



Hunger Free Vermont aims to end the injustice of hunger and malnutrition for all Vermonters.

EQUALITY at mealtime

We believe that children should have regular access to nutritious meals in childcare, school, and afterschool & summer programs. We deliver customized assistance to childcare providers, schools, and organizations to help with finances, meal planning, and implementation of best practices/models.

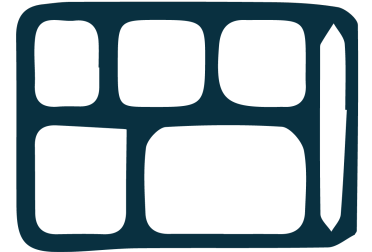
We believe the most effective models are:

UNIVERSAL MEALS: all children eat free breakfast & lunch regardless of family income

AFTER THE BELL: breakfast is built into the school day

FAMILY-STYLE: children learn social skills at mealtime

LOCAL: meals feature local foods, improving meal quality, creating localvores for life, and improving the VT economy.



DIGNITY when food shopping

We believe that everyone has the right to access food through dignified means and traditional channels, like grocery stores and farmers' markets. We coordinate statewide outreach for 3SquaresVT, the nutrition program that allows eligible Vermonters to put healthy food on the table. We teach service providers how to help their clients to receive benefits - and we work with the state administrators of the program to reduce barriers to participation.



EMPOWERMENT in the kitchen

We believe all Vermonters have the right to sufficient knowledge to feel confident when shopping for and preparing nutritious meals on small budgets. We offer The Learning Kitchen nutrition education and cooking class series to provide direct training to Vermonters from low-income households. We also work with the medical community to help them promote food as medicine, encouraging patients to enroll in nutrition assistance programs as a means to combat chronic health concerns.



JUSTICE in our systems and policies

We believe our role in keeping our government accountable for implementing, maintaining, and improving nutrition programs and food access policies is crucial toward our mission to end the injustice of hunger and malnutrition for all Vermonters. In addition to supporting policy and recommendations that protect federal nutrition programs, we advocate for systems that create economic self-sufficiency as a key to long-term food security.

