

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

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Notes from editor (not for publication):

[REDACTED]

HEADLINE ELEMENTS:

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1 Food programs and community food resources for
2 Vermonters

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4 #####END SUBHED#####

5 TEXT BODY:

#####BEGIN TEXT#####

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

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

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

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

22 **For pregnant people and/or caregivers of children under**
23 **5:** WIC (the USDA's Special Supplemental Nutrition Program for
24 Women, Infants, and Children) offers healthy foods, nutrition
25 education, breastfeeding/chestfeeding support, and community
26 referrals to those who qualify.

27 To find out more and get help applying, visit
28 HealthVermont.gov/ApplyToWIC, call 211, or text APPLY to 844-
29 839-8942.

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

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

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

43 To receive personalized assistance with applying for
44 3SquaresVT, call 800-479-6151. All relay calls accepted.

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BIO/COATTAIL:

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LAST ISSUE IN WHICH THIS FILE CAN BE RUN:

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LINKS:

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VIDEO:

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LOGLINE (SOCIAL MEDIA):

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