



**Call us for more information and to find out if you're eligible.  
1-800-642-5119**

The HelpLine connects people with their closest Area Agency on Aging, where they can receive more information and assistance accessing programs.

This resource was created by:



**Older Vermonters Nutrition Coalition**



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*This institution is an equal opportunity provider.*

**It can be hard to get enough healthy food.**

**We want to help you connect to critical food and nutrition programs.**

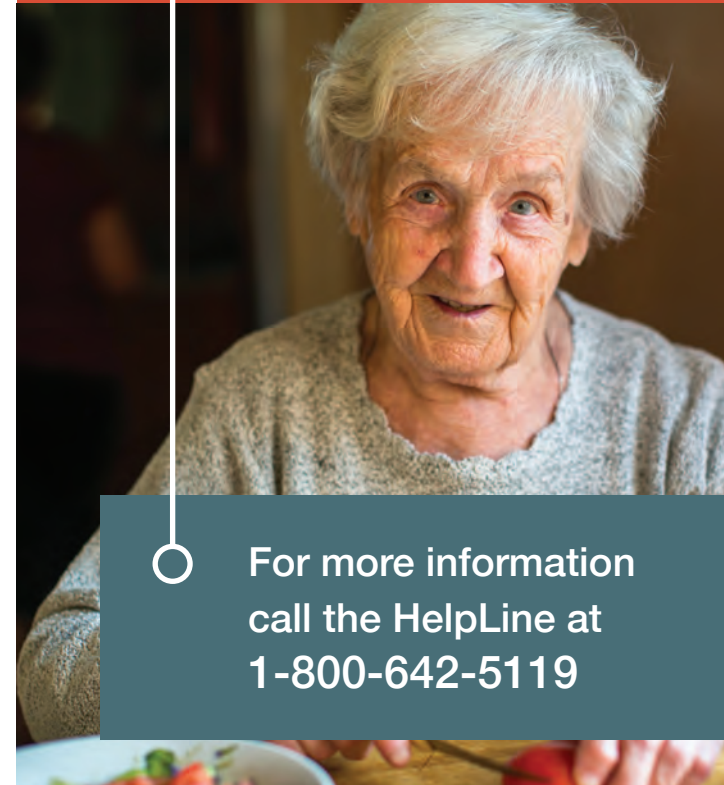
## If you need help learning to eat healthier:

### **Nutrition Counseling**

A Registered Dietitian can assist people in managing chronic health conditions such as diabetes, heart disease, renal disease, food allergies and more.

### **Nutrition Education**

A program to promote better health by providing information and instruction to participants and caregivers in a group or individual setting, as available.



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You may be eligible for the following programs:

## If you need help to pay for food:

### 3SquaresVT

3SquaresVT provides income-eligible residents with extra money each month to help them buy healthy, nutritious food at stores and farmers markets.

### Crop Cash

Crop Cash is free market money that is given to customers when they spend their 3SquaresVT benefits at participating farmers markets. Every dollar in 3SquaresVT spent is matched with one dollar in Crop Cash, up to \$10 per day. Crop Cash can be used to purchase fresh fruits, vegetables, herbs, seeds, and starts.

### Farm to Family & Senior Farmers Market Coupons

Eligible residents may get a \$30 book of coupons that can be used at participating farmers markets and farm stands to buy locally-grown fresh fruit, fresh vegetables and fresh-cut herbs.



## If you need help getting food now:

### Community Meals

Meals in communities that are open to all age groups but usually focus on adults, 60 years and older.

### Food Shelves

Nonprofit or faith-based organizations where people can access free groceries, usually at least once per month. Specific food items available vary by location.

### Meals on Wheels

Home delivered nutritious meals served across Vermont for people who meet statewide eligibility guidelines. Delivery days and times vary.

### CSFP

The Commodity Supplemental Food Program (CSFP) is a nutrition program for people 60 years and older who are income eligible. CSFP is a free box of nutritious food delivered monthly to 160+ sites around Vermont. CSFP is dependable, can help with meal planning, and helps people stretch their food budgets.

photo courtesy of Age Well

