

Porter Medical Center COVID-19 Food Resource Guide

Individuals and organizations alike are facing new challenges surrounding food access during the COVID19 pandemic. This handout provides information on accessing food during this time. Circumstances of organizations can change quickly and may not be reflected in this handout. For the most up to date information, please contact 2-1-1 Vermont, or call the organizations directly.

3SquaresVT (SNAP): Program for income-eligible families and individuals to provide extra money each month for groceries. Apply at <https://dcf.vermont.gov/mybenefits> or call 1-800-479-6151

- Updated eligibility requirements and changes to benefits during COVID19 crisis can be found at www.vermontfoodhelp.com or by calling 1-800-479-6151
- A special Pandemic EBT is available to all children who qualify for free and reduced school meals
- Urging families and individuals to apply online if possible

WIC Program: Access to healthy food, nutrition education and counseling, and breastfeeding support for pregnant women, caregivers, or women with children under 5. Call 1-802-388-4644 or text "VTWIC" to 85511 for more info.

- Continues to operate through Tele-WIC (by phone)
- Expanded food options are available during pandemic
- Stocking extra formula for families unable find it in the store

School Meal Programs: Schools will continue to provide breakfast and lunch for the remainder of the school year and are making special efforts make meals available for all kids who need it. Contact your local school/school district for details.

- Meals on the Bus: schools are delivering FREE meals along bus routes for ALL children under 18, regardless of income, or whether they attend that school. Meals are also available for curbside pickup at schools.
- A special 3SquaresVT benefit called Pandemic EBT is available to all kids who qualify for free and reduced school meals. Additionally, schools are asking families to complete school meal applications to help the schools continue to offer nutrition programming.
- Addison Central School District—grocery pick up options for staple foods on Thursdays. Call school district or contact your school's nurse for more information.

Meal on Wheels: Program offering home delivered meals for older/home-bound Vermonters. Call Age Well at 1-800-642-5119 or visit agewellvt.org for more info. Home delivery is still ongoing while abiding by social distancing guidelines.

Meals for All: the Boys and Girls Club of Greater Vergennes is offering FREE take-out meals and meal delivery to anyone (kids through seniors) in the 5-town school district (Addison, Ferrisburgh, North Ferrisburgh, Panton, Vergennes, Waltham and West Addison). Call 802-870-7199 or visit <https://bgcvergenes.org/meals-for-all> for more information and to sign up.

ACTR: Local bus system offering free rides to those who qualify. Providing free food delivery and rides to access food during pandemic. Go to <https://actr-vt.org/free-rides-to-access-food/> or call 802-388-2287 for more info.

HOPE: Essential services remain available, go to <http://www.hope-vt.org/> for details, or call 802-388-3608. Call between 10am and 2pm on Mondays and Wednesdays to order food, and pick up on Tuesdays or Thursdays between 10am and 2pm.

CVOEO: Offering delivery of food boxes 1x/mo as well as pick-up. Income standards have changed to make this more easily available to anyone who needs it. Call 802-388-2285 to access.

Other Food Shelves and Pantries: Contact local food shelves for updated information on how to access food during the COVID-19 pandemic

- **Vergennes Community Food Shelf**—no income restrictions; all are welcome; phone 802-877-2435
- **Have a Heart Food Shelf, Bristol**—no income restrictions; phone 802-453-5218
- **Starksboro Food Shelf**—no income restrictions; all are welcome; phone 802-453-2639
- **New Community Project Food Share Program, Starksboro**—no income restrictions; all are welcome; phone 802-434-2333
- **Whiting Cupboard**—no income restrictions; phone 802-623-8171
- **Victory Baptist Church, Vergennes**—no income restrictions; phone 802-877-3393
- **Assembly of God Christian Center, Ferrisburgh**—no income restrictions; phone 802-877-3903

Local Grocery Store Updates:

- **Shaw's Middlebury/Bristol/Vergennes**—Insta-cart shopping/delivery service for a fee. This is a third party service.
- **Hannaford Middlebury**—7am-8am on Tues/Wed/Thurs reserved for seniors.
- **Middlebury Natural Foods Co-op**—Online orders and curbside pickup available. Orders placed on M/T/W for next day pick-up, limited capacity for orders. Visit <https://middlebury.coop/> for details or call 802-388-7276. First hour of business reserved for vulnerable populations—9am-10am every day.
- **Greg's Meat Market**—call, order, and curbside pickup available.

2-1-1 Vermont: find out about important community resources, like emergency food and shelter, disability services, counseling, senior services, health care, child care, drug and alcohol programs, legal assistance, transportation agencies, and much more. Get connected to a specialist 24/7 by dialing 2-1-1, or text your zip code to 898211 Monday-Friday.

Addison County Mutual Aid: organized by volunteers working to connect people who need help with those who can help. If you need help, fill out the brief survey online at <https://sites.google.com/view/acvtmutualaid/home>, or call (802) 377-3335

Your Healthcare Team: remember your healthcare team is here for you during this difficult time. Schedule with your medical provider, or if you need additional supports, ask to get connected to the counselor, care coordinator, or dietitian at your primary care office.



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