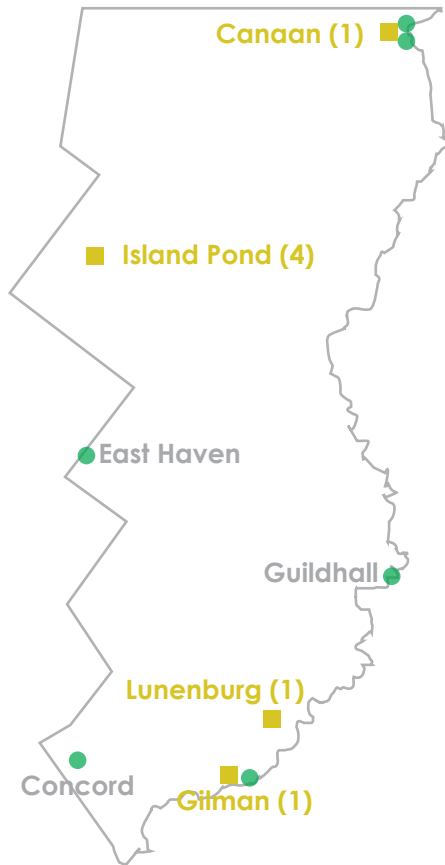


# Hunger is on the rise in our state. How strong is the safety net in Essex County?

- Schools that offer Federal Meal Programs<sup>10</sup>
- Charitable Food Sites (number of sites)<sup>11</sup>



**1 in 4** children in Essex County are food insecure.<sup>3</sup>

“ We provide on-going after school meals with support from the Vermont Foodbank. The kids love it and we’re looking to provide cooking classes in the future.”

- Northeast Kingdom Community Action Office, Canaan

**1,193** number of county residents participating in 3SquaresVT, formerly known as Food Stamps.<sup>2</sup>

**23%** county-wide increase in 3SquaresVT participation over last year.<sup>1</sup>

**50%** of grade school and high school students are eligible for free or reduced-price meals.<sup>4</sup>

**56%** of those students are participating in school breakfast programs.<sup>5</sup>

**17%** of schools are offering afterschool snacks through the federal snack program.<sup>6</sup>

**0%** of child care centers participate in CACFP, the Child and Adult Care Food Program, which provides nutritious meals to preschool and afterschool programs.<sup>7</sup>

**98** county residents served each month through the Commodity Supplemental Food Program.<sup>8</sup>

**3** summer food sites.<sup>9</sup> \* Data sources on reverse

Recent surveys show that 1 in 6 Vermont children and more than 1 in 8 Vermont households are food insecure. Join us in our efforts to end childhood hunger. Visit the Vermont Campaign to End Childhood Hunger website at [vtnohunger.org](http://vtnohunger.org) for more information on solutions to hunger and how you can help.

For details on food assistance programs, visit [vermontfoodhelp.com](http://vermontfoodhelp.com) or call 2-1-1.



# Hunger in Essex County



Vermont Campaign to  
End Childhood Hunger

802-865-0255 • [www.vtnohunger.org](http://www.vtnohunger.org)

UPDATED 5/15/10

# What You Can Do to Combat Hunger

## PROVIDE FOOD RESOURCES TO YOUR CONSTITUENTS

Encourage your constituents to take advantage of nutrition assistance programs. Include information on food resources in your newspaper columns or constituent reports. Flyers and sample articles are available at [www.vtnohunger.org/toolkit](http://www.vtnohunger.org/toolkit).

### *3SquaresVT (formerly the Food Stamp Program)*

3SquaresVT stretches family food budgets by providing eligible Vermonters with additional money to spend on food. Currently, 84,300 Vermonters are enrolled bringing over \$10 million into the state each month to be spent locally.

Applying is easy. Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call the Dept. for Children & Families at 1-800-479-6151.

### *Free or Reduced-Price School Meals*

Apply any time and bring federal money into your school meal program. Contact your local school for an application or download one from the web at:

[www.vtnohunger.org/schoolmealapplication.pdf](http://www.vtnohunger.org/schoolmealapplication.pdf)

### *Local Food Shelf and Community Meal Program*

Call toll-free 2-1-1 for locations and hours in your community and information on general resources.

## SPREAD THE WORD THROUGHOUT YOUR COMMUNITY

Make sure that program information and applications (such as school meal applications, 3SquaresVT materials, 2-1-1 flyers) are available in community gathering places such as town offices, local stores, food shelves, public libraries, the VFW, and the Grange.

Work with the Vermont Campaign to End Childhood Hunger to bring together a group of concerned citizens to learn and strategize about food resources in your community.



<sup>1</sup> 3SquaresVT Households, Recipients, and Benefits by Vermont County for December 2009, and Food Stamps Households, Recipients, and Benefits by Vermont County 12-08. Economic Services Division, Vermont Department of Children and Families.

<sup>2</sup> 3SquaresVT Households, Recipients, and Benefits by Vermont County for December 2009. Economic Services Division, Vermont Department of Children and Families.

<sup>3</sup> 08-09 County Participation and Enrollment Totals. Vermont Department of Education. 2008 Food Security Report. USDA (November 2008)

<sup>4</sup> 08-09 County Participation and Enrollment Totals. Vermont Department of Education.

<sup>5</sup> 08-09 County Participation and Enrollment Totals. Vermont Department of Education.

<sup>6</sup> After School Snack Program for 2010. Vermont Department of Education, Food and Nutrition Management.

<sup>7</sup> Vermont Child Development Division, 2008.

<sup>8</sup> Data Source: CSFP on [vfoodbank-ts/csfp](http://vfoodbank-ts/csfp). Participation by Site/Food Package – New Mexico Department of Health – CSFP.

<sup>9</sup> 2009 SFSP Data and 2009 SSO Data. Vermont Department of Education, Child Nutrition.

<sup>10</sup> Vermont Education Directory 2008-2009. Vermont Superintendents Association and the Vermont Principals' Association.

<sup>11</sup> Vermont Foodbank County Partners. [www.vtfoodbank.org](http://www.vtfoodbank.org).

<sup>12</sup> Vermont Public Schools Not Participating in the Federal School Breakfast or Lunch Program as of October 1, 2009. Vermont Department of Education, Child Nutrition Program.