



# FOOD RESOURCES FOR ALL

*No one should worry about having enough food this holiday season. Here is a list of food programs and community food resources for all of us when we need them (note that for some programs, there are eligibility requirements).*

## 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](http://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, counseling, breastfeeding support, and community referrals. To find out more and get help applying, call **2-1-1** or text **VTWIC** to **85511**.

**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](http://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](http://vtfoodbank.org/gethelp) or call **1-800-585-2265**.
- There are holiday meals offered at churches and community centers around the state. Call **2-1-1** to find holiday 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!**

*This message is funded in part by the USDA. This institution is an equal opportunity provider.*

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Heating costs can put a burden on our budgets, but the Seasonal Fuel Assistance Program is here to help!



**THE SEASONAL FUEL ASSISTANCE PROGRAM** can help pay some of your heating and energy bills, whether you own or rent your home, pay utilities separately, or they are included in your rent.

If you meet the income requirements, you may qualify for assistance. The Fuel application is just two pages long and can be completed online, by mail, or in-person. If you have questions about the application or would like help applying, you can dial 2-1-1 to be connected to an organization local to you.

- **If you are 60 or older**, call the Helpline at 1-800-642-5119 for personalized assistance.
- **If translation from English to other spoken languages is needed**, call 1-800-479-6151 and say the language needed
- Additional Information including income guidelines can be found at: [dcf.vermont.gov/benefits/fuel](https://dcf.vermont.gov/benefits/fuel)



If you receive Fuel Assistance, you likely qualify for 3SquaresVT!

Our local Community Action Partnership Agencies can help with the applications to all programs! Call or visit them if you have questions or need assistance.

**BROC – Community Action in Southwestern Vermont**

45 Union Street, Rutland, VT 05701  
(802) 775-0878 • 1-800-717-2762

**Capstone Community Action**

20 Gable Place, Barre, VT 05641  
(802) 479-1053 • 1-800-639-1053

**Champlain Valley Office of Economic Opportunity (CVOEO)**

255 South Champlain Street, Burlington, VT 05402  
(802) 862-2771 • 1-800-287-7971

**Northeast Kingdom Community Action (NEKCA)**

10 Main Street, Newport, VT 05855-5110  
(802) 334-7316 (Newport)  
(802) 748-6040 (St. Johnsbury)

**Southeastern Vermont Community Action (SEVCA)**

91 Buck Drive, Westminster, VT 05158  
(802) 722-4575 • 1-800-464-9951

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