



Let U.S. Serve you!

Military service places unique burdens on families.
Accessing nutritious food shouldn't be one of them.
Find out more about programs available to you and your family.

Currently, 1 in 5 military families receive some kind of help.
Check out the following links for more information:

- **3SquaresVT** (Supplemental Nutrition Assistance Program)

www.vermontfoodhelp.com
or dial **1-800-479-6151**

- **School Meals** Resources & Application

www.hungerfreevt.org/what/school-meals
or dial **802-865-0255**

- **WIC** (Special Supplemental Nutrition Program for Women, Infants, and Children)

www.healthvermont.gov/wic
or dial **1-800-649-4357**

- **Vermont Foodbank** Food Shelves & Programs

www.vermontfoodbank.org
or dial **1-800-585-2265**

- **Vermont 2-1-1**, For more resource connections

www.vermont211.org or dial **2-1-1**



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