

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

1:10 Vermonters



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

Information from: Gitterman, B. A., Chilton, L. A., Cotton, W. H., Duffee, J. H., Flanagan, P., Keane, V. A., Schwarzenberg, S. J. (2015). Promoting Food Security for All Children. *Pediatrics*, 136(5), e1431-e1438

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