

## Food and Nutrition Resources for Vermont Families

VT 2-1-1 and Help Me Grow can assess families' needs and connect them to many of these resources.

Program Name	Sign-up Info	Eligibility	Notes/unique features
<b>3SquaresVT</b>  <b>Vermont's name for the federal Supplemental Nutrition Assistance Program (SNAP)</b>	Throughout the state at any of the 12 Dept. for Children and Families (DCF) District Offices, online, or by mail. Application assistance offered by Community Action Agencies, Area Agencies on Aging (AAA), & other community organizations such as the Vermont Foodbank.	Income/household size	Monthly benefit added to an EBT card that can be used to buy food at many stores and farmers' markets much like using a bankcard or credit card. The average monthly benefit per household is about \$225.
<b>CSFP (Commodities Supplemental Food Program)</b>	Apply by mail or call 800-214-4648. Application available on Vermont Foodbank website.	Income/must be 60 years old or above.	Monthly box of shelf-stable nutritious food delivered for pickup at locations around the state.
<b>WIC (Women Infants Children)</b>	Statewide at the twelve VDH Offices of Local Health and 50 smaller WIC clinic community sites.	Families with children under the age of 5, including pregnant women; Income/household size *Adjunctively eligible if participating in SNAP/Reach-Up or insured by Medicaid	Monthly food benefit, nutrition education/resources, breastfeeding education, counseling and support, breast pumps and referrals to other services. Nutrition risks assessed, and follow-up provided as needed. Offers individual counseling, online nutrition education and small groups to best meet families' needs and interests.
<b>Child Nutrition Programs</b>	School based (K-12)	Income/household size	Parents fill out forms at the beginning of school year; children can get free or reduced cost meals at school.
<b>Summer Meals Programs</b>	School based (K-12) Administered through various schools, towns, community agencies, summer camps.	Income/household	
<b>Emergency Food Shelves &amp; Community Meal Sites</b>	Statewide, no "sign-up" necessary.	Anyone who needs food	Locations are can be found on the Vermont Foodbank's website or from Vermont 211. Many sites offer a variety of fresh and local produce.
<b>Mobil Food Pantries (Veggie Van Go)</b>	School sites are open to families and/or caregivers that have students within the school districts; Hospital sites are open to those who have been referred by a health care provider or for community members experiencing	Anyone who needs food	School sites: Rutland Northwest Elementary; Bennington Molly Stark Elementary; Brattleboro High School; The St. Johnsbury School; Winooski Schools; Barre City Middle & Elementary School  Hospital sites: Central Vermont Medical Center; Northeastern Vermont Regional Hospital; Grace Cottage;

	food insecurity.		Southern Vermont Medical Center; Springfield Medical Care Systems; VA Medical Center; Brattleboro Memorial: Mount Ascutney Hospital		
<b>Backpack Program</b>	School based (K-12)	School staff identify students in need and send permission slips home to their parents explaining the program.	Currently at 31 Vermont schools. See Vermont Foodbank website for complete list.		
<b>Farm to Family Coupons</b>	Given out through WIC and Community Action Agencies	Families enrolled in WIC; other individuals or families with household incomes at or below 185% of the federal poverty limit	WIC Families can get \$30 - \$60 in coupons and tips about shopping at farmers' markets and selecting fresh produce;  Community Action: The application process begins in late June of each year. Coupons are provided at the time of application.  Distribution is on a first come, first served basis until all the coupons are gone. Some offices run out quickly. Coupons are valid for the market season. They expire on October 31st each year.		
<b>Crop Cash</b>	At participating farmers markets that accept EBT/Debit Cards, info table (list of markets online) <b>(may be ending 3/31/18)</b>	3SquaresVT eligible	Double 3SquaresVT benefits spent at Farmers Markets – can be used to purchase fresh fruits, vegetables, herbs, fruit/vegetable/herb starts, and fruit/vegetable/herb seeds. There is a \$10 Crop Cash limit, per market day.		
<b>Health Care Shares</b>	Central Vermont, University of Vermont, Rutland Regional Medical Centers, and North Country Hospital	Medical professionals at participating sites identify patient & employee families experiencing hunger or diet related illness and “prescribe” healthy food. Food is distributed to member-families through primary care clinics.	Through classes and workshops, Health Care Share participants gain tools to maintain a healthy diet, shop on a budget, and cook and eat fresh food. Weekly newsletters include farm news and recipe information, and Hunger Free Vermont's The Learning Kitchen is available to participants. (Run by the Vermont Youth Conservation Corps, VYCC)		
<b>NOFA's Farm Share program</b>	Contact <a href="mailto:jennie@nofavt.org">jennie@nofavt.org</a> 802-434-4122. Applications can be found at: <a href="https://nofavt.org/farmshare">https://nofavt.org/farmshare</a> .	VT families at or below 185% of federal poverty limits. Participating families pay 50% of the CSA share cost, the farm and NOFA each pay 25%.	Families pick-up the shares each week, just like a normal CSA. The program runs in the summer and winter. Funds are usually tight, and they do run out of available shares, so it is best to apply as early as possible!		
Year round – Federally Funded	Summer – Federally Funded	School Year – Federally Funded	Seasonal – Federally Funded	Limited – Grant Funded	Other – Grants and Donations