



In this guide, we provide
information on food resources
available in the Bennington and
Rutland County area.

HelpLine: 1-800-642-5119



3SquaresVT vs. 3SquaresVT in a SNAP!

3SquaresVT

3SquaresVT is a federal USDA program that helps put healthy foods on the tables of those who need it every day!

Who Is Eligible

You may be eligible if:

- Your gross household income is equal to or less than 185% of the Federal Poverty Level.

or

- You have children and get the VT Earned Income Tax Credit.

You may still qualify if your income is over limit and your household includes someone 60+ or with a disability, but ESD will consider the resources you own with a few exceptions, such as your home and certain retirement accounts.

3SquaresVT in a SNAP!

3SquaresVT in a SNAP! is an easier way for older & disabled Vermonters to access the 3SquaresVT program to help put healthy food on their tables.

Who Is Eligible

You may use this simplified process if EVERYONE applying is:

- At least 60 years old or getting disability benefits, and
- Not earning income from a job or self-employment, and
- Are buying food and making meals together.



Call HelpLine: 1-800-642-5119



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



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

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.



Call [Emma Hileman 802-342-4219](tel:802-342-4219)





Vermont Foodbank



Food for Older Adults: The Commodity Supplemental Food Program
Photo of an older adult eating a meal.

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.



Call **The HelpLine: 1-800-642-5119**



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 RESOURCES

Call the number listed
below the program name
for more information.

Farm to Family

Call **BROC: 802-775-0878**

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.

Vermonters Feeding Vermonters

Call **BROC: 802-775-0878**

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.

Vermont Center of Independent Living - Meals on Wheels

Call **VCIL: 802-779-9021**

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

Turkey Tickets

Call **BROC: 802-775-0878**

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.

SVCOA Meals on Wheels

Call The HelpLine: **1-800-642-5119**

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.

SVCOA Congregate Meals

Call The HelpLine: **1-800-642-5119**

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





FOOD SHELVES

Rutland County



VT 211 P.O. Box 111

Essex Junction, Vermont 05453

Vermont 211 is a free, confidential information and referral program of the United Ways of Vermont, helping to connect Vermonters with a wide range of community, health, and human resources and services



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 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



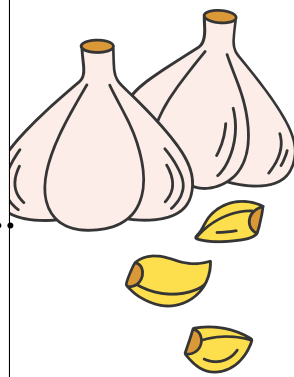
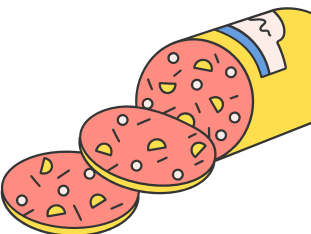
Green Mountain Food Pantry

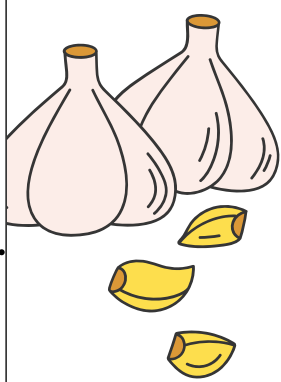
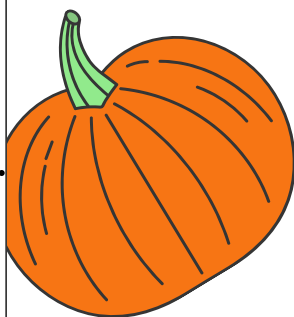
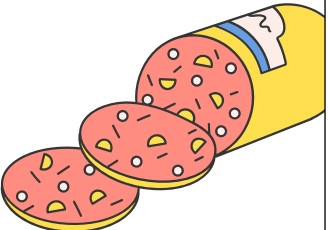
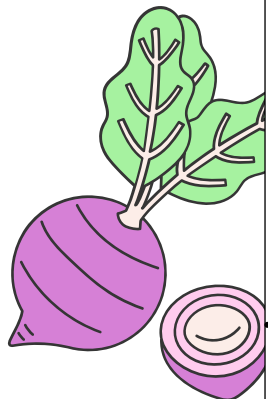
Address: 158 Stratton Road
Rutland, VT 05701

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

☐ Young at Heart Senior Center

Address: 206 Furnace Street
Poultney, VT 05764

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

Phone:802-287-9200

☐ 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



FOOD SHELVES

Bennington County

☐ 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: 802-447-3618

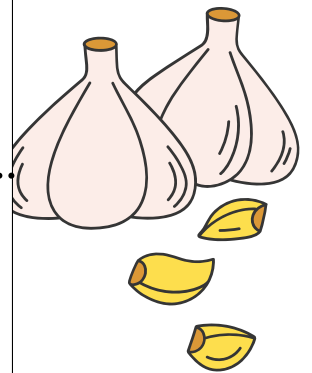
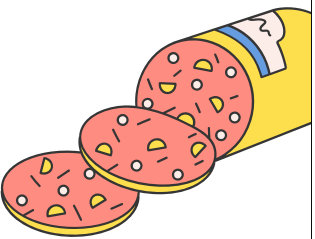
☐ BROC Community Action
Food Shelf

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

Hours: 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

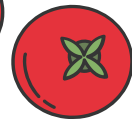
Thursdays 1:00PM-2:00PM

Phone: 802-442-2711

VT 211

P.O. Box 111

Essex Junction, Vermont 05453
Vermont 211 is a free, confidential
information and referral program of
the United Ways of Vermont, helping
to connect Vermonters with a wide
range of community, health, and
human resources and services



☐ 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

☐ 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

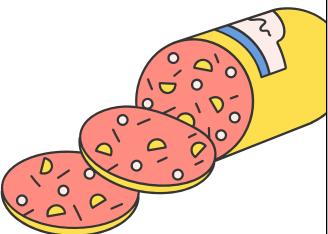
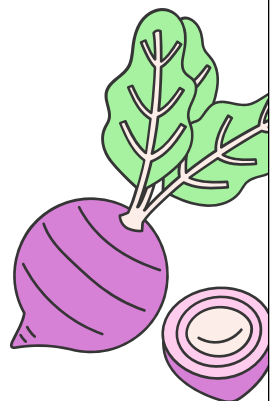
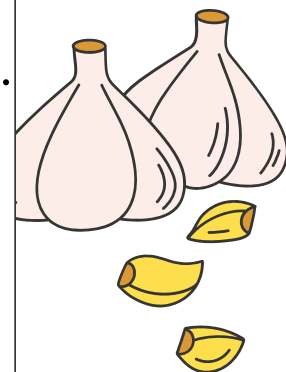
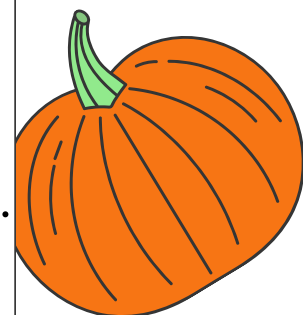
Phone: 802-823-7828

☐ Carpenter's Shop Food Shelf
at United Methodist Church

Address: 127 Church Street
Shaftsbury, VT

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

Phone: 802-442-4599





Farmer's Market

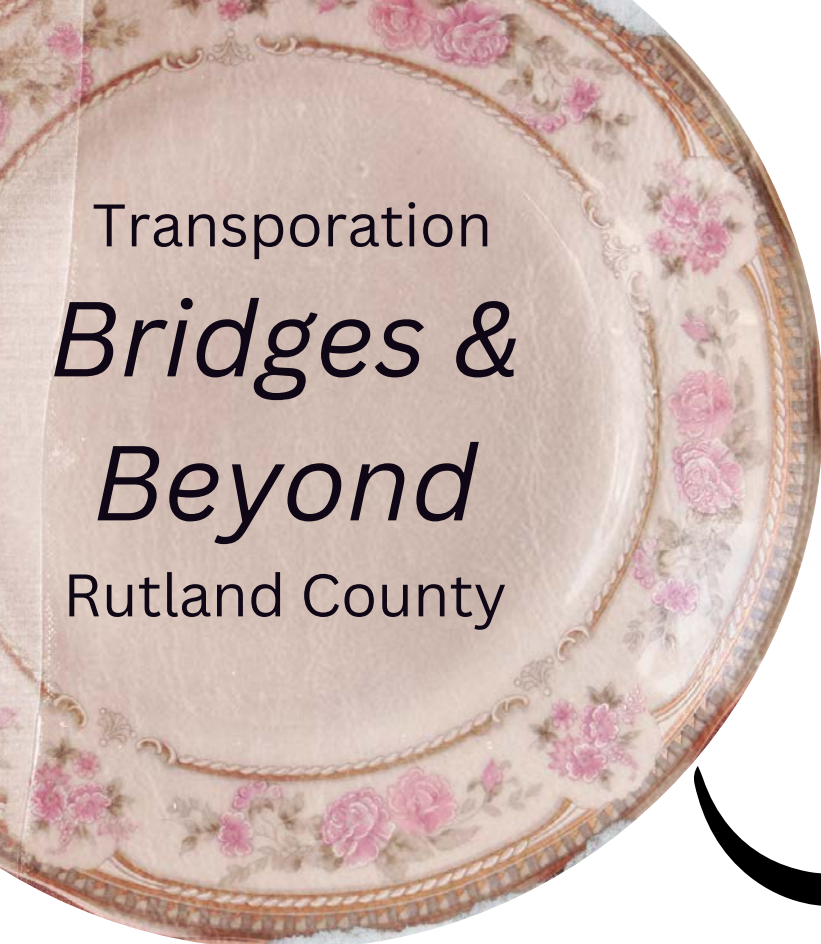
Bennington Famer's
Markets OPEN EVERY
SATURDAY 10am-1pm
Address: 2970 Route 7
Pownal, VT 05261
United States

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!

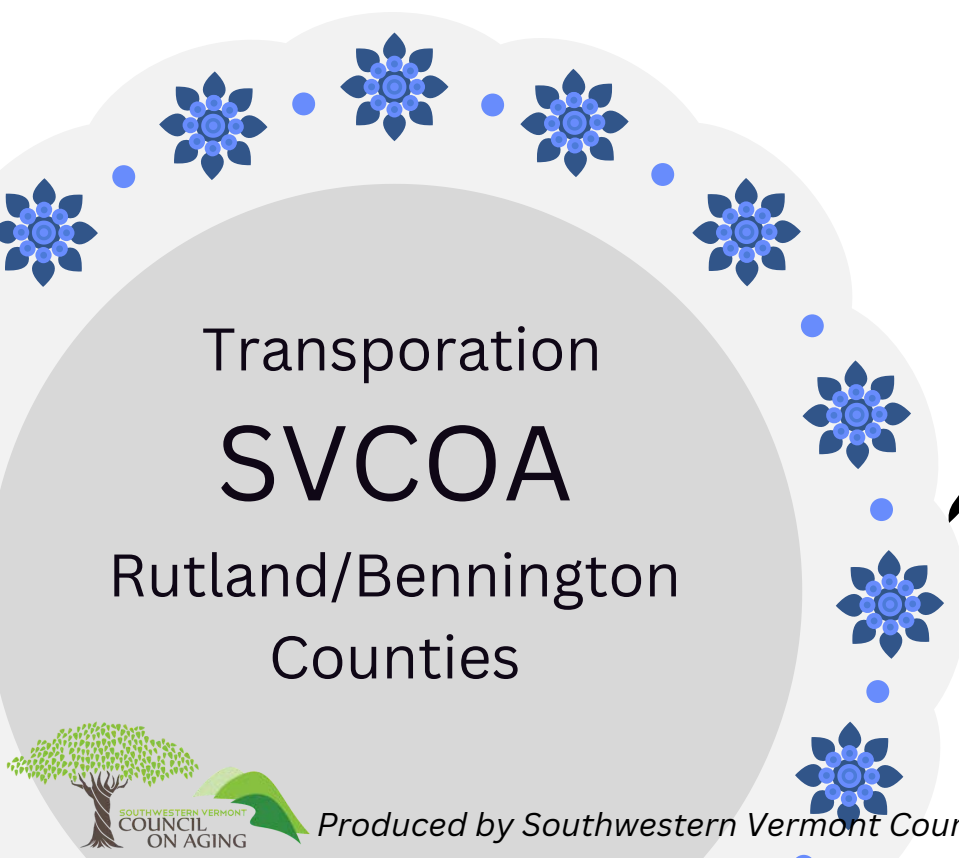
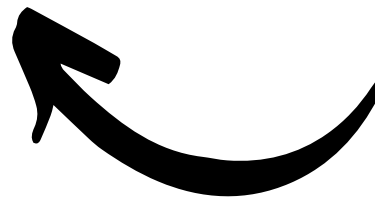
Need Help Accessing Food?



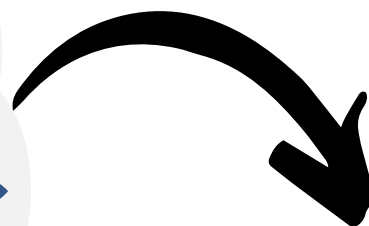
Call 802-747-3710



Call 802-786-5990



Call 802-786-5990

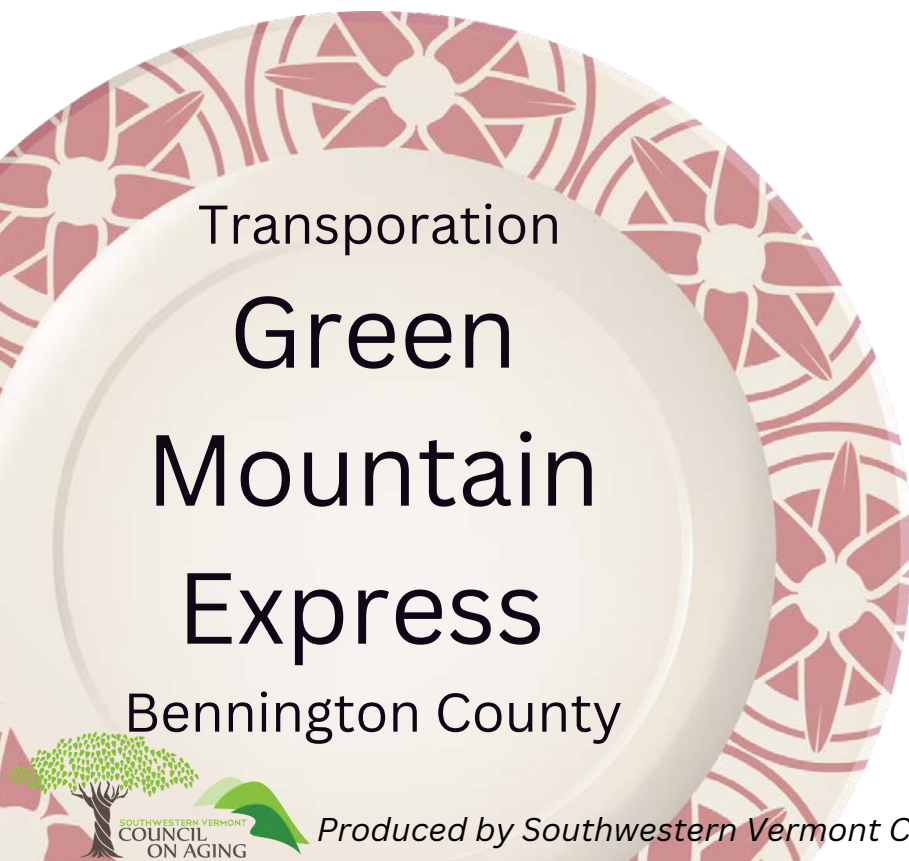


Need Help Accessing Food?



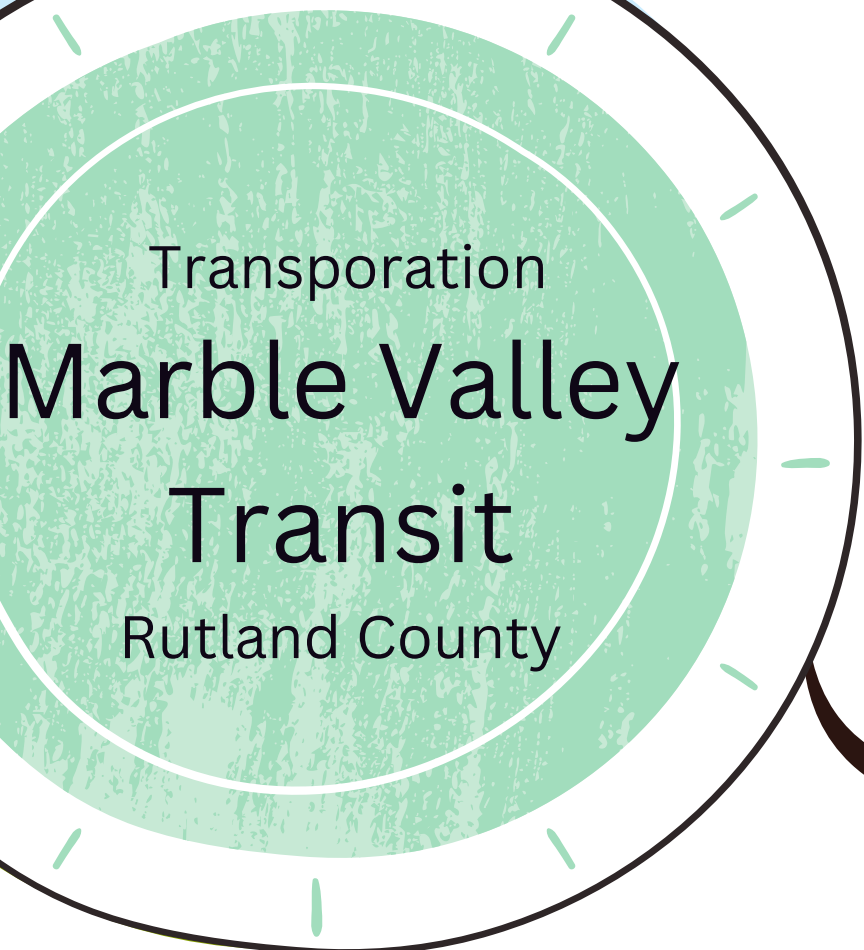
Call 802-367-7787

Operated by Green
Mountain Express
Call 802-447-0477



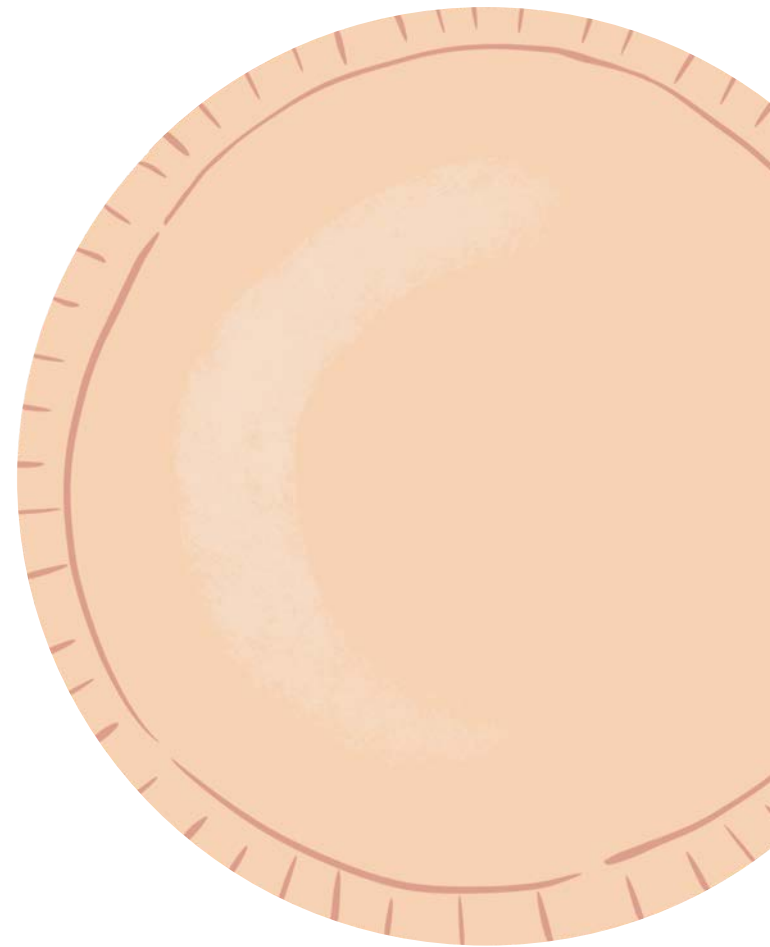
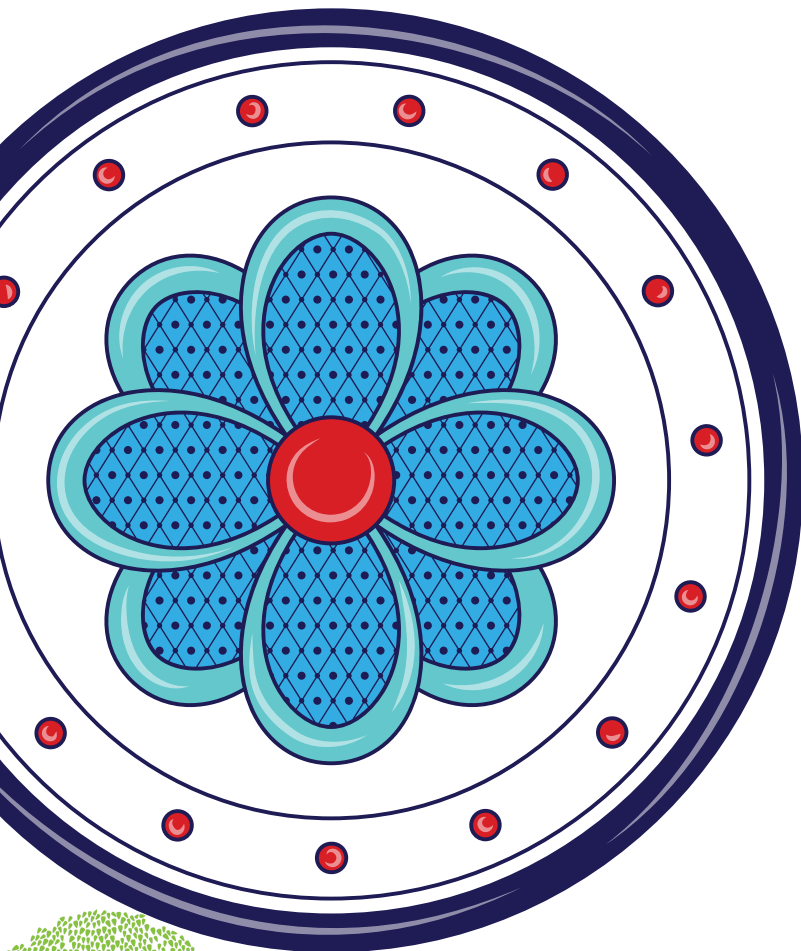
Call 802-447-0477





Need Help Accessing Food?

Call 802-773-3244





HelpLine: 1-800-642-5119

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