

## **.FOODSR**

### **Senior Food Resources in Vermont**

For more information on any of the following resources, please contact the **Vermont Senior HelpLine: 1-800-642-5119**

1. 3SquaresVT

Formerly food stamps, 3SquaresVT is a federal USDA program that helps Vermonters stretch their food budgets and put three square meals a day on their tables. Further information can be found at <http://www.vermontfoodhelp.com>

2. Meals on Wheels & Community Meals

Delivers prepared meals to homebound seniors' homes. Community meals are also held throughout the state at various locations. For more information, call the Vermont Senior HelpLine or visit the Central Vermont Council on Aging's web site <http://www.cvcoa.org>

3. Commodity Supplemental Food Program

Provides income-eligible seniors age 60 and older with a box of nutritious food. For more information, call the Vermont Foodbank's toll free number 1-800-214-4648 or visit [www.vtfoodbank.org](http://www.vtfoodbank.org)

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## **.FOODALL**

### **Food Resources in Vermont**

1. 2-1-1 Vermont

Provides information about hundreds of community resources including emergency food and shelter, food pantries, and housing and heating assistance. Call 2-1-1 anytime. Information is also available at <http://www.vermont211.org>

2. 3SquaresVT

Formerly food stamps, 3SquaresVT is a federal USDA program that helps Vermonters stretch their food budgets and put three square meals a day on their tables. Further information can be found at <http://www.vermontfoodhelp.com>

3. WIC - Special Supplemental Nutrition Program for Women, Infants, and Children

A nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Information is also available by calling 1-802-863-7333 or at <http://www.healthvermont.gov/wic/>

4. Free/Reduced School Meals

Children in families that earn up to 185% of the federal poverty level are eligible for free/reduced price school meals and can apply anytime. Information can be found at [http://www.hungerfreevt.org/school\\_meal.php](http://www.hungerfreevt.org/school_meal.php)

5. Health Care Share

Run by the Vermont Youth Conservation Corps and medical professionals, HCS provides fresh vegetables, herbs, and poultry from the Farm at VYCC. Workshops through The Learning Kitchen help recipients gain tools to maintain a healthy diet, shop on a budget, and have a greater understanding of how to procure local and affordable food.

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