



STRETCH YOUR BUDGET with Vermont Food Programs.

*No one should worry about having enough food.
There are many food resources available to help you and your neighbors.*

3SquaresVT: 3SquaresVT is a program that gives money to eligible people every month to buy groceries at more than 600 retailers and 40 farmers markets across Vermont. 3SquaresVT benefits are deposited each month on an EBT card, which looks and works like a debit card. Over 70,000 people in Vermont shop with 3SquaresVT, but many more are eligible and don't know it. To find out more and get help applying, visit vermontfoodhelp.com or text **VFBSNAP** to **85511**.

Meals for Kids: School breakfast and lunch are free for all students during the 2022 - 2023 school year. With school meals, we don't have to worry about meals for our children during the day! But, with the high cost of food, many of us are still struggling to feed our children when they are home. By filling out the School Meal Application, your family might qualify for money to help pay for food. If you qualify, you will also get [a monthly discount on your Internet bill](#), and get [fuel assistance](#) and other benefits.

If you apply and qualify, be sure to keep the "Letter of Eligibility" you'll receive. This letter helps you access these additional benefits. Contact your school for your School Meal Application.

WIC: If you're pregnant, or a caregiver or parent with a child under five, WIC is right for you! WIC gives you access to healthy foods, nutrition education and counseling, breastfeeding support, and community referrals. And right now, WIC benefits can go further than ever! To find out more and get help applying, call **2-1-1** or text **VTWIC** to **85511**.

Meal Programs for Older Vermonters and people living with disabilities can have free meals delivered to their home through Meals on Wheels, and some people may be able to get help with grocery shopping. Many organizations are also offering pick-up or in-person meals. For more information about meals for older adults and people living with disabilities, please call the Helpline at **1-800-642-5119**.

If you are aged 60 or older and meet income guidelines, you can get a free box of food every month through the **Commodity Supplemental Food Program**. CSFP is dependable, helps with meal planning, and frees up money for other things. For more details and a simple application, go to vtfoodbank.org/share-food/csfp or call **1-800-214-4648**.

Food Assistance through the Vermont Foodbank Network: The Vermont Foodbank and its many **Network Partners** are dedicated to supporting Vermonters during all times of need. To get help, visit vtfoodbank.org/gethelp or call **1-800-585-2265**.

VT Everyone Eats: Everyone Eats provides healthy meals from local restaurants to anyone whose access to food has been affected by COVID. 25% of all ingredients come from local farmers and food producers. Meals are available through hundreds of sites, including a digital app that allows you to request to-go meals directly from restaurants. To find out where you can pick up an Everyone Eats meal, call **2-1-1** or visit: www.vteveryoneeats.org/find-a-meal

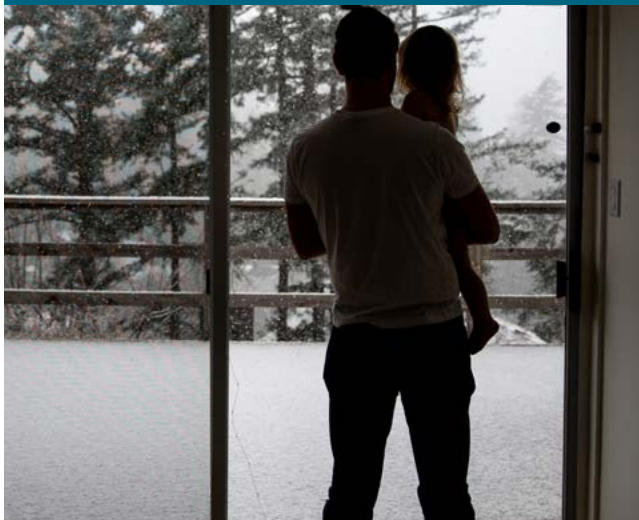
*These programs are here for all of us when we need them
– they are designed to help us AND our entire community!*

*This message is funded in part by
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Heating costs can put a burden on our budgets, but the Seasonal Fuel Assistance Program is here to help!



The **Seasonal Fuel Assistance Program** can help pay some of your heating and energy bills, whether you own or rent your home, pay utilities separately, or they are included in your rent.

If you meet the income requirements, you may qualify for assistance. The Fuel application is just two pages long and can be completed online, by mail, or in-person. If you have questions about the application or would like help applying, you can

- Dial **2-1-1** to be connected to an organization local to you.
- If you are 60 or older, call the Helpline at **1-800-642-5119** for personalized assistance.
- For translation and interpretation services, call **1-800-479-6151** and ask for an interpreter.

Additional Information including income guidelines can be found at:

dcf.vermont.gov/benefits/fuel

Stretch your budget even further with 3SquaresVT!



If you receive Fuel Assistance, you likely qualify for 3SquaresVT,

which helps tens of thousands of people in Vermont buy more food. 3SquaresVT is a program known nationally as SNAP. 3SquaresVT gives people who qualify benefits every month to buy groceries at over 600 retailers and more than 40 farmers markets in Vermont—and anywhere in the U.S. that accepts SNAP.

Many people qualify for 3SquaresVT and don't know it! To learn more, visit vermontfoodhelp.com, text **'VFBSNAP'** to **85511** or call **2-1-1** to be connected to an organization local to you.

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