



**2023 Holiday Food
Resources for
Rutland &
Bennington County**

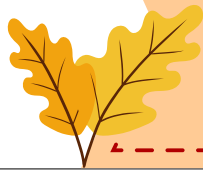
****Christmas Edition****



If you have questions or need assistance, please call:

HelpLine: 1-800-642-5119

Produced by Southwestern Vermont Council on Aging



HOLIDAY FOOD HELP

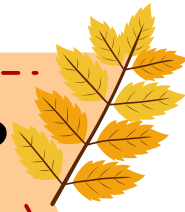
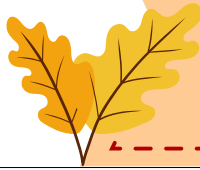
Rutland County



<p>**Christmas Meal ** <u>Open Door Mission</u> Address: 31 Park St, Rutland, VT 05701 Meal is: 12/20/2023 Start time: 12pm (Noon) Open to the Public</p>	<p><u>Pittsford Food Shelf</u> 4181 US St-7 Contact: Sara Harrington <u>(802) 774-8403</u> Holiday baskets available upon requests with appointment Serving residents from Pittsford, Proctor, Florence, and Chittenden For both November and December</p>
<p>**Christmas Meal ** <u>Rutland United Methodist Church</u> Address: 60 Strongs Avenue, Rutland, VT 05701 A Ham Dinner can 12/21/2023 8:30am and 2:30pm Open to the Public First Come First Severed</p>	<p><u>Slate Valley Cares</u> 49 Main St, Fair Haven, VT 05749 Contact: (802) 265-3666 Beginning on 12/18/23- 12/22/23 Individuals and Families can go and shop for Christmas Meal Items. *While supplies last* *Item allotment is based on household size* Apply for Adopt a Family by 12/6/23</p>
<p>Rutland Salvation Army ** Christmas Baskets** Forms need to be submitted to John by 12/08/23 in order to receive a Christmas basket. Contact: John at-<u>(802) 775-5150</u></p>	

HOLIDAY FOOD HELP

Bennington County



***Christmas Meal ***

Harvest House Soup Kitchen

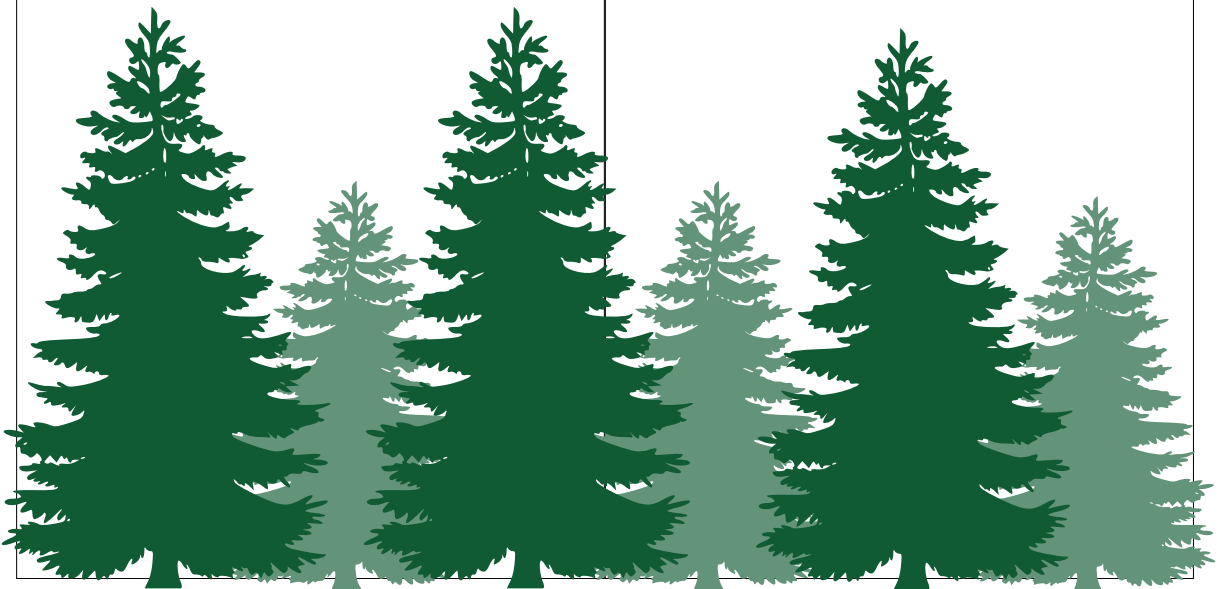
Address: 101 River St, Bennington,
VT 05201

Contact: (802) 733-8376

Christmas meal served from
11am-1pm on Christmas. The
event is open to the general
public

For more information about
food availability in Rutland and
Bennington County, visit
SVCOA.org and click on 2024
food resource guide.

**[www.svcoa.org/nutrition-
services](http://www.svcoa.org/nutrition-services)**





SOUTHWESTERN VERMONT
COUNCIL
ON AGING

Money Saving Shopping Tips

For Stretching Your Food Budget

Plan Your Meals

Plan ahead and know what you need.

Follow Your
List

Create a list makes it easier to remember what you need and helps prevent buying things you don't need

Set a Budget

Knowing what you can spend before you go shopping can help to ensure that you get everything you need.

Don't Shop
Hungry

Shopping hungry can lead to impulse buying, which can throw your budget off.

Bring Your
Reusable Bags

Remembering to bring reusable groceries bags will reduce the amount of money you spend on the paper bags that are often offered.



Money Saving Shopping Tips

For Stretching Your Food Budget

Buy Generic

Generic brands are cheaper and often come from the same manufacturer.

Eat Seasonally

When you buy fruits and veggies during their growing season, they are often cheaper than item not in growing season.

Use Coupons

Using coupons is a great way to save money and help stretch your budget.

Buy In Bulk

When buying from the bulk section you can stock up on shelf stable foods, and the price per unit is often cheaper, saving you money.

Apply for
3SquaresVT

3SquaresVT is a nutrition program that boosts your food budget to help you stay healthy and independent.





Rutland Office
143 Maple Street
Rutland, VT 05701

Bennington Office
160 Benmont Ave. Suite #90
Bennington, VT 05201

Phone: (802) 786-5990
Fax: (802) 332-3081

Phone: (802) 442-5436
Fax: (802) 332-3081

If you have questions or need assistance, please call:

HelpLine: 1-800-642-5119