

STRETCH YOUR BUDGET with Vermont Food Programs.

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Keeping yourself and your whole family well nourished is one important way to support your health and our whole community. In this stressful time, no one should be stressed about having enough food at home. Hunger Free Vermont wants you to know that there are a number of food resources available to help you and your neighbors—we're all in this together!

- **3SquaresVT:** The COVID-19 pandemic is impacting all of us across Vermont and 3SquaresVT is here to help you put food on the table. It is an important program that helps households buy food from grocery and convenience stores, farmers markets, and co-ops. 3SquaresVT benefits are given to you each month on an EBT (electronic benefits transfer) card, which works like a debit card.

If you and your family were receiving the additional unemployment benefit that ended in July, you may now be eligible for 3SquaresVT, even if you weren't eligible before. Individuals who are unemployed, or who have experienced a partial or total decrease in their work hours during the COVID-19 outbreak do not need to meet a work or work training requirement. To find out more and get help applying visit www.vermontfoodhelp.com or text **VFBSNAP** to **855-11**.
- **Meals for Kids:** Wholesome food is important for children's ability to learn and grow. This school year, meals are available for kids through local schools, no matter where your child is learning. Meals are also available through some childcare providers. These meals are nutritious and are prepared following strict health and safety guidelines. Contact your child's school or childcare provider to learn more! If you're asked to complete a school meal application, please fill it out. Filling out the application helps our communities run meal programs throughout the year and helps make sure schools can get important federal funding.
- **WIC:** The WIC nutrition program offers healthy foods, nutrition education and counseling, breastfeeding support, and community referrals to other important services. If you're pregnant, a caregiver or a parent with and new baby or a child under five, WIC is for you! To find out more about the ways we are working to keep families safe and to start an application visit www.healthvermont.gov/wic or text **'VTWIC'** to **855-11**.
- **Meal Programs for Older Vermonters:** People age 60 and older are especially encouraged to stay at home in order to protect themselves from COVID-19, but staying well nourished is also critical for your health. To help, you may be able to pick up meals to go or have meals delivered to your home. For more information about meals for older adults, please call the Helpline at **1-800-642-5119**.
- **Food assistance through the Vermont Foodbank network:** The Vermont Foodbank is dedicated to supporting Vermonters during all times of need. To get help during this time of crisis, visit vtfoodbank.org/gethelp or call **1-800-585-2265**.

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