
EMERGENCY FOOD AND NUTRITION RESOURCES

Buying enough food when money is tight can be a challenge. Check out these resources to see if you are eligible for assistance.

Vermont 211

- Dial 211 for more information (this is not an emergency number like 911 or director assistance like 411)
- A free service to find out about hundreds of community resources like emergency food and shelter needs.

Women Infants Children (WIC)

- Call 1-800-649-4357 or Middlebury Office 388-4644
- Nutrition program to help pregnant woman, new mothers and young children

Champlain Valley Office of Economic Opportunity (CVOEO)

- Addison Community Action 388-2285
- State Office Complex, 700 Exchange Street, Suite 107, Middlebury Vermont 05753
- Food Shelf Pantry – 54 Creek Road Suite 1 Middlebury Vermont 05753, 802-388-2285

3 Squares VT (also known as SNAP, formerly known as food stamps)

- 1-800-479-6151 or www.vermontfoodhelp.com
- Helps Vermonters stretch their food budgets and put 3 square meals a day on their tables
- Can be used at grocery stores and farmers' markets

Commodity Supplemental Food Program (CSFP)

- For eligible seniors, pregnant/postpartum mothers, and children up to age 6
- Offers free monthly nutrition information and box of nutritious foods
1-800-214-4648

Farm to Family in Vermont

- Coupons worth \$30 to help purchase locally-grown fresh fruits and vegetables at participating farmer's markets in the area
- Apply in June of each year
- WIC participants: apply at WIC office
- Other participants: apply at your local community action agency

HOPE (Helping Overcome Poverty's Effects)

- 282 Boardman Street Middlebury Vermont - 388-3608
- Assistance with a broad range of assistance and programs including food needs

CVAA

- For more information call 1-800-642-5119
- Community meals available around Addison County –call for details
- **Meals on Wheels** - delivering hot nutritious meals 5 days per week
 - Special therapeutic diets provided
 - Meals served regardless of ability to pay/donate
 - Nutrition counseling available for seniors on special diets

MiddSummer Lunch and Recreation Program

- Call for more information 802-598-6940
- Food assistance program for school aged children

Charter House Coalition

- www.charterhousecoalition.org
- Local charity that addresses housing and food needs in Addison County
- Provides information on local community lunches and suppers

Vermont Senior Farm Share Program

- For more information call 802-871-3216
- Program assists limited income seniors to purchase fresh local grown fruits and vegetables from their local farm.

Addison County Transit Resources (ACTR)

- Call for more information – 388-2287
- Dial a Ride Program provides free transportation for eligible participants
- Doctors appointments, meal sites, work commitments, and social appointments