

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!

Has your family lost pay, have you been laid off or have you had your hours reduced?

You may now be eligible for nutrition programs that are designed to help your family and our local economy quickly in unexpected and emergency situations like this one. If you've never used any of these food resources before, please know they are there for you too.

- **School Meals:** All school districts in Vermont are making meals available during the current closure. These meals are free for all children 18 and under, and you can pick them up at a convenient location near your home. Just dial 2-1-1 or look up your school district. While no paperwork is needed to access these meals, submitting a meal application can help your school continue to offer nutritious meals in uncertain times. If your household finances have changed, please consider filling out a school meal application.
- **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**.
- **3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for all of us when we need a little help putting food on the table! You could be eligible to receive a 3SquaresVT benefit, and all participants are currently getting the maximum benefit amount for their household size. 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 dial **2-1-1** or text **VFBSNAP** 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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Free Food options in the Windsor-area (including pet food)

Food Shelves

All food shelves are open every week.

Windsor – Trinity Evangelical Free Church, Main St. Windsor

Tues & Thurs 5:30-6:30 pm

Wed. 10:30 to noon

Weathersfield –1879 Schoolhouse 1862 Route 106, Perkinsville

Thurs., 2-3 pm

Hartland – 4 Corners UU church

Friday 8 – 10 am

Note: Home deliveries if requested

Reading-W. Windsor

Stone School on 3456 Tyson Road

Mon., 2-4 pm

Thursday, 4-6 pm

Fresh Produce

Veggie VanGo: Mobile Nutrition Program

Free fresh veggies to anyone in need

Second Tuesday of every Month, 10-11am,

Windsor High School

Pet Food Shelves:

Lucy Mackenzie Humane Society -

www.lucymac.org; (802) 484-5829; The shelter runs a pet food bank by appointment only. Please call ahead.

Kedron Valley Vet Clinic

1205 W Woodstock Rd, Woodstock

The clinic has some dog and cat food available for donation by curbside pick-up. Call ahead to check availability: (802) 457-3135