



# 2023 Flood Relief Resources

There are many resources available to help you and your neighbors during this time and beyond. *Let's take care of ourselves and each other!*

## GENERAL RESOURCES

**VT 211:** To get connected to a wide range of support and services like housing, mental health support, transportation, food, and more, call 2-1-1 or text your zip code to **898211** or visit [vermont211.org](https://vermont211.org). If you have trouble getting through please call **866-652-4636** or **802-652-4636**.

**Area Agencies on Aging:** Information and support for people age 60+ and their families can be found by calling **1-800-642-5119** or find your local agency <https://dcf.vermont.gov/contacts/partners/aaa>.

**Community Action Agencies:** Get support when you are in crisis, need housing and energy assistance, and more. Find your local office here: <https://vermontcap.org/find-help/>

**The Vermont Foodbank Network:** Find local or statewide food resources call **1-800-585-2265** or visit [www.vtfoodbank.org/agency-locator](http://www.vtfoodbank.org/agency-locator).

**School meals:** Thanks to the recent passage of Universal School Meals, nutritious breakfast and lunch options are now available to all Vermont students, ensuring that every child can enjoy healthy meals during the school day.

## VERMONT EMERGENCY EATS

Meals are available to anyone living in Vermont whose food security has been negatively impacted as a result of the recent flooding event. Recipients do not need to live in one of the federally designated disaster counties to receive a meal. There is no application, registration, or means testing required. To learn more, call **2-1-1** or visit [vtemergencyeats.org](https://vtemergencyeats.org).

## GET FOOD HELP QUICKLY WITH 3SquaresVT

**3SquaresVT participants may buy hot and hot prepared foods at SNAP-authorized retailers (grocery stores, general and convenience stores, farmers markets, etc.) until October 17** in retailer locations in the nine FEMA-designated Individual Assistance counties. **The nine designated counties are Caledonia, Chittenden, Lamoille, Orange, Orleans, Rutland, Washington, Windham, and Windsor counties.**

This means that SNAP-authorized retail stores, farm stands, and farmers' markets located in these counties are authorized to accept SNAP benefits for hot and prepared foods. All 3SquaresVT customers can purchase these food items at stores in these nine counties. **It doesn't matter where the customer lives.** If customers are making purchases at any EBT retailer in the other five Vermont counties (Addison, Bennington, Essex, Franklin, Grand Isle), they will not be able to purchase hot/prepared foods with their 3SquaresVT EBT card.

## WIC

WIC can provide you and your children with food and support, with a monthly food benefit that can be used at authorized local grocery stores. If you have Medicaid/Dr. Dynasaur or 3SquaresVT, or if you have recently lost income, you may be eligible for WIC. When you apply to WIC, you give your family more – good nutrition and healthy foods, infant feeding support, and referrals to other helpful services. WIC helps you help your kids from pregnancy up to age 5. Find out more and apply today at [HealthVermont.gov/ApplytoWIC](https://HealthVermont.gov/ApplytoWIC).

If you are already enrolled in WIC and are having challenges finding a WIC store near you, contact your local WIC office, [HealthVermont.gov/Local](https://HealthVermont.gov/Local).

Visit: [www.hungerfreevt.org/flooding-resources](http://www.hungerfreevt.org/flooding-resources) to see the most recent version of this flyer.

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