



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.*

Meals for Kids: Friends, fun, and free food go hand-in-hand this summer! Free meals for all kids 18 and under are available from convenient locations around the state. No paperwork. Just stop by! Contact your local site to find out how they are serving this summer. For information about meals in your area, visit hungerfreevt.org/summer-meals, text **FOOD** to **304-304**, or call **2-1-1**.

Pandemic-EBT: Every public school student and many independent school students will receive the \$120 Summer P-EBT benefit if they are enrolled in school as of May 2023. These benefits will be issued on EBT cards by August 2023. EBT Cards look and work like debit cards and can be used to buy food at grocery stores, convenience stores, and farmers markets across Vermont! Use these benefits to support your food budget, and our local farmers, growers, and small business owners! If you have questions, visit <https://dcf.vermont.gov/esd/P-EBT> or call **1-800-479-6151**, option 7.

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. To find out more and get help applying, call **2-1-1** or text **VTWIC** to **85511**.

3SquaresVT: 3SquaresVT is a program that gives money to 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 if you are eligible and get help applying, visit vermontfoodhelp.com or text **VFBSNAP** to **85511**.

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 have also been offering curbside 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/gethelp 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**.

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

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