

# 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



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



# CHILD NUTRITION 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*



- 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

