

# FEEDING YOUR FAMILY

## during the Novel Coronavirus/COVID-19 Outbreak.

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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:** Most districts will still be providing meals to students during this closure. If your family's financial situation changes you can apply or re-apply for free school meals at any time during the school year, even if you have not qualified in the past! Contact your school for an application.
- **WIC:** WIC gives you access to healthy foods, nutrition education and counseling, and breastfeeding support. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! To find out more and apply visit <https://www.healthvermont.gov/family/wic> or text 'VTWIC' to 855-1
- **3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family to help put food on the table! You could be eligible to receive a 3SquareVT benefit or increase the benefit you already receive. To get help applying visit [www.vtfoodbank.org/nurture-people/3squaresvt](http://www.vtfoodbank.org/nurture-people/3squaresvt), call 855-855-6181 or text VFBSNAP to 85511. You can also visit <https://dcf.vermont.gov/benefits/3SquaresVT>
- **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 find a food shelf near you, call 1-800-585-2265 or visit <https://www.vtfoodbank.org/agency-locator>

