

If you or someone you know is in need of help getting food, there is help. The following list will help you access food and programs that best fit your needs. Income requirements have been relaxed. Everyone is encouraged to apply. We will soon post a number to assist you in filling out the forms.

### **[vtfoodbank.org/gethelp](https://vtfoodbank.org/gethelp)**

- **3SquaresVT** – Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family. You could be eligible to receive a 3SquaresVT benefit or increase the benefit you already receive. We can help you apply. Visit our 3SquaresVT page, email [3svt@vtfoodbank.org](mailto:3svt@vtfoodbank.org), call [1-855-855-6181](tel:1-855-855-6181) or text VFBSNAP to 85511
- **CSFP** – The Commodity Supplemental Food Program (CSFP) is a federal nutrition program which offers free monthly nutrition information and nutritious foods to income-eligible older adults. We are looking in to doubling up on CSFP distribution during this crisis, providing both the April and May food boxes in April. This will ensure that if services are disrupted due to the virus, people don't miss out on food.
- **Find a food shelf** – The Vermont Foodbank partners with 215 food shelves, meal sites, senior centers, homeless shelters and out of school programs across the state. Find a site close to you through our [food shelf listings](#).
- **VeggieVanGo** – We are working closely with our school and hospital partners to ensure that we can still provide food in communities during closures in ways that doesn't promote the spread of virus. Please contact the site of your local VeggieVanGo for details about VeggieVanGo in your local community.

### **Additional Community Resources**

- **2-1-1** – The Vermont 2-1-1 database contains detailed descriptions of programs and services available to Vermonters that are provided by local community groups, social service and health-related agencies, government organizations, and others.
- **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 85511
- **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](tel:1-800-642-5119).

**VCIL** Vermont council of independent living people with disabilities VCIL believes that individuals with disabilities have the right to live with dignity and with

appropriate support in their own homes, fully participate in their communities, and to control and make decisions about their lives. <https://www.vcil.org>  
**cocoa.org** CVCOA works hard to support elder persons in leading healthy, meaningful and dignified lives in their homes and communities. We provide a wide range of services to seniors and family caregivers to help make this possible.

## **MENTAL HEALTH RESOURCES:**

- **24/7 emotional help Crisis** Textline Text: 741741 or call National Suicide Prevention Lifeline at 1-800-273-TALK.
- **Alcoholics Anonymous** meetings online at [www.aavt.org](http://www.aavt.org). Additional resources at [Online recovery resources/ meetings](#)
- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- **[Pathways Vermont Support Line](#)**: Reach out to your neighbors, connect with your chosen family, and call or text the Pathways Vermont Support Line. Open from 3 PM to 6 AM. Connect with an operator by dialing (833) VT - TALKS / (833) 888 - 2557
- **[Invest EAP](#)** Online Guidebook and Mental Health Support: statewide non-profit serving employees and all household members. Not tied to insurance, and completely free and confidential to you.  
<https://www.investeapcovid19.org/>
- **CDC Managing Anxiety and Stress** with COVID 19Â [CDC](#)
- **Mental Health Considerations** during COVID-19 Outbreak [WHO](#)
- **National Alliance Mental Illness** [NAMI](#)
- **Parent/Caregiver Guide** to Helping Families Cope with the Coronavirus (Covid-19) [The National Child Traumatic Stress Network](#)Â
- **[VT Alcoholics Anonymous](#)**
- **Vermont Help Link**: <https://vthelplink.org/>