FEEDING YOUR FAMILY
during the Novel Coronavirus/COVID-19 Outbreak.

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:** Has your household lost pay? Have your childcare expenses increased? Have you recently lost the additional $600 per week in unemployment benefits? You could be eligible to receive a 3SquaresVT benefit! 3SquaresVT is here for you and your family to help put food on the table. It is a program that can help households buy food from grocery stores, 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:** Meals are available at summer meal sites, schools, and some childcare providers throughout the state. Check with your child’s school or childcare provider to learn how your child can access meals this fall. To ensure schools are able to continue providing meals for all kids, remember to submit a school meal application! By submitting a school meal application, you are supporting your school and community and increasing food access for all!

■ **WIC:** WIC gives you access to healthy foods, nutrition education and counseling, breastfeeding support, and community referrals. If you’re pregnant, a caregiver, or a parent with a child under five, WIC is right for you! Vermont WIC is open and most services are being done by phone appointment to align with social distancing efforts. To find out more and get help applying dial **2-1-1** 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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