

# UVM ScholarWorks

## A Pamphlet on Housing and Food Insecurity Resources in Burlington

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## Food Security

- **Feeding Chittenden (802) 658-7939**  
228 North Winooski Ave  
Hot meals M-F 8:30-2:30  
Groceries M-F 10-3:30
- **COTS Daystation (802) 862-5418**  
95 North Avenue  
Hot meals at 12:30 PM 7 days a week
- **3 Squares, Call 1-800-479-6151 to request an application for Food Stamps**
- **Spectrum Youth and Family Services (802) 864-7423 177 Pearl St**  
Hot meals at 12 PM and 5 PM 7 days a week
- **Salvation Army (802) 864-6691**

## Housing

- **CVOEO (802) 862-2771**  
255 S Champlain St, Burlington VT  
Contact here first!!!
- **ANEW Place (802) 540-1095**  
89 North St or 165 Shelburne Rd  
6 PM- 8 AM Daily
- **COTS Waystation and Family Shelter (802) 862-5418**  
Intake at 187 Church St. or 95 North Ave for families  
24 hours a day / 7 days a week
- **Spectrum Youth and Family Services (802) 864-7423**  
177 Pearl St., Burlington VT  
24 hours a day/ 7 days a week
- **Steps to End Domestic Violence (802) 658-1996**  
294 North Winooski Ave  
24 hours a day/ 7 days a week

2024 guide to Chittenden County

# Burlington Resources for Those in Need

If you think you or someone else you know is in need of support, please call Vermont 2-1-1 or look inside this pamphlet for a list of resources.

## Safe Needle Disposal Sites

- 1) **HOWARD CENTER SAFE RECOVERY**  
45 Clark Street, Burlington, VT 05401
- 2) **VERMONT DEPARTMENT OF HEALTH**  
108 Cherry Street, Burlington, VT 05401

## How to Deal with Sharps Safely



- 1) **Look for an official sharps disposal container**
- 2) **If one is not available, find a hard glass or plastic bottle**
- 3) **Pick it up with tongs or heavy gloves, keeping the sharp end away from you at all times**
- 4) **Set the bottle on the ground and drop the sharp into it**
- 5) **Seal the container and gently place it into a dumpster or trash can**