

What is Food Insecurity?

The USDA defines food insecurity as limited access to adequate food due to lack of money or other resources. This can affect people every day OR just on some days.

Why does Food Insecurity matter?

Food Insecurity has been linked with the following medical conditions and issues:

Anemia, Fatigue, Decreased bone density, Failure to thrive, Increased number of hospitalizations, Longer recovery times, Obesity, Depression, Suicidal ideation, Emotional stress, Anxiety, Shame, Cognitive delays, Hyperlipidemia (high cholesterol), Diabetes, Cardiovascular disease

How many people in Vermont are “food insecure”?

It is estimated that 1 out of every 10 Vermonters is food insecure, and 1 out of every 6 families struggles with food insecurity.

What can I do if I am worried about my food security?

Help is available! Talk to your Primary Care Provider. Your PCP can talk to you about the health impacts of food insecurity and can connect you with other resources like registered dietitians, Care Coordinators, and Social Workers.

You can also dial **2-1-1** from any phone to connect you to a Vermont Resource Coordinator. This person can direct you to local and state-wide options for help.

On the other side of this paper, there is a list of many state and local resources available for you to contact directly.

Statewide resources

3 Squares VT

(800) 479-6151

Women, Infants and Children (WIC) Program

(800) 649-4357

Meals on Wheels

(877) -379-2600

The Vermont Foodbank

(800) -585-2265

Vermont school lunch programs

(802) 479-1030

Hunger Free Vermont

(802) 865-0255

Vermont Community Garden Network

(802) 861-4769

Local resources

Aunt Dot's Place (serving Essex, Westford, Jericho, Underhill)

(802) 857-8208

Burlington Salvation Army

(802) 864-6991 x105

Chittenden Food Shelf

(802) 658-7939

Charlotte Food Shelf

(802) 425-3252

Colchester Community Food Shelf

(802) 879-2444

COTS Daystation

(802) 864-7402

Essex, Jericho, Underhill

Ecumenical Food Shelf

(802) 899-3932

Heavenly Food Pantry

(802) 878-5745

Hinesburg Community Center

(802) 482-4946

Milton Family Community Center

(802) 893-1457

Richmond Food Shelf and Thrift Store Inc

(802) 578-4283

Shelburne Food Shelf Inc.

(802) 662-3313

Spectrum Youth and Family Services

(802) 864-7423

Williston Community Food Shelf

(802) 735-6303