

—Slug:.....COMM-0840.wc.food_help_list
—Contributor.....
—Contributor email.....
—For section..... News
—Format..... News sidebar
—Dateline.....
—Article Number:.....42596

Notes from editor (not for publication):

HEADLINE ELEMENTS:

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1 Food programs and community food resources for
2 Vermonters

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4 TEXT BODY:

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5 **For everyone:** 3SquaresVT provides money every month
6 to buy food at grocery and convenience stores and farmers
7 markets across Vermont. Benefits can be multiplied at farmers
8 markets when combined with Crop Cash.
9 To find out if you are eligible for 3SquaresVT and get
10 help applying, visit vermontfoodhelp.com or text VFBSNAP to
11 85511.

To learn more about Crop Cash, check at the manager's booth of your local farmers market, visit nofavt.org/cropcash, or call NOFA Vermont at 802-434-7162.

You'll find local food shelves, pantries, and meal sites at churches and community centers all across Vermont. Visit vtfoodbank.org/gethelp or dial 211 to find free foods and meals in your area.

For kids: Students in Vermont public schools can enjoy free breakfast and lunch, thanks to the Universal School Meals law.

For pregnant people and/or caregivers of children under 5: WIC (the USDA's Special Supplemental Nutrition Program for Women, Infants, and Children) offers healthy foods, nutrition education, breastfeeding/chestfeeding support, and community referrals to those who qualify.

To find out more and get help applying, visit HealthVermont.gov/ApplyToWIC, call 211, or text APPLY to 844-839-8942.

For older vermonters: For individuals 60 and older, the Commodity Supplemental Food Program provides free monthly food boxes. To find out if you qualify, visit vtfoodbank.org/share-food/csfp or call 800-214-4648. (As of this November, there is a wait list for CSFP.)

Meals on Wheels offers home-delivered meals and grocery shopping assistance. Call the Vermont Older Adults Helpline at 800-642-5119 for more information and to get personalized assistance applying to 3SquaresVT.

For people living with disabilities: Meals on Wheels provides free home-delivered meals and grocery shopping assistance to individuals living with short and/or long-term disabilities. For more information, call VCIL at 800-639-1522.

To receive personalized assistance with applying for 3SquaresVT, call 800-479-6151. All relay calls accepted.

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LAST ISSUE IN WHICH THIS FILE CAN BE RUN:

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VIDEO:

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LOGLINE (SOCIAL MEDIA):

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