802-468-2444

Fair Haven Concerned Inc.

Address: Main Street
Fair Haven, VT 05743

Monday-Thursday 10:00AM-2:00PM

Phone: 802-265-3666

Green Mountain Food Pantry

Address: 158 Stratton Road
Rutland, VT 05701

Tuesday 10:00AM-12:00PM

Friday 10:00AM-12:00PM

Phone: 239-245-4190

Pittsford Food Shelf

Address: 4181 US Route 7 South
Pittsford, VT 05763

Monday 9:00AM-11:00AM
Thursday 4:00PM- 6:00PM

Phone: 802-483-2967

Poultney Food Shelf

Address: 66 Beaman Street
Poultney, VT 05764

Tuesday 3:00PM-5:00PM

Phone: 802-287-9558

Rutland City Rescue Mission

Address: Park Street
Rutland, VT 05701



Breakfast

Monday-Sunday 6:00AM-6:30AM

Lunch

Monday-Friday Noon-1:00PM

Dinner

Saturday & Sunday 6:00PM-7:00PM

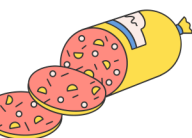
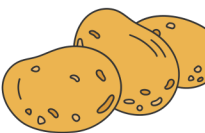
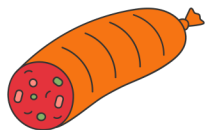
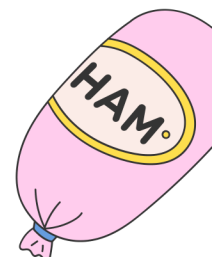
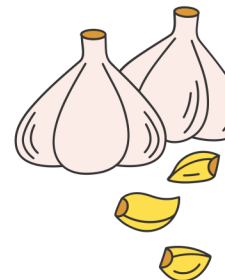
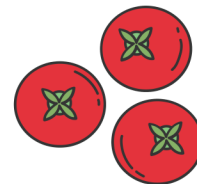
Phone: 802-775-5661

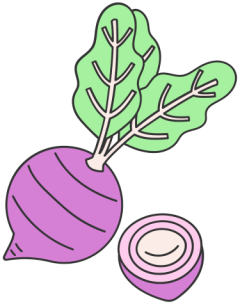
Rutland Community Cupboard

Address: 65 River St
Rutland, VT 05701

Monday, Wednesday & Friday
1:00AM-12:30PM

Tuesday & Thursday 4:00PM-5:30PM
Phone: 802-747-6119





FOOD SHELVES



Rutland County

Bennington County

Rutland County Parent Child Center

Address: 61 Pleasant Street
Rutland, VT 05701

Tuesday 11:30AM-5:30PM

*By Appointments Only

Wednesday Noon-4:00PM

*By Appointments Only

Phone: 802-775-9711

Rutland Salvation Army

Address: 1 Field Ave
Rutland, VT 05702

Monday, Wednesday & Thursday
10:30AM-1:30PM

Tuesdays 12:00PM-2:00PM

Friday 11:00AM-1:00PM

Phone:802-775-5150

Rutland United Methodist Church

Address: 60 Strong Avenue
Rutland, VT 05701

Monday-Thursday 8:00AM-11:00AM

Phone: 802-773-2460

Young at Heart Senior Center

Address: 206 Furnace Street
Poultney, VT 05764

Tuesday-Friday 12:00PM-1:00PM

Phone:802-287-9200

Arlington Food Shelf

Address: 165 Old Mill Rd
Arlington, VT 05250

1st Tuesday 1:30PM-4:00PM

2nd Tuesday 3:30PM-5:00PM

Phone:802-375-6328

Battenkill Valley Health Center:
Hannah's Pantry

Address: 9 Church Street
Arlington, VT 05250

Monday - Friday 8:00AM-5:00PM

Phone: 802-375-6566

Applegate Apartments (Orchard Village)

Address: Orchard Road
Bennington, VT 05201

3rd Thursday of the Month

Phone: 802-442-8139

Bennington Community Café

*** Hot Meal

Address: 121 Depot St
Bennington , VT 05201

Monday-Friday 12:00PM-1:00PM

Saturday 1:30PM - 3:00PM

Phone: N/A

Bible Baptist Church

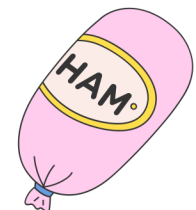
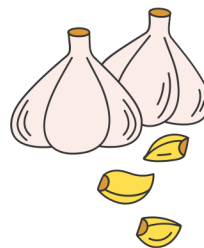
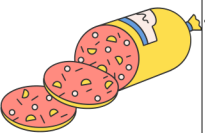
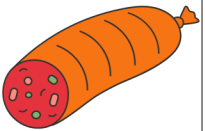
*** Hot Meal

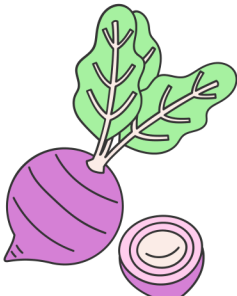
Address: 1425 Harwood Hill
Bennington , VT 05201

Wednesday 7:00PM

Sunday Noon-6:00PM

Phone: 802-447-36180





FOOD SHELVES

Bennington County



- BROC Community Action Food Shelf
 Address: 332 Orchard Rd
 Bennington, VT 05201
 Monday-Friday 9:30AM-12:30PM
 Senior Hour: 60+ Friday 2:00PM-3:00PM
 Phone: 802-447-7515

- Brookside Apartments
 Address: 323 South St
 Bennington, VT 05201
 1st Wednesday of the Month
 9:30AM-10:30AM
 Phone: 802-442-8000

- Green Mountain Christian Center
 *** Hot Meal
 ***By Appointment
 Address: 440 Main St
 Bennington, VT 05201
 1st & 3rd Fridays of the Month
 4:00PM - 6:00PM
 Phone: 802-447-7224

- Harvest House
 *** Hot Meal
 ***Food Shelf
 Address: 101 River Street
 Bennington, VT 05201
 Monday-Friday 8:00AM-10:00AM
 Monday-Friday 11:15 PM-1:00PM
 Saturday 8:00AM- 9:45AM
 Phone: 802-833-8376

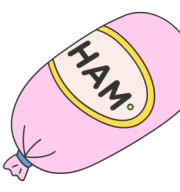
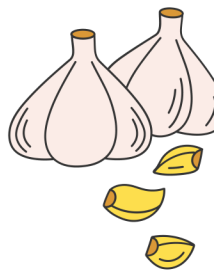
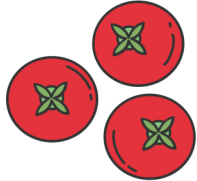
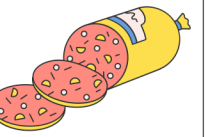
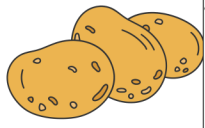
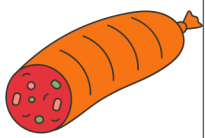
- HIS Pantry at Sacred Heart
 Address: 238 Main Street
 Bennington, VT 05201
 Wednesday 1:00PM-3:30PM
 Friday 10:00AM-11:30AM
 Phone: 802-442-1720

- Kitchen Cupboard at GBCS
 Address: 1 Field Ave
 Rutland, VT 05702
 Monday, Wednesday & Thursday
 10:30AM-1:30PM
 Tuesdays 12:00PM-2:00PM
 Friday 11:00AM-1:00PM
 Phone: 802-775-5150

- North Bennington Baptist Church
 ***Food Shelf
 Address: 15 Church Street
 Bennington, VT 05201
 Thursdays 1:00PM-2:00PM
 Phone: 802-442-2711

- Second Congregational Church
 ***Take Out Only
 Address: 115 Hillside Street
 Bennington, VT 05201
 Friday 4:30PM-5:30PM
 Phone: 802-442-2559

- St. John the Baptist Food Shelf
 Address: 3-5 Houghton Street
 Bennington, VT 05201
 Third Tuesday of the Month
 3PM-4PM *Call for Date
 Second Friday of the Month
 11:00AM - 12:00PM *Call for Date
 Phone: 802-447-7504



FOOD SHELVES

Bennington County

Sunrise Family Resource Center

*For Sunrise Families Only

Address: 24 Union Street
Bennington, VT 05201

Monday - Friday 8:30AM - 4:30PM

Phone: 802-442-6934

**Sunrise program participants also have access to free clothing and shoes, children's toys and books, toiletries, household goods, and baby formula.

Community Food Cupboard

Address: 40 Jeff Williams Way
Manchester, VT

Wednesday 2:00PM - 4:00PM

Thursday 10:00AM - 12:00PM &
2:00PM - 4:00PM

Friday by Appointment
9:00AM - 11:00AM

Phone: 802-362-0057

Foodbank Produce Drop

Address: 6025 Main Street
Manchester, VT

Second Monday of the Month

Phone: 800-585-2265

Pownal Faith Church

Address: 82 Main Street
Pownal, VT 05261

**Call for Support

Sunday - Saturday

Phone: 802-823-7828

Carpenter's Shop Food Shelf at United Methodist Church

Address: 12 Church Street
Shaftsbury, VT

Days: Second & Fourth Friday
2:00PM - 4:30PM

Phone: 802-442-4599

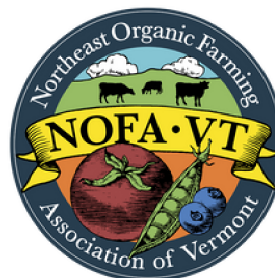
Farmer's Market

Bennington Famer's Markets
OPEN EVERY SATURDAY

10am-1pm

Address: 2970 Route 7
Pownal, VT 05261
United States

Rutland Famer's Markets
OPEN EVERY WEDNESDAY
1pm- 5pm and OPEN EVERY
SATURDAY 9am - 2pm
Address: Depot Park,
Downtown Rutland.



Visit : www.nofavt.org to learn more!



Transportation Assistance

For Non Emergency Prescheduled
Medical Appointments.

&

Grocery Shopping (When Available)

Transporation
*Bridges &
Beyond*
Rutland County

Call 802-747-3710

*SVCOA
Volunteer
Shopping*
Bennington/Rutland
Counties

Call 802-786-5990

Transporation
One-2-One
Rutland County

Call 802-774-8179

Transporation
**Neighbor to
Neighbor**
Manchester Town

Call 802-367-7787

Transporation
**Green
Mountain
Express**
Bennington County

Call 802-447-0477

Transporation
**Manchester
Express**
Manchester Town

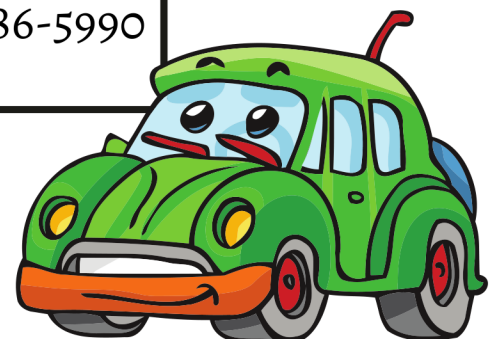
Operated by Green Mountain
Express
Call 802-447-0477

Transporation
**Marble Valley
Transit**
Rutland County

Call 802-773-3244

Transporation
SVCOA
Rutland/Bennington
Counties

Call 802-786-5990





Rutland Office
143 Maple Street
Rutland, VT 05701

Phone: (802) 786-5990
Fax: (802) 332-3081

Bennington Office
160 Benmont Ave. Suite #90
Bennington, VT 05201

Phone: (802) 442-5436
Fax: (802) 332-3081

If you have questions or need assistance, please call:

HelpLine: 1-800-642-5119