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
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

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

INCOME GUIDELINES –
Vermont’s Federally Funded Nutrition Programs
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

CROP CASH – Spend $10 from EBT card, get $10 more in coupons to purchase fresh fruit and vegetables
Key Features –

• Age appropriate nutrition standards
• Per-meal reimbursement
School meals alleviate hunger and support health and academic achievement

- School Meal Programs – 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