



MEAL ACCESS FOR FAMILIES WITH YOUNG CHILDREN

Did you know that you can access FREE meals for your children all around Vermont this summer? Many schools and other local organizations are providing meals for all children 18 years old and under- including toddlers and preschoolers- throughout the summer months!

Does my child have to be enrolled in the local school district to receive a meal?

NO! Any child 18 and under can attend a summer meal site and receive a free meal, no questions asked!

Where can I access these meals this summer?

Visit hungerfreevt.org/summer-meals-site-lists to view all summer meals sites by county or dial 2-1-1 and ask where you can find summer meals in your region.

What can I expect a summer meal to look like?

Summer meals are regulated by the USDA, which means they follow guidelines that ensure the meals are nutritionally-balanced and kid friendly. You can expect a summer meal to include fruits and veggies, protein, a grain, and milk!

Because of COVID-19, folks are asked to adhere to safety standards at summer meal sites. Make sure you are socially distancing and wearing a mask. To promote social distancing, you can pick up meals for your children, even if your children aren't accompanying you!

If your child is attending childcare or preschool, they may be able to receive meals through the Child and Adult Care Food Program (CACFP). Ask your child care provider about this program! If your finances have changed, submit a new application to your provider to see if your child is eligible to receive free meals.

If you're a child care provider interested in participating in the CACFP, reach out to the Child Nutrition team at the Vermont Agency of Education.

3SquaresVT can help you stretch your family's food budget.

3SquaresVT benefits can be used at most grocery stores and food retailers, as well as a number of farmers markets! Individuals that receive 3SquaresVT can double their money with Crop Cash at 29 participating markets-up to \$10 per market day. For more information about 3SquaresVT or help applying, dial 2-1-1 or text VFBSNAP to 855-11.

WIC gives you access to healthy foods, nutrition education, breastfeeding support, and community referrals.

If you're pregnant, postpartum, breastfeeding, or a parent or caregiver with a child under 5, you may be eligible for WIC. Vermont WIC is open and most services are being done by phone appointment to align with social distancing efforts. WIC has temporarily expanded their WIC foods to make shopping for some hard-to-find items easier. Visit www.healthvermont.gov/wic, or text VTWIC to 855-11 to find out more and start your application.

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