

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
3SquaresVT Vermont's name for the federal Supplemental Nutrition Assistance Program (SNAP)	At any of the 12 Dept. for Children and Families (DCF) District Offices, online , or by mail.	Income/household size	Application assistance offered by Community Action Agencies, Area Agencies on Aging (AAA), & other community organizations such as the Vermont Foodbank. 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. Search NOFA website for markets that accept EBT.
CSFP (Commodity Supplemental Food Program)	Vermont Foodbank website or call: 1-800-214-4648	Income-eligible Vermonters, ages 60+	Monthly box of shelf-stable nutritious food delivered for pickup at locations around the state.
WIC (Women Infants Children)	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.
Child Nutrition Programs	School based (K-12)	Income/household size	Parents fill out forms at the beginning of each school year (but can apply at any time if their circumstances change); allows children can get free or reduced cost meals at school. Parents must reapply each year.
Summer Meals Programs	School based (K-12), administered through various schools, towns, community agencies, summer camps.	Income/household	Sites may offer breakfast or lunch or both. A list of sites by county can be found on Hunger Free Vermont's summer meals site.
Emergency Food Shelves and Community meal sites	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.
Community Meal Sites	Toll free: 1-(800)-642-5119	Age 60+	Meals provided at community sites, including senior centers. Opportunities for socializing and participation in health promotion disease prevention programs.
Mobil Food Pantries (Veggie Van Go)	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 food insecurity.	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; Southern Vermont Medical Center; Springfield Medical Care Systems; VA Medical Center; Brattleboro Memorial: Mount Ascutney Hospital
Backpack Program	School based (K-12)	School staff identify students in need & send permission slips home to parents.	Currently at 31 Vermont schools. See Vermont Foodbank website for complete list.

Meals on Wheels	800-642-5119	Age – 60+; must be homebound.	Meals provided at community sites, including senior centers. Opportunities for socializing and participation in health promotion disease prevention programs.		
Farm to Family Coupons	Given out through WIC and Community Action Agencies	Families enrolled in WIC; other individuals, including seniors, or families with household incomes at or below 185% of the federal poverty limit.	Can get \$30 - \$60 in coupons to use at farmers' markets. Apply in late June; coupons are provided at the time of application and are good for the season. First come, first served basis until coupons are gone some offices run out quickly.		
Crop Cash	At participating farmers markets that accept EBT/Debit Cards, info table (list of markets online)	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.		
Health Care CSAs/"healthy food prescriptions"	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.	Subsidized CSAs, classes and workshops to help participants gain tools to maintain a healthy diet, shop on a budget, and cook and eat fresh food. Food is distributed to member-families through primary care clinics.		
NOFA's Farm Share program	Contact jennie@nofavt.org ; 802-434-4122. Applications can be found at: https://nofavt.org/farmshare .	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!		
Senior Farm Share	Contact jennie@nofavt.org ; 802-434-4122	Age 60+, living at a participating affordable housing site. Income 185% of federal poverty level	Connects seniors to the farm through a Community Supported Agriculture (CSA) share. Each senior is eligible for a fully paid \$50 share, typically spread out over a 5-10 week share period.		
University of Vermont Extension's Expanded Food and Nutrition Education Program (EFNEP)	Contact local EFNEP Nutrition Educators or call 1-877-337-5826 for info about services, eligibility & signing-up; free programs that best meets participants needs.	Limited income families. Those eligible for 3 Squares VT/SNAP, WIC, Head Start and/or free school meals, are likely eligible.	EFNEP empowers Vermonters to lead healthier lives through hands-on nutrition education—Eat. Shop. Live. Grow. Free programs serve income eligible parents, caregivers and expecting mothers, as well as children and teens.		
The Learning Kitchen (TLK)	Contact Hunger Free Vermont: 802-865-0255.	Vermonters from low-income households; at or below 185% of the federal poverty level, or who qualify for free or reduced school meals or for the WIC, Reach Up, or 3SquaresVT programs are considered "eligible".	Available for middle-school youth, young adults, and adults in low-income areas and at sites that serve low-income populations. Participants engage in hands-on cooking and nutrition education focused on balancing and planning meals, stretching food dollars, shopping strategies and cooking techniques. Classes are taught by area chefs and trained nutrition educators.		
Year round – Federally Funded	Summer – Federally Funded	School Year – Federally Funded	Seasonal – Federally Funded	Limited – Grant Funded	Other – Grants and Donations