

Food and Nutrition Resources for Vermont Families

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Program Name	Signup Info	Eligibility	Notes/unique features
3SquaresVT Supplemental Nutrition Assistance Program (SNAP)	At any of the 12 Dept. for Children and Families (DCF) District Offices online , or by mail.	Income/household size	Application assistance offered by Community Action Agencies, Area Agencies on Aging (AAA), & other community organizations such as the Vermont Foodbank. Monthly benefits loaded to an EBT card that can be used to buy food at many stores and farmers' markets much like using a bankcard or credit card. See SNAP website for markets that accept EBT.
CSFP (Commodity Supplemental Food Program)	Vermont Foodbank website or call: 1-800-214-4648	Income-eligible Vermonters, ages 60+	Monthly box of shelf-stable nutritious food delivered for pickup at locations around the state.
WIC (Women, Infants and Children)	Statewide at 12 Vermont Department of Health (VDH) Local Health Offices and 50 smaller WIC clinic community sites. Sign up by texting VTWIC to 857-11, email WIC@vermont.gov or call 1-800-649-4357 or 802-863-7333	Families with children under the age of 5, including pregnant women; Income/household size *Adjunctively income eligible if	

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Backpack Program	School based (K-2)	School staff identify students in need & send permission slips home to parents.	Currently at 38 Vermont schools. See Vermont Foodbank website for complete list.