

Concerned about access to healthy and affordable food? Here are some local and online resources that might be available to you:

Milton Family Community Center (23 Villemaire Lane, Milton, VT – 0.8 miles from MFM clinic)

The MFCC Emergency Food Shelf is accessible by appointment Monday through Friday, 10:00am to 2:00pm. Please call (802) 893-1457. Walk-ins are accepted but calling is preferred. They also have a garden program for young children. <https://miltonfamilycenter.org/emergency-food-shelf/>

St. Ann's Church Food Shelf (41 Main St, Milton, VT 05468 – 1.8 miles from MFM clinic)

The food shelf is open during Rectory Hours: Monday-Friday 9:45am-2:45pm and is located in the Parish Rectory. Patrons may come get a bag weekly, as needed. Toiletry bags are given out once, monthly. We encourage you to call ahead at (802) 893-2487 to ensure that we have bags available, as they are first come, first serve. <https://stanmilton.com/food-shelf>

Call 2-1-1 on your phone

Free, confidential information and referral program which helps connect Vermonters to community, health, and human resources and services.

Online Resources for Eating Healthy on a Budget

Recommended by our Milton Family Practice Community Health Team Dietician:

<https://www.eatingwell.com/recipes/19339/cooking-methods-styles/budget/>

Vermont/Chittenden County Specific Resources:

1. VT Dept of Health – Resources for Food Help & Access to Healthy Diets
<https://humanresources.vermont.gov/food-help>
<https://www.healthvermont.gov/mymoment/#eating-healthy>
2. UVM Medical Center - Healthy Resources
<https://www.uvmhealth.org/medcenter/wellness-resources/health-library/zx3463>
3. Food Access for Women, Infants, and Children - WIC
<https://www.healthvermont.gov/local/burlington/wic>

Other Resources:

1. CDC – Tips for Healthy Eating on a Budget:
<https://www.cdc.gov/diabetes/healthy-eating-budget.html>
2. US Dept of Agriculture – Tips for Healthy Eating on a Budget
<https://www.myplate.gov/eat-healthy/healthy-eating-budget>
3. National Institute of Health – Overcoming Roadblocks to Healthy Eating
<https://www.nia.nih.gov/health/overcoming-roadblocks-healthy-eating>

