



## Nutrition Resources

**Research shows a connection between the belly and the brain; a healthier stomach leads to a happier and healthier mind! With healthy eating, memory improves, and even more important right now, anxiety and depression decrease, and emotional regulation improves.**

### **Tips To Manage Nutrition During Covid-19:**

- Routines are one way to find normalcy during this time. If possible, try to maintain a meal time schedule so that children can know what to expect during the day.
- So much has changed in a short amount of time and maybe your old routines don't work anymore- try to find simple ways to create new routines where you can.
- Be gentle with yourself. This pandemic has shaken up everyone's life in different ways and it can be hard to find routine in all of the craziness! Meal time might not look the same as it used to, or how you might like it to, and that's okay.
- Try to find fun and creative ways to get kids involved in the kitchen. Make it a family activity - bake your own granola, or create a math lesson - measure the water & rice for dinner.

### **Vermont Based Resources**

**Feeding Chittenden-** Website with food resources in Chittenden County. Includes lists and phone numbers of community organizations that offer free food and meals (as well as transportation, health care and general financial resources).

<https://feedingchittenden.org/>

**Vermont Foodbank-** Lists organizations and programs that can help connect Vermonter's to food and food resources. Additionally, it provides up-to-date information on COVID-19 and how it is affecting these organizations.

1-800-585-2265 <https://www.vtfoodbank.org/>

**Burlington School Food Project-** Providing free breakfast and lunch to all children under the age of 18. Their website includes a list of pick-locations and times in Burlington. 802-864-8416 <https://www.burlingtonschoolfoodproject.org/about-us/>

**Hunger Free Vermont-** Connects Vermonters to 3SquaresVT, the Vermont food stamp program. Their website outlines how to apply and answers questions about where and how to use the benefits.

**1-800-479-6151** - This number will connect you to a benefits specialist to answer any additional questions and/or help you through the application process.

<https://www.hungerfreevt.org/3squaresvt-resource-hub>

### **Additional Resources**

**Choose My Plate** - Visit the site or download the app to help with shopping, meal-planning, and preparing healthy foods the whole family will love. Choose My Plate, a project of the U.S. Department of Agriculture, also has tips to decrease food waste and start composting at home.

<https://www.choosemyplate.gov/>

**Good and Cheap: Eat Well on \$4/Day** - eBook by Leanne Brown

Heavy on the veggies and easy on your wallet, this cookbook was made with a family's SNAP budget in mind. For \$4/day per person you can prepare savory breakfast scones, homemade poutine, tofu hot pot soup, and coconut chocolate cookies!

[https://cookbooks.leannebrown.com/good-and-cheap.pdf?fbclid=IwAR3ikeuxW\\_oYz9kDaMNY9LfSWmN4ID\\_xpJGEn0TrM4yRMo7yP\\_RWuTMfpps](https://cookbooks.leannebrown.com/good-and-cheap.pdf?fbclid=IwAR3ikeuxW_oYz9kDaMNY9LfSWmN4ID_xpJGEn0TrM4yRMo7yP_RWuTMfpps)