

Strengthen Our Economy: Access Food Resources This Winter

- **Apply for 3SquaresVT (Food Stamps).** New changes make more people eligible for the program. Benefits are distributed on a debit card; seniors can have benefits deposited as cash into their bank accounts. Visit www.vermontfoodhelp.com or call the Department of Children and Families at 1-800-287-0589.
- **Take advantage of free or reduced price school meals.** Families can apply at any time in the school year. All breakfasts served to low-income kids are free. Contact your local school for an application or download one from the web at www.vtnohunger.org/schoolmealapplication.pdf
- **Visit your local food shelf or community meal program.** Individuals and families can go to their local food shelves or community meal programs to receive emergency food assistance. Call toll free 2-1-1 for information on locations and hours in your community.

Please share this information with your neighbors via school newsletters, congregation bulletins, town offices, local libraries, senior centers, doctor's offices and food shelves.

Vermont Campaign to
End Childhood Hunger 
802-865-0255 • www.vtnohunger.org