

**HARDWICK AREA
HEALTH CENTER**

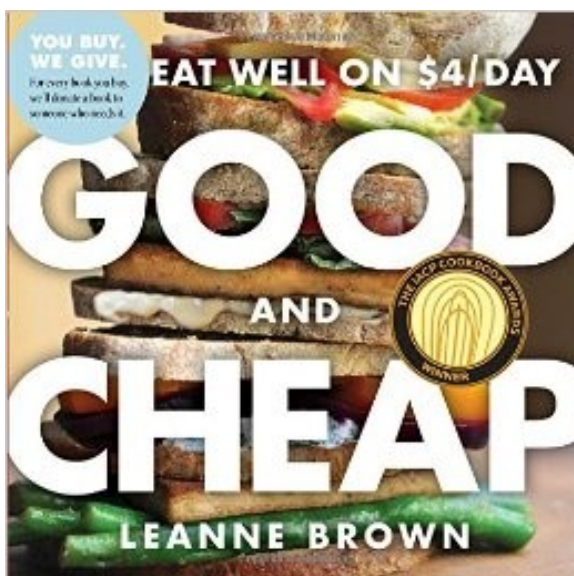
**4 Slapp Hill Road
Hardwick, VT 05843
Phone: 802.472.3300
Fax: 802.472.8277**

FOOD FOR ALL

Hardwick Area Free and Reduced Cost

In this guide:

- * Schedule of local free and donation-based meals
- * Information about local food pantries
- * Information about free, local educational programs
- * Other resources to help you eat well on a budget



In the waiting room at the Health Center!

- Hardcopy of GOOD AND-CHEAP Eat Well on \$4/DAY cookbook by Leanne Brown
- With recipe cards so you can try as many as you'd like at home!
- PDF FREE at: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>



COMMUNITY MEALS

Town	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morrisville	Breakfast 7am - 9am, Free, First Congregational and Puffer United Methodist Church, 85 Upper Main St., Morrisville, 802.888.2225	Breakfast 7am - 9am, Free, First Congregational and Puffer United Methodist Church, 85 Upper Main St., Morrisville, 802.888.2225	Breakfast 7am - 9am, Free, First Congregational and Puffer United Methodist Church, 85 Upper Main St., Morrisville, 802.888.2225	Breakfast 7am - 9am, Free, First Congregational and Puffer United Methodist Church, 85 Upper Main St., Morrisville, 802.888.2225	>Breakfast 7am - 9am, Free, First Congregational and Puffer United Methodist Church, 85 Upper Main St., Morrisville, 802.888.2225 >Dinner, 5:30pm - 6:30pm Last Friday of the month, Free, same location	Community Lunch, 11:15am Third Sunday of the month, Free, First Congregational and Puffer United Methodist Church, 85 Upper Main St., Morrisville, 802.888.2225
Danville	Community Dinner, 6pm 3rd Monday of the Month, Danville Congregational Church, 87 Hill St., Danville, 802.684.1151	Lunch, Danville Seniors Dinner (all ages welcome) 12pm, Suggested donation \$4->60, \$5 others (not required), Danville United Methodist Church, 89 Park St., Danville, 802.684.3389	Lunch, Danville Seniors Dinner (all ages welcome) 12pm, Suggested donation \$4->60, \$5 others (not required), Danville United Methodist Church, 89 Park St., Danville, 802.684.3389	Lunch, Danville Seniors Dinner (all ages welcome) 12pm, Suggested donation \$4->60, \$5 others (not required), Danville United Methodist Church, 89 Park St., Danville, 802.684.3389		
Johnson			Community Lunch, 11:30am - 12:30pm, Free, frozen foods may be available for take-home, United Church of Johnson, 100 Main St., Johnson, 802.635.1439			
Hardwick				Lunch, 12pm, Free/donations accepted, United Church of Hardwick, 216 South Main St., Hardwick, 802.472.6800		
Westfield				Lunch, 12pm, suggested \$4 donation, free on 2nd Thurs, Westfield Community Center, North Hill Road/School St., 802.744.2484 **FREE Bone Builders Class before meal 10:30am - 11:30am, PLUS Bingo following lunch!**		
Newport				Lunch, 12pm 3rd Thurs of every month, Free, United Church of Newport on 3rd St., Newport, VT, 802.334.6033		
Craftsbury			Community Dinner, 6pm - 7pm, United Church of Craftsbury, 7 Church Lane, Craftsbury Common, VT, 05827, 802.586.8028			

FOOD PANTRIES



Location	Name	Hours*	Contact
39 W Church St, Hardwick, VT, 05843	Hardwick Area Food Pantry	Mon 12pm - 2pm, Thurs & Sat 9am - 11am	802.472.5940
197 Harrel St, Morrisville, VT	Lamoille Community Food Share	Mon-Fri 9am - 11:30am, Sat 9:30am - 11am	802.888.6550
Ecumenical Community Center, The Open Door/ PO Box 377, Danville, VT, 05828-0377	Danville Emergency Food Shelf	Mon & Wed 10am - 1pm, Fri 10 am - 4pm	802.684.2515 (Shelf)/802.684.2193
FIANCP, Inc., 3339 Main St., PO Box 157, Cabot, VT, 05647	Faith in Action Food Share Program	Emergency food boxes available, contact for distribution dates	802.563.3322, admin@fiancp.org
661 Railroad St., Johnson, VT, 05656	Johnson Food Shelf	Tues & Fri 9am - 12pm	802.635.9003./ (802.635.2100 for Emergencies Only)
72 Harrel St., Morrisville, VT	Lamoille County Mental Health Food Shelf	Mon-Thurs 2:30pm - 4:30 pm, Fri 2:30pm - 4:30pm	802.888.5026
49 Valley Lake Road, Woodbury, VT	Woodbury/Calais Food Shelf	3rd Sat of the month 9am - 11am & Wed following 3rd Sat 5pm - 6:30pm	802.472.6292
Basement, 2nd Congregational Church, 16 Church St., Jeffersonville	Cambridge Community Food Shelf and Clothing Bank	Mon 6pm - 7pm, Tues 1pm - 4pm	802.644.8911
63 3rd St, Newport, VT, 05855	United Church Food Shelf	Tues 10 am - 1pm and Wed 10am - 12pm following 1st Thurs of each month	802.334.6033



Download the FREE APP!
Search: Vermont 2-1-1

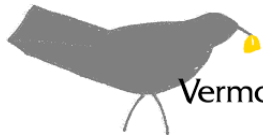
* Call to confirm meal times and food pantry hours

* Other Community Dinners are offered, contact for schedule: Faith in Action Northern Communities Partnership, Inc., 3339 Main St., PO Box 157, Cabot, VT, 05647, 802.563.3322, admin@fiancp.org

* From Vermont 2-1-1 website: "...2-1-1 is the number to dial to find out about hundreds of important community resources, like emergency food and shelter, disability services, counseling, senior services, health care, child care, drug and alcohol programs, legal assistance, transportation agencies, educational and volunteer opportunities, and much more"

* SIMPLY DIAL 2-1-1

- * **WIC:** For pregnant mothers, mothers with a child <5, or care-givers, 1-800-649-4357 or email WIC@Vermont.gov
- * **Vermont Foodbank:** Applications available at Hardwick Area Food Pantry, return to Sally Ingraham at the Vermont Foodbank, Fax 802.476.0319, Email singraham@vtfoodbank.org, Mail 33 Parker Rd., Barre, VT, 05641



Vermont Foodbank

- * **Food to Seniors: The Commodity Supplemental Food Program:** Food boxes and nutrition information for eligible individuals >60, call **1-800-214-4648**, application available at <https://www.vtfoodbank.org/share-food/csf>
- * **Community Kitchen Academy:** "...a job training program that prepares underemployed and unemployed Vermonters for careers in the food service industry.", apply online <https://www.vtfoodbank.org>, questions to David Eyler, 802.477.5121, deyler@capstonevt.org

GET INVOLVED!

GROW YOUR OWN Y

A collaboration between the Hardwick Area Food Pantry, the Center for Agricultural Economy, and NEK Kids on the Move. We approach hunger and food insecurity in our community in a holistic fashion by helping people learn to garden, to cook the food they grow, and to preserve the excess. All workshops of the Grow Your Own program are **FREE and open to the public, usually the first Sat. of the month, schedules posted at the Food Pantry and Health Center.** Children welcome. Shared meal. Please reserve a spot by the Wednesday before the gathering by calling or emailing Ruby @ 802.472.5940 or ruby.dalebrown@gmail.com

“The Clean 15 and Dirty Dozen”

- * From Environmental Working Group Website: “EWG’s Shopper’s Guide to Pesticides in Produce™ recognizes that many people who want to reduce their exposure to pesticides cannot find or afford an all-organic diet. It helps them identify conventionally grown fruits and vegetables that tend to test low for pesticide residues. When they want foods whose conventional versions test high for pesticides, they can make an effort to locate organic versions.”
- * Guide consists of two simple lists, PDF FREE at <https://www.ewg.org>, simply enter email address
- * Bring the guide with you the next time you shop. Try buying conventional from the clean list and organic from the dirty list to save money and reduce exposure!



NEK on the KIDS MOVE

NEK Kids on the Move programs are primarily offered through existing after-school programs which are accessible to all school-aged children in the

community. We aim to make school counselors, nurses and area health providers aware of NEK Kids on the Move programs so they may recommend them to children. contact Katharine Ingram, Program Director at nekkidsonthemove@gmail.com or [802-535-7762](tel:802-535-7762)