

Healthy Food Resources



Do you have trouble affording healthy food for yourself or your family?
Hunger exists in every community in America, including Vermont. One or more of the resources listed below may be able to help.

STATE AND FEDERALLY-FUNDED PROGRAMS

3SQUARESVT (800) 549-6151 - <https://dcf.vermont.gov/benefits/3SquaresVT> - or text VFBSNAP to 85511 - A federally-funded USDA program to help Vermonters feed themselves and their families. Also, referred to as SNAP, the Supplemental Nutrition Assistance Program, 3SquaresVT provides eligible families with a Vermont EBT Card to make eligible food purchases. Below are additional ways to purchase fresh food through this program.

Crop Cash - Vermonters currently receiving 3SquaresVT funds can turn \$10 of their 3SquaresVT into \$20 for fresh food every time they visit the farmers market. Anyone receiving benefits from 3SquaresVT is eligible to receive Crop Cash at participating farmers markets. For more info: <https://www.nofavt.org/services-resources/consumers/community-food-access/crop-cash>

Farm Stand Match Program – Vermonters currently receiving 3Squares VT funds can save 50% on fresh produce when they spend their 3SquaresVT benefits at participating farm stands. For more info: <https://www.nofavt.org/services-resources/consumers/community-food-access/3squaresvt-farm-stand-match-program>

STATE AND FEDERALLY FUNDED PROGRAMS, *CONTINUED*

Age Well Vermont – (800)-642-5119 - <https://www.agewellvt.org/services/meals-on-wheels-community-meals> - The Meals on Wheels program for individuals (seniors or people living with disabilities) who have trouble getting around or preparing their own food. Meals on wheels serves food at over 70 gathering places throughout Northwest Vermont in addition to delivering meals to homes.

Feeding Chittenden County – (802)-658-7939 - <https://www.feedingchittenden.org/> - Direct service food provider offering meals and food throughout Chittenden County. The website provides links and information for resources such as food shelves, The Good Food Truck, hot meal programs, community kitchen cooking academy and more.

Hunger Free Vermont – (802)-265-0255 - <https://www.hungerfreevt.org/> - A particularly good resource for COVID-19-related food access, and many other programs throughout the state of Vermont. Up to date information about resources currently available and how to sign up are on the website.

VERMONT 2-1-1 – Call 2-1-1 24 hours/7 days or see www.Vermont211.org – Database with access to a variety of programs and services available to Vermonters in need. Assistance with housing, community groups, social services, health care, mental health, substance abuse, transportation, and more.

Vermont Foodbank – (800) 585-2265 - <https://www.vtfoodbank.org/>

Find a Food Shelf Near You – <https://www.vtfoodbank.org/agency-locator>

BackPack Program – School based (K-12). Bags of non-perishable, kid-friendly, balanced foods are packed and distributed to participating schools. Guidance counselors, school nurses and other staff can identify students in need and send permission slips home to parents to explain the program. See <https://www.vtfoodbank.org/share-food/backpack-program#a1f55bbc25199cd1b> for a list of participating schools.

Commodity Supplemental Food Program (CSFP) – Supplemental food packages for individuals over 60 years of age which provide nutrients often lacking in older diets. Refer to the website <https://www.vtfoodbank.org/share-food/csfp> for eligibility or call (800) 214-4648.

VeggieVanGo – Vermont Foodbank's mobile unit providing fresh and healthy foods at schools and hospitals around Vermont. Additionally, they offer cooking demos and taste testing along with recipes and cooking tips.

Vermont WIC – (800)-649-4357 - <https://www.healthvermont.gov/family/wic> - or text VTWIC to 85511 - Vermont WIC is a program through the USDA for women, infants and children offering access to healthy foods, nutritional education and counseling, and breastfeeding support. Make sure to inquire about Farm to Family Coupons upon enrollment. These coupons provide between \$30-\$60 worth of fresh produce at local participating farmers' markets.

PROGRAMS FUNDED THROUGH COMMUNITY AND CHARITABLE ORGANIZATIONS

Champlain Islanders Developing Essential Resources (CIDER) – (802) 372-6425 – Home-cooked meals are provided to residents of Grand Isle County who are seniors (Age 60 or above) or persons living with a disability. Meals are in-person, TO-GO for pick-up or home-delivered.

In-person Meals – 2nd and 4th Wednesdays at 12pm in Reader Hall at the Congregational Church of South Hero, South Street. Must RSVP by phone. Transportation available. Seasonal. Suggested donation is \$5.00 per meal.

TO-GO Meals – Available Mondays and Thursdays at 11:30am. Must schedule at least one day in advance by phone. Pick-up at Congregational Church of South Hero. Available year-round.

Home-delivered Meals – For those struggling with transportation or cooking meals at home. Delivered Mondays and Thursdays. Call to arrange. Suggested donation: \$3.00 (\$4.00 for persons under 60). Available year-round.

PROGRAMS FUNDED THROUGH COMMUNITY AND CHARITABLE ORGANIZATIONS, *CONTINUED*

Martha's Community Kitchen – 139 Lake Street, St. Albans, VT 05478 – Offering healthy food and caring companionship. Dining Room is open for lunch every day from 11am-1pm. Seniors can also enjoy a simple breakfast each morning at 9am.

Salvation Army of Greater Burlington – 64 Main Street, Burlington, VT 05401

Friendly Kitchen – Meals are offered to anyone in need from 5:00pm-6:00pm on Mondays, Wednesdays, Thursdays, Fridays and Saturdays.

Food Pantry – Open for walk-in service Monday, Wednesday and Thursday from 10am-2pm, Fridays from 11am-2pm.

Emergency Assistance – for other needs such as rent, utilities and medical. By appointment, call (802) 864-6991.

REGIONAL FARM SHARE PROGRAMS

Addison County Relocalization Network (ACORN) Farmacy Program – (802) 382-0401 – www.acornvt.org – This “Prescription CSA” program distributes fresh, locally-grown or produced foods to eligible patients in the Middlebury area, at no cost to participants. Please contact ACORN via email at info@ACORNVt.org to see how you might be able to participate. Nutrition education and cooking classes are provided. No cost to participants.

The Intervale Center's Fair Share – (802) 660-0440 – <https://www.intervale.org/programs/#gleaning-and-food-rescue-banner> – This 16-week summer CSA program supplies freshly gleaned, or rescued, produce to eligible families each week. Produce is from farms located at the Intervale or throughout Chittenden County. Program also provides nutrition education and cooking skills. No cost to participants. Contact Hannah@intervale.org for more information.

Intervale Community Farm – Supported Shares – (802) 658-2919 – www.intervalecommunityfarm.com/supported-shares – An internally-funded program that reduces the cost of CSA shares by 36% for members with qualifying incomes. Eligibility is based on the same income standards as programs such as 3SquaresVT, WIC, etc. Contact kathie@intervalecommunityfarm.com for more information.

Northeast Organic Farmers Association (NOFA) – Community Food Access Programs – (802) 434-7162- <https://nofavt.org/programs/community-food-access>

Farm Share Program – Provides fresh, local foods to Vermonters in need of financial assistance via half-priced CSA shares. All details and application are available online. Call or email farmshare@nofavt.org with any questions.

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. All details on eligibility and how to sign-up are available online. Call or email farmshare@nofavt.org with any questions.

Northwest Farmacy CSA – Sponsored by Northern Tier Center for Health (NOTCH) and Healthy Roots Collaborative, this 14 week program provides participants with fresh, locally-grown produce, kitchen tools and culinary education. Operating in Franklin and Grand Isle counties. Interested in learning more? Speak with your NOTCH provider or community health worker to see if you are eligible to participate.

Vermont Farmers Food Center – (802) 342-4219 – www.vermontfarmersfoodcenter.org – Using ‘Food as Medicine’, this program works with local healthcare providers and farmers to distribute up to 12 pounds of produce per week to eligible patients and their families. Nutrition education and cooking classes are provided and there is no cost to participate. Call (802) 342-4219 or email ehileman@vermontfarmersfoodcenter.org for more information on becoming a member.

Vermont Health Care Share – <https://www.vycc.org/farm/health-care-share/> - This program connects Vermont families with fresh, local food through their health care provider. Working with 11 medical center partners currently, the Farm at VYCC grows, harvests and packs fresh food for over 400 shares per week throughout the state. Eligible Vermonters identify as food insecure and/or have diet-related chronic illness. If you are interested in this 12-17 week summer program, please click the link above to see if your provider is listed. If so, contact your provider directly to sign up.

FOOD RESOURCES AT UVM MEDICAL CENTER

Farm Shares for Health – Sponsored by UVM Medical Center's Nutrition Services Department and UVM Comprehensive Pain Program (CPP). Seasonal CSA farm shares offered to participants and alumni of the UVM Comprehensive Pain Program. Program details and enrollment are available by contacting the CPP at (802) 847-5550.

Food Pharmacy – Located in the Children's Specialty Clinic (CSC) at the Main Campus. Non-perishable foods are available to patients of the Children's Specialty Clinic and their families facing food insecurity. Inquire with your CSC provider for more information and to access the pharmacy.

COVID-19 RELATED FOOD RESOURCES

**Please note these resources may expire*

Everyone Eats – Call 2-1-1 – www.vteveryoneeats.org/find-a-meal - Everyone Eats provides healthy meals from local restaurants to anyone whose access to food has been affected by COVID. Meals are available through hundreds of sites, including a digital app that allows you to request to-go meals directly from restaurants.

FOOD RESOURCES FOR STUDENTS

Free and Reduced Lunch – During the 2022-2023 school year, all students in all public schools (K-12) will receive free breakfast and lunch at school. Students and families who could benefit from this program beyond the current school year are encouraged to fill out an application for eligibility to indicate this interest. More information and links to online applications for participating school districts are located here: <https://education.vermont.gov/student-support/nutrition/school-meals-information-for-families-and-caregivers/apply-for-free-and-reduced-lunch>. Eligible applicants may qualify for additional benefits.

BackPack Program – School-based (K-12). Bags of non-perishable, kid-friendly, balanced foods are packed and distributed to participating schools. Guidance counselors, school nurses and other staff can identify students in need and send permission slips home to parents to explain the program. See <https://www.vtfoodbank.org/share-food/backpack-program#a1f55bbc25199cd1b> for a list of participating schools.

Rally Cat's Cupboard – Any student from the University of Vermont can visit the on-campus food pantry for nutritional support as needed. Follow @rallycatscupboard on Facebook and Instagram for updates or more information. The Cupboard is located on the first floor of the Davis Center, across from Feel Good. Open Tuesdays and Thursdays 2pm to 4pm. Contact cupboard@uvm.edu to access outside of open hours.

NOTE: The Interfaith Center, Mosaic Center for Students of Color, Prism Center and Women and Gender Equity Center also house smaller food pantries for the students they serve.

St. Michael's College Food Pantry – Located in Alliot 204, this on-campus food pantry is open for student and employee use. Containing non-perishable food items as well as fresh fruits and vegetables grown on the Farm at SMC, the pantry is currently open for 24 hours from Thursdays at 12pm to Fridays at 12pm every week.

HUNGER IN VERMONT DURING THE COVID-19 PANDEMIC:

1 IN 3 PEOPLE

reported being food insecure at some point during the pandemic.

BIPOC: 10.4X

as likely to face hunger.

WOMEN: 7.3X

as likely to face hunger.

FAMILIES WITH CHILDREN: 5.1X

as likely to face hunger.

HOUSEHOLDS EXPERIENCING JOB DISRUPTION: 4.3X

as likely to face hunger.



UVMHealth.org/MedCenter