Food insecurity can happen to ANYONE at ANYTIME

The USDA defines food insecurity as limited access to adequate food due to lack of money or other resources.

This can affect people everyday OR some days.

If you say OFTEN or SOMETIMES to the following statements, you have experienced food insecurity.

In the past year, we worried whether our food would run out before we got money to buy more.

In the past year, the food that we bought just didn't last and we didn't have money to get more.

Statements adapted from USDA Household Food Security Survey

Community Resources

3 Squares VT
(800)-479-6151
Women, Infants and Children’s program
(800)-649-4357
Meals on Wheels
(877)-379-2600
The Vermont Foodbank
(800)-585-2265
Vermont school lunch programs
(802) 479-1030
Hunger Free Vermont
(802) 865-0255
Vermont Community Garden Network
(802) 861-4769
Choose My Plate
www.choosemyplate.gov

Don’t have regular access to nutritious food

Statistics from HungerFreeVermont.org
Impacts on Health

- Anemia
- Fatigue
- Decreased Bone Density
- Failure to Thrive
- Increased number of hospitalizations
- Longer recovery times
- Obesity
- Depression
- Suicidal Ideation
- Behavioral Dysregulation in school
- Emotional Stress
- Anxiety
- Shame
- Cognitive Delays
- Hyperlipidemia
- Cardiovascular disease
- Diabetes


Who can I talk to?

Talk to you Primary Care Provider

- Your PCP can talk to you about the health impacts of food insecurity and can connect you with other resources like Registered Dieticians, Care Coordinators, and Social Workers

Call: 2-1-1 Information Hotline

Where can I go?

- ANEW Place
  - (802) 862-9879
- Burlington Salvation Army
  - (802) 864-6991 x105
- Chittenden food Shelf
  - (802) 658-7939
- Charlotte Food Shelf
  - (802) 425-3252
- Colchester Community Food Shelf
  - (802) 879-2444
- COTS Daystation
  - (802) 864-7402
- Essex, Jericho, Underhill Ecumenical Food Shelf
  - (802) 899-3932
- Heavenly Food Pantry
  - (802) 878-5745
- Hinesburg Community Center
  - (802) 482-4946
- Richmond Food Shelf and Thrift Store Inc
  - (802) 578-4283
- Shelburne Food Shelf Inc.
  - (802) 662-3313
- Spectrum Youth and Family Services
  - (802) 864-7423
- Williston Community Food Shelf
  - (802) 735-6303

Information from www.vtfoodbank.org