### DISCLOSURES

- I have no relevant financial relationships to disclose or conflicts of interest to resolve
- I will discuss no unapproved or off-label pharmaceuticals

Katy Davis Nutrition & Community Education Manager



### VERMONT'S FEDERALLY FUNDED NUTRITION PROGRAMS

Alleviate food insecurity and malnutrition by providing benefits to help Vermonters purchase food wherever they shop and meals for children where they learn and play.

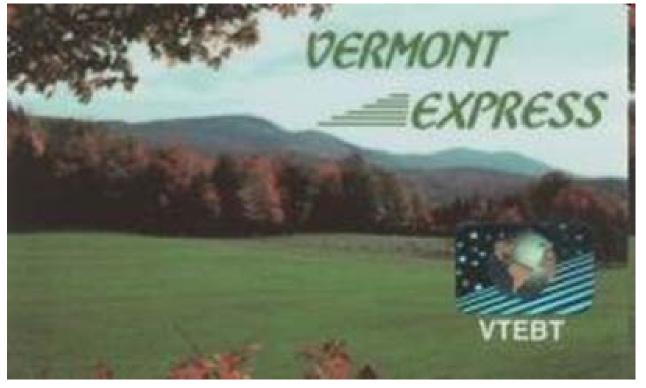


#### **INCOME GUIDELINES –** *Vermont's Federally Funded Nutrition Programs*

Household/Family Size	185 % of the FPL (annual income)
1	\$22,311
2	\$30,044
3	\$37,777
4	\$45,510
5	\$53,243
6	\$60,976
7	\$68,709
8	\$76,442
9	+\$7,333 for each additional household member



**3SquaresVT** Helping Vermonters purchase food wherever they shop



- Dignified means to increasing families food budgets
- Our nations largest nutrition program
- Provides a monthly food benefit, via EBT card



### FARMERS MARKETS

3SquaresVT Accepted at Over 40 Farmers Markets Across Vermont



### **FARM TO FAMILY** – \$30 in coupons to purchase fresh fruits and vegetables

- WIC participants
- 3SquaresVT income eligible



<u>**CROP CASH</u>** – Spend \$10 from EBT card, get \$10 more in coupons to purchase fresh fruit and vegetables</u>



# CHILD NUTRTION PROGRAMS

Feed children of all ages where they learn and play



#### **Key Features –**

- Age appropriate nutrition standards
- Per-meal reimbursement



# SCHOOL AGE CHILDREN

School meals alleviate hunger and support health and academic achievement



- <u>School Meal Programs</u> serving breakfast, lunch, snack, afterschool & meals over the summer
- Nearly 43% of Vermont students rely free meals at school (2016-2017 school year)



# YOUNG CHILDREN

#### Balanced nutrition is essential for brain development.



- Childcare Meal Programs (CACFP)
- WIC (Women Infants & Children)



### WIC (WOMEN INFANTS & CHILDREN)

#### Who qualifies?

- Income eligible (185% of the Federal Poverty Level)
- Pregnant women and families with children, up to age 5

#### What do Participants receive?

- Monthly food benefit specific foods that provide key essential nutrients
- Nutrition education and counseling
- Breast feeding support
- Healthcare & community program referrals

