



STRETCH YOUR BUDGET with Vermont Food Programs.

*No one should worry about having enough food.
There are many food resources available to help you and your neighbors.*

3SquaresVT: 3SquaresVT is a program that gives money to eligible people every month to buy groceries at more than 600 retailers and 40 farmers markets across Vermont. 3SquaresVT benefits are deposited each month on an EBT card, which looks and works like a debit card. Over 70,000 people in Vermont shop with 3SquaresVT, but many more are eligible and don't know it. To find out more and get help applying, visit vermontfoodhelp.com or text **VFBSNAP** to **85511**.

Meals for Kids: Meals are free for all students in the 2022-23 school year. Federal program waivers that have allowed schools to serve all meals free to students during the pandemic have ended, but our state legislature stepped up and passed Act 151 to continue Universal School Meals in Vermont this year! Even though meals are free, your school meal application is critical to the success of Universal School Meals this year and helps us make this program permanent in Vermont. Submit your school meal application today; it helps you, your school, and your entire community. Contact your school for more information about how to submit your school meal application!

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. And right now, WIC benefits can go further than ever! 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 things. For more details and a simple application, go to vtfoodbank.org/gethelp or call **1-800-214-4648**.

Food Assistance through the Vermont Foodbank Network: The Vermont Foodbank and its many Network Partners are 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 across the state, 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

*These programs are here for all of us when we need them
– they are designed to help us AND our entire community!*

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