

Food Help During Summer & Beyond

VT Dept. For Children And Families • State Dr, Waterbury

Announcement

Below are some programs that can help you put food on the table:

3SQUARESVT

If you qualify, you'll get money every month that you can use to buy eligible food at participating stores and farmers markets. <https://dcf.vermont.gov/benefits/3SquaresVT>

3SQUARESVT IN A SNAP!

An easier way for older & disabled Vermonters to apply for 3SquaresVT benefits. <https://dcf.vermont.gov/benefits/3SquaresVT/SNAP>

CROP CASH

If you get 3SquaresVT, you can turn up to \$10 of your benefit into \$20 you can use to buy fresh fruits, vegetables and herbs at participating farmers markets. <https://nofavt.org/cropcash>

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

If you're aged 60 or older and meet income guidelines, you can get a free box of food every month. <https://www.vtfoodbank.org/share-food/csfp>

FARM TO FAMILY

If you qualify, you can get coupons you can use to buy locally-grown fresh fruits, vegetables and herbs at participating farmers markets and farm stands. <https://dcf.vermont.gov/benefits/f2f>

FULL PLATES VT

If you qualify, you can get a free box of fresh produce and pantry staples at drive-thru distribution points in all 14 Vermont counties — from now until September 2021. <https://www.eventbrite.com/e/full-plates-vt-tickets-151480705869>

PANDEMIC-EBT

If you qualify, you can get a \$375 summer food benefit for your child. To qualify, you must: 1) have a school-age child who was enrolled in a school that offers school meals as of June 2021; and 2) apply for free/reduced-price meals at school before August 16. Contact your school to get an application.

If your child is already signed up free/reduced-price meals at school, you should get this benefit automatically. <https://dcf.vermont.gov/esd/covid19/P-EBT>

SUMMER MEALS FOR KIDS

Children aged 18 and younger can get free meals and snacks at sites across the state. <https://www.fns.usda.gov/meals4kids>

WOMEN, INFANTS & CHILDREN (WIC)

If you're income eligible and pregnant or the parent/caregiver of a child under 5, WIC can provide nutritious foods (including \$35 for fruits and vegetables through September), nutrition education and counseling, and breastfeeding support.

<https://www.healthvermont.gov/children-youth-families/wic/apply>