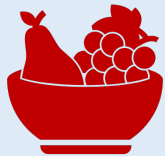


Vermont food access programs



3SquaresVT can help you stretch your food budget so you can put three healthy meals on your table every day. Text 'VFBSNAP' to 855-11 or visit <https://dcf.vermont.gov/benefits/3SquaresVT> for more information.



Farmers to families Food Box Program provides Vermonters with boxes of chicken, produce, dairy products, and non-perishable food. For a current listing of event locations, visit <https://www.vtfoodbank.org/coronavirus-services-for-individuals>



You may be eligible for **WIC** if you're pregnant, a caregiver, or a parent with a child under five. WIC can help you access healthy foods, nutrition education, and breastfeeding support. To find out more or to apply, email WIC@Vermont.gov or call 1-800-649-4357.



Vermont's **Local Health Offices** can help connect you to resources and food access programs in your county. To find the office closest to you, visit <https://www.healthvermont.gov/local>



If you're 60 or older, you may be eligible for home delivered meals to help you stay safe during the COVID-19 Stay Home Stay Safe Order. For more information about **meals for older adults**, please call the Helpline at [1-800-642-5119](tel:1-800-642-5119).



Need help with transportation or getting a ride? Dial **2-1-1** for information and services in your local area.