

# FOOD RESOURCES for GA Emergency Housing Participants

To get connected with or to learn more information about each program listed below, call 2-1-1 or visit [www.vermont211.org](http://www.vermont211.org).

## Food Resources and Meal Programs:

**3SquaresVT:** 3SquaresVT is here to help stretch your food budget. The program helps you buy food from grocery and convenience stores, farmers markets, and co-ops. 3SquaresVT benefits are deposited each month on an EBT card, which works like a debit card. Many people are eligible but don't know it, and thanks to recent changes, monthly benefits are higher than ever. To find out more and get help applying visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or text 'VFBSNAP' to 85511.

**Meal Programs for Older Vermonters:** Eating well is critical for your health. Many organizations have started offering curbside or in-person meals, but delivery is still an option! For more information about meals for older adults, please call the Helpline at 1-800-642-5119.

**P-EBT:** P-EBT is a program meant to support families with kids whose access to school meals have been impacted by the pandemic. P-EBT benefits are loaded on existing 3SquaresVT cards, or on a new, debit-like card that was mailed to households this spring. P-EBT can be used anywhere that accepts 3SquaresVT, including many farmers markets, to purchase groceries and snacks. Fill out a school meal application by August 16 if you didn't fill one out this past school year to get P-EBT for this summer. More info can be found by visiting <https://dcf.vermont.gov/esd/covid19/P-EBT>.

**Meals for Kids:** Summer meals are available to all children under 18 across Vermont this year- meals are kid-friendly, healthy, and appropriate for children from toddlers through teens. There is no paperwork needed to access meals! Many summer meal locations are offering grab-and-go meals, with parents or guardians being able to pick up on behalf of their child. To find meal locations near you, dial 2-1-1 or visit <https://www.fns.usda.gov/meals4kids>

**Help for Homeless Youth:** School homeless liaisons are employed by every school supervisory union in the state and coordinate a variety of resources for students experiencing homelessness. These resources include any items that the student needs to access their education, such as toiletries, eyeglasses, transportation, laundry, and school supplies. If your family is currently homeless with school-aged children (Pre-K-12) connect with your local school homeless liaison. To find a current list of homeless liaisons, visit [www.education.vermont.gov/student-support/federal-programs/homeless-education](http://www.education.vermont.gov/student-support/federal-programs/homeless-education)

**Food assistance through the Vermont Foodbank network:** Full Plates VT is a program of the Vermont Foodbank that gives out food boxes with fresh produce, plus other fresh and shelf-stable products, at drive-thru pickups throughout all fourteen counties in Vermont. The program runs through September 2021. To keep wait times to a minimum, reservations are required. To register and see the dates and locations, please visit [www.vtfoodbank.org/gethelp](http://www.vtfoodbank.org/gethelp) or call 833-670-2254 for assistance.

The Vermont Foodbank's VeggieVanGo events provide an opportunity for participants to bring home fresh produce, learn recipes and cooking tips, and receive 3SquaresVT application assistance. Learn more about VVG sites at [www.vtfoodbank.org/share-food/veggievango](http://www.vtfoodbank.org/share-food/veggievango)

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](http://vtfoodbank.org/gethelp) or call 1-800-585-2265.

## Local Resources:

**CAP Agencies:** Vermont Community Action Programs are a resource for low-income Vermonters. These agencies can answer questions about a variety of programs/services and help you apply.

### **BROC**

serving Bennington and Rutland Counties  
1-800-717-2762 | [www.broc.org](http://www.broc.org)

### **CAPSTONE**

serving all towns in Washington, Orange, and Lamoille Counties; Granville and Hancock in Addison County; Pittsfield in Rutland County; Barnard, Bethel, Rochester, Royalton, Sharon and Stockbridge in Windsor County  
1-800-639-1053 | [www.capstonevt.org](http://www.capstonevt.org)

### **CVOEO**

serving Addison, Chittenden, Franklin, and Grand Isle Counties  
1-800-287-7971 | [www.cvoeo.org](http://www.cvoeo.org)

### **NEKCA**

serving Orleans, Essex, and Caledonia Counties  
(802) 334-7316 | [www.nekcavt.org](http://www.nekcavt.org)

### **SEVCA**

serving Windham and Windsor Counties  
1-800-464-9951 | [www.sevca.org](http://www.sevca.org)

**Public Wifi Map:** To find a map of publicly available WiFi with access to the internet, visit [www.publicservice.vermont.gov/content/public-wifi-hotspots-vermont](http://www.publicservice.vermont.gov/content/public-wifi-hotspots-vermont). Sites are accessible at all hours for use from a parked vehicle on the road or parking lot; some may require a password.

**Vermont Legal Aid:** For further mortgage assistance, help with past due rent, affordable rent, or emergency housing, visit [www.vtlawhelp.org](http://www.vtlawhelp.org).