



STRETCH YOUR BUDGET with Vermont Food Programs.

No one should be worried about having enough food. Hunger Free Vermont wants you to know that there are many food resources available to help you and your neighbors.

3SquaresVT: 3SquaresVT is here to stretch your budget by helping you buy food from grocery and convenience stores, farmers markets, and co-ops across the state. 3SquaresVT benefits are deposited each month on an EBT card, which works like a debit card. While over 65,000 people in Vermont shop with 3SquaresVT, many more are eligible but don't know it. To find out more and get help applying, visit vermontfoodhelp.com or text **VFBSNAP** to **85511**.

Meals for Kids: This school year, meals are free for all kids, whether they are learning at school or remotely. School meals are kid-friendly, and give the nutrition needed to help kids grow. For information on school meals in your area, ask your school administrator, see this [2021-2022 VT Open Meal Sites list](#) or call **2-1-1**.

If your child is in childcare, ask your provider if they participate in the Child and Adult Care Food Program, or if they offer meals and snacks through a different program.

WIC: If you're pregnant, or a caregiver or parent with a child under five, WIC is right for you! WIC gives you access to healthy foods, nutrition education and counseling, breastfeeding support, and community referrals. Vermont WIC is open and most services are being done by phone appointment. To find out more and get help applying, call **2-1-1** or text **VTWIC** to **85511**.

Older Vermonters and people living with disabilities can have free meals delivered to their home through Meals on Wheels, and some people may be able to get help with grocery shopping. Many organizations have also been offering curbside or in-person meals. For more information about meals for older adults and people living with disabilities, please call the Helpline at **1-800-642-5119**.

If you are aged 60 or older and meet income guidelines, you can get a free box of food every month through the **Commodity Supplemental Food Program**. CSFP is dependable, helps with meal planning, and frees up money for other foods. For more details and a simple application, go to vtfoodbank.org/share-food/csfp or call **1-800-214-4648**.

Food Assistance through the Vermont Foodbank Network: The Vermont Foodbank is dedicated to supporting Vermonters during all times of need. To get help, visit vtfoodbank.org/gethelp or call **1-800-585-2265**.

VT Everyone Eats: Everyone Eats provides healthy meals from local restaurants to anyone whose access to food has been affected by COVID. 25% of all ingredients come from local farmers and food producers. Meals are available through hundreds of sites, including a digital app that allows you to request to-go meals directly from restaurants. To find out where you can pick up an Everyone Eats meal, call **2-1-1** or visit www.vteveryoneeats.org/find-a-meal.

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3SquaresVT for Families with Children:

3SquaresVT gives over 65,000 people in Vermont money every month to buy food. Many more people are eligible, but may not even know it. Shopping with 3SquaresVT lets us buy the food we know and love.

3SquaresVT is for everyone who qualifies, and a family of four can get up to \$835 a month! This is a great way for us to stretch our budgets and have flexibility to pay for other expenses.

Visit vermontfoodhelp.com/apply-now to learn more about 3SquaresVT.

To get help applying, you can:

Call **2-1-1**

Text **VFBSNAP** to **85511**

Send an email to 3SVT@vtfoodbank.org

If you are 60 or older, you can call the Helpline at **1-800-642-5119** for personalized assistance.

Call **1-800-479-6151** to speak with a Benefits Specialist at DCF-ESD!

Signing up for Fuel and Energy Assistance can stretch your budget even further.

Fuel and energy assistance programs can help pay part of your heating and energy bills. These programs are available for homeowners and renters, and it doesn't matter if you pay for heat directly, or pay as part of your rent.

Signing up for Seasonal Fuel Assistance may increase your monthly 3SquaresVT amount! You can complete the short application online, call **1-800-479-6151**, or visit your local DCF-ESD office. Visit: dcf.vermont.gov/esd/contact-us/districts

For households that are almost or completely out of fuel and who meet income requirements Crisis Fuel Assistance is here to help. Individuals must apply in person at their local Community Action Agency. Visit: dcf.vermont.gov/partners/caps

Vermont Gas Company (VGS) and Green Mountain Power (GMP) also offer energy assistance programs to help cover home heating costs. Call the Vermont Economic Services Division at **1-800-775-0516** if you have questions about this program and how to apply, or visit: dcf.vermont.gov/benefits/eap



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