

# FEEDING YOUR FAMILY

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

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updated 3/24/20

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:** Vermont school districts are providing meals for 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, breastfeeding support, and community referrals. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! Vermont WIC is open and most services are being done by phone appointment to align with social distancing efforts. To find out more and get help applying dial **2-1-1** or text '**VTWIC**' to **855-11**.
- **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 3SquaresVT benefit or increase the benefit you already receive. Individuals who are unemployed, or who have experienced a partial or total decrease in their work hours during the COVID-19 outbreak do not need to meet a work or work training requirement. To find out more and get help applying dial **2-1-1** or text **VFBSNAP** to **855-11**.
- **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 get help during this time of crisis, visit [vtfoodbank.org/gethelp](http://vtfoodbank.org/gethelp) or call **1-800-585-2265**.

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This message is funded in part by the USDA. This institution is an equal opportunity provider.

