

FOOD RESOURCES FOR ALL

No one should have to worry about having enough food!

CURRENT FOOD PROGRAMS AND RESOURCES:

Fall
Edition



FOR EVERYONE:

3SquaresVT provides money every month to buy food. Benefits can be multiplied at farmers markets when combined with **Crop Cash**.

Farm To Family Coupons help you get fruits and vegetables at farmers markets.

Learn more and find out if you qualify:

3SquaresVT: Visit vermontfoodhelp.com or text **VFBSNAP** to **85511**.

Crop Cash: Visit nofavt.org/cropcash or the manager's booth of your local farmers market, or call **802-419-0029**.

Farm To Family Coupons: Visit dcf.vermont.gov/benefits/f2f or reach out to your local Community Action Agency
Coupons can be redeemed until Oct 31!

Local food shelves, pantries and meal sites at churches and community centers offer free food and meals all across Vermont!

Visit www.vtfoodbank.org/gethelp or dial 2-1-1 from your cell phone to learn more.

FOR KIDS:

Students in public schools can enjoy free breakfast and lunch thanks to the Universal School Meals law.

FOR PREGNANT PEOPLE AND/OR CAREGIVERS OF CHILDREN UNDER 5:

WIC offers food, nutrition education, breastfeeding/chestfeeding support, and community referrals. To find out more, visit HealthVermont.gov/ApplyToWIC, call **2-1-1**, or text **APPLY** to **1-844-839-8942**.

FOR OLDER VERMONTERS:

For individuals 60+, the **Commodity Supplemental Food Program** offers free monthly food boxes. To learn more and find out if you qualify, visit vtfoodbank.org/share-food/csfp or call **1-800-214-4648**.

Meals on Wheels offers home-delivered meals for a suggested donation. Call the Vermont Older Adults Helpline at **1-800-642-5119** for more information and to get assistance applying to **3SquaresVT**.

FOR PEOPLE LIVING WITH DISABILITIES:

Meals on Wheels offers home-delivered meals for a suggested donation to individuals living with short and/or long-term disabilities. For more information, call Vermont Center for Independent Living (VCIL) at **1-800-639-1522**. To receive personalized assistance to apply for **3SquaresVT** call **1-800-479-6151**.
All relay calls accepted.



These programs are designed to help us AND our entire community!



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