



Food Resources and Updates

- **Benefits:** 3SquaresVT benefits are delayed for November. Because of a federal funding pause, benefits will not be available on time as they normally would. But the state of Vermont is using state funds for 3SquaresVT households, and people can expect to receive 50% of the benefit they normally would get. The state anticipates this will be available to households by November 7th. If you still have funds on your EBT Card from last month, you can still use them. You can check your EBT Balance online or by calling 1-800-914-8605.
- **EBT Cards WILL Work:** All states received clarity from USDA late on Friday 10/24 that EBT Cards WILL work at any authorized SNAP retailer now and after November 1st. For households that still have 3SquaresVT benefits on their EBT Cards, they can use those benefits as they normally would now, and after November 1st. There are more than 600 stores and 40 farmers markets in Vermont that accept 3SquaresVT benefits.
- **DCF is still open:** DCF is still accepting 3SquaresVT applications and recertification paperwork. It is important for people to keep applying for benefits because if they are found to be eligible for benefits, they will receive them as backdated when the government reopens.
- **State Action:** The Vermont Emergency Board approved state funding to issue two weeks of benefits to all 3SquaresVT households and to allocate \$250,000 to the Vermont Foodbank to directly support food shelves and pantries meeting immediate community needs.

COMMUNITY MEALS

MONDAY

COTS Daystation	95 North Ave	12:30pm - Lunch
CVOEO Community Resource Center	228 North Winooski Ave	930am - 1130am – Hot meal 1pm – 4pm - Snacks
Feeding Champlain Valley	228 North Winooski Ave	9am – 11am – Hot meal 9am – 2:30pm – To go food
Salvation Army	64 Main Street	10am – 2pm – To go boxes 5pm – 6pm – Hot dinner
Spectrum Drop In (Ages 18 – 24)	177 Pearl Street	9am – Breakfast snacks 12pm – 1pm – Lunch 5pm – 545pm - Dinner
Food Not Bombs	City Hall Park	12pm – 1pm - Lunch

TUESDAY

COTS Daystation	95 North Ave	12:30pm - Lunch
CVOEO Community Resource Center	228 North Winooski Ave	9:30am – 11:30am – Hot meal 1pm – 4pm - Snacks
Feeding Champlain Valley	228 North Winooski Ave	9am – 11am – Hot meal 9am – 2:30pm – To go food
Salvation Army	64 Main Street	10am – 2pm – To go boxes 5pm – 6pm – Hot dinner
Spectrum Drop In (Ages 18 – 24)	177 Pearl Street	9am – Breakfast snacks 12pm – 1pm – Lunch 5pm – 545pm - Dinner
Food Not Bombs	City Hall Park	12pm – 1pm - Lunch

WEDNESDAY

COTS Daystation	95 North Ave	12:30pm - Lunch
CVOEO Community Resource Center	228 North Winooski Ave	9:30am – 11:30am – Hot meal

		1pm – 4pm - Snacks
Feeding Champlain Valley	228 North Winooski Ave	9am – 11am – Hot meal 9am – 2:30pm – To go food
Salvation Army	64 Main Street	10am – 2pm – To go boxes 5pm – 6pm – Hot dinner
Spectrum Drop In (Ages 18 – 24)	177 Pearl Street	9am – Breakfast snacks 12pm – 1pm – Lunch 5pm – 5:45pm - Dinner
Food Not Bombs	City Hall Park	12pm – 1pm - Lunch

THURSDAY

COTS Daystation	95 North Ave	12:30pm - Lunch
CVOEO Community Resource Center	228 North Winooski Ave	9:30am – 11:30am - Hot meal 1pm – 4pm - Snacks
Feeding Champlain Valley	228 North Winooski Ave	9am – 11am – Hot meal 9am – 2:30pm – To go food
Salvation Army	64 Main Street	11am – 2pm – To go boxes 5pm – 6pm – Hot dinner
Spectrum Drop In (Ages 18 – 24)	177 Pearl Street	9am – Breakfast snacks 12pm – 1pm – Lunch 5pm – 5:45pm - Dinner
Food Not Bombs	City Hall Park	12pm – 1pm - Lunch

FRIDAY

COTS Daystation	95 North Ave	12:30pm - Lunch
CVOEO Community Resource Center	228 North Winooski Ave	9:30am – 11:30am – Hot meal 1pm – 4pm - Snacks
Feeding Champlain Valley	228 North Winooski Ave	9am – 11am – Hot meal 9am – 2:30pm – To go food
Salvation Army	64 Main Street	10am – 2pm – To go boxes 5pm – 6pm – Hot dinner
Spectrum Drop In (Ages 18 – 24)	177 Pearl Street	9am – Breakfast snacks 12pm – 1pm – Lunch 5pm – 5:45pm - Dinner

Food Not Bombs	City Hall Park	12pm – 1pm - Lunch
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SATURDAY

COTS Daystation	95 North Ave	12:30pm - Lunch
Salvation Army	64 Main Street	10am – 2pm – To go boxes 5pm – 6pm – Hot dinner
Spectrum Drop In (Ages 18 – 24)	177 Pearl Street	9am – Breakfast snacks 12pm – 1pm – Lunch 5pm – 545pm - Dinner
First Congregational Church	28 South Winooski Ave	8am – 9am – Breakfast and Bagged Lunch

SUNDAY

COTS Daystation	95 North Ave	12:30pm - Lunch
Spectrum Drop In (Ages 18 – 24)	177 Pearl Street	9am – Breakfast snacks 12pm – 1pm – Lunch 5pm – 545pm - Dinner

FOOD SUPPORTS IN CHITTENDEN COUNTY

*****Please be sure to check websites to get the most updated days/hours of operation***

*****Some food shelves ask for a piece of mail showing you live in the area the food shelf serves***

Here is a link to locate food shelves throughout Vermont as well as locations and hours of operation of Chittenden County Food shelves:

[Find a Food Shelf - Vermont Foodbank](#)

Chittenden Emergency Food Shelf: ([Groceries & Meal Production - Feeding Champlain Valley](#))

228 N. Winooski Ave, Burlington

(802) 658-7939

Hot meals: Monday – Friday 9am-11:30am

Grab and go food: Monday – Friday 9am-2:30pm

Groceries: Monday – Friday 9:30am-2:30pm (guests can grocery shop one time per week)

North End Food Pantry ([Food Pantry Hours and Location — North End Food Pantry](#))
(website has translated information)

1416 North Ave, Burlington

Saturdays and Sundays 9am-11am – first come, first served basis. Guests start lining up at 8:50.

Free food, clothing, diapers, wipes, and personal care items

Winooski Food Shelf ([Winooski Vermont Food Shelf](#))

24 W. Allen St., Winooski

(802) 655-7371

Second and fourth Wednesdays 1pm-3pm

Second and fourth Saturdays 9:30am-11am

(can register online)

Milton Family Community Center Food Shelf ([Community Food Shelf | Milton Family Community Center](#))

23 Villemarie Lane, Milton

802-893-1457

Mondays: 8am-4pm

Tuesdays: 10am-4pm

Wednesdays: 8am-4pm

Thursdays: 8am-4pm

Fridays: 10am-4pm

Williston Food Shelf ([The Williston Community Food Shelf - Williston Community Food Shelf Home](#))

400 Cornerstone Dr., Suite 130, Williston

802-578-0586

Tuesdays 5pm-6:30pm

Thursdays 9am-11am

Saturdays 9am-11am

South Burlington Food Shelf ([Serving Our Community - South Burlington Food Shelf](#))

356 Dorset St, South Burlington

(802) 858-5267

Thursdays 4pm-6pm

Fridays and Saturdays 8am-10am

Colchester Food Shelf ([Colchester Food Shelf | Harvest of Hope for Friends in Need](#))

245 Main Street, Colchester (between Claussen's and Union Memorial School)

(802) 879-2444

Wednesdays 12pm-6pm

First Saturday of every month 9am-11am

Essex Food Shelf – Heavenly Food Pantry ([Heavenly Food Pantry – First Congregational Church of Essex Junction](#))

First Congregational Church of Essex Junction, 30 Main Street, Essex Junction

(802) 878-5745

Second Mondays 5:30pm-7:30pm

Fourth Thursdays 3pm-6pm

Essex Junction, Jericho, Underhill and Westford Food Shelf -Aunt Dot's Place ([Aunt Dot's Place | Community Food Shelf in Essex, Vermont](#))

51 Central Road, Suite B, Essex

Tuesdays 6pm-7:30pm

Thursdays 9am-11am

Saturdays 10am-12pm

Shelburne Food Shelf ([Contact us - Shelburne Food Shelf](#))

5420 Shelburne Rd., Shelburne (Town Hall next to the library)

(802) 622-3313

Guests sign up for shopping spots on online form

Charlotte Food Shelf ([Charlotte Food Shelf | Charlotte UCC 2022](#))

Charlotte Congregational Church, 403 Churchill Road, Charlotte

(802) 425-3176

Second and fourth Wednesdays 4pm-6pm

Second and fourth Saturdays 9am-11am

Hinesburg Food Shelf ([Hinesburg Food Shelf - Hinesburg Community Resource Center](#))

Hinesburg Community Resource Center, 51 Ballards Corner Rd., Hinesburg

Tuesdays 5:30pm-7:30pm

Fridays 10am-12pm

Richmond Food Shelf ([Richmond Food Shelf & Thrift Store](#))

58 Bridge St., Richmond

Tuesdays 10am-1pm

Thursdays 4pm-6pm Saturdays 10am-1pm



[DIRECTIONS](#) [CALENDAR](#)

[JOIN US](#)

- [About UU](#)
- [Worship & Music](#)
- [Justice & Outreach](#)
- [Caring & Belonging](#)
- [Spiritual Growth & Learning](#)
- [Donate](#)

- [Working for Justice](#)
- [Climate Justice Resources](#)
- [Racial Justice Team](#)
- [Immigration Justice Resources](#)
- [Youth Service Projects](#)
- [Helping Our Community](#)

Helping Our Community



Sunday Morning Breakfast

The Meeting House Grounds group was formed to welcome neighbors who use the UU grounds, as part of our mission to care for each other and our community. When we learned there is no community meal offered early on Sunday, **Sunday Morning Breakfast** was begun. We make and distribute breakfast bags from 8-9 a.m. on Sundays outside our Meeting House. If you'd like to help at Sunday Morning Breakfast, please read these [Volunteer Guidelines](#). Please donate to support this community-centered sharing. Thank you!

This next document needs to be updated. It is 93% accurate. For best results, go to the link that is highlighted:

BURLINGTON FREE FOOD

Hours of operations and eligibility vary by location, for the most updated information and comprehensive list of free food locations in the Burlington area visit: tinyurl.com/FreeFoodBTV

-  **PANTRIES**
dry goods and shelf stable items
(vegetables available in some locations)
-  **HOT MEALS**
meals available for sit down or to-go
-  **PRODUCE**
unprocessed fresh vegetables

-  1 Feeding Champlain Valley
228 N Winooski Avenue
-  2 Winooski Food Shelf at
United Methodist Church
24 W Allen Street
-  3 North End Food Pantry
14 Heineberg Road
-  4 Salvation Army Food Pantry
64 Main Street
-  5 Odd Fellows Lodge
1416 North Avenue
-  7 South Burlington Food Shelf
356 Dorset Street
-  8 The Peoples Fridge
32 Hungerford Terrace
-  9 ONE Freedge
102 Lafountain Street
-  10 St. Mark's Catholic Church
1251 North Avenue
-  11 College Street
Congregational Church
265 College Street

-  13 First Unitarian Universalist
Society of Burlington
152 Pearl Street
-  14 COTS Daystation
95 North Avenue
-  15 First Congregational "Brick"
Church
38 S Winooski Avenue
-  16 South Meadow People's
Kitchen
S Meadow Drive & Baird
Street
-  17 First United Methodist
Church
21 Buell Street
-  18 Salmon Run People's
Kitchen
220 Riverside Avenue
-  19 Spectrum Youth and Family
Services
177 Pearl Street

-  21 Intervale Center
Winooski Winter
Veggies
32 Malletts Bay Avenue
-  22 VeggieVanGo at
Winooski School District
60 Normand Street
-  23 Pomeroy Park People's
Farmstand
31 Booth Street
-  24 Heineberg Community
Senior Center
14 Heineberg Road





FOOD RESOURCES FOR ALL

*No one should worry about having enough food!
Here is a list of food programs and resources for all of us.*

**Fall
Edition**

FOR EVERYONE: 3SquaresVT provides money every month to buy food at grocery and convenience stores and farmers' markets across Vermont. The money is deposited on a debit-like card, called an **EBT card**. Benefits can be **TRIPLED** at farmer markets when combined with **Crop Cash!** Also, there are **'Farm To Family Coupons'** to get fruits and vegetables at farmers markets.

How to learn more and find out if you qualify:

- **3SquaresVT:** Visit vermontfoodhelp.com or text **VFBSNAP** to **85511**
- **Crop Cash:** Visit nofavt.org/cropcash or the manager's booth of your local farmers market, or call 802-434-7162
- **Farm To Family Coupons:** Visit dcf.vermont.gov/benefits/f2f or reach out to your local Community Action Agency

There are local food shelves, pantries and meal sites at churches and community centers all across Vermont!

Visit www.vtfoodbank.org/gethelp or dial 2-1-1 to **find free foods and meals** in your area.

FOR KIDS: Students in public schools can enjoy free breakfast and lunch thanks to the Universal School Meals law.

FOR PREGNANT PEOPLE AND/OR CAREGIVERS OF CHILDREN UNDER 5: **WIC** offers foods, nutrition education, breastfeeding/chestfeeding support and community referrals. For more info and get help applying, visit HealthVermont.gov/ApplyToWIC, call **2-1-1**, or text to **1-844-839-8942**.

FOR OLDER VERMONTERS: For individuals aged 60+, the **Commodity Supplemental Food Program** provides free monthly food boxes. To find out if you are eligible, visit vtfoodbank.org/share-food/csfp or call **1-800-214-4648**. **Meals on Wheels** offers home-delivered meals and grocery shopping assistance. Call the **Vermont Older Adults Helpline** at **1-800-642-5119** for more information and to get personalized assistance applying to 3SquaresVT.

FOR PEOPLE LIVING WITH DISABILITIES: **Meals on Wheels** provides free home-delivered meals and grocery shopping assistance to individuals living with short and/or long-term disabilities. For more information, call VCIL at **1-800-639-1522**. To receive personalized assistance with applying for 3SquaresVT call **1-800-479-6151**. All relay calls accepted.

These programs are designed to help us AND our entire community!



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