

3SquaresVT

3SquaresVT can help you put healthy foods on your table every day! Wondering if you are eligible or want help applying? **Text VFBSNAP to 85511 or call 855-855-6181, or for 60+ only call 800-642-5119.**

Meals on Wheels Program

Are you age 60 or older? You may be eligible to receive home-delivered meals through the Meals on Wheels program. **Call NEK Council on Aging at 800-642-5119 to register.**

Senior Meals

Senior Meals sites are open to all. While there is no charge for anyone age 60+, there is a suggested donation which varies by meal site. Guests under age 60 are charged a guest fee. **See Directory listings for locations.**

VCIL

Vermont Center for Independent Living's (VCIL) Meals on Wheels program provides meals to Vermonters (age 60 and under) that are experiencing serious illness, injury, or disability. This program assures that people who are unable to prepare their own meals and/or have no help with meal preparation get healthy meals. Meals are provided short or long-term depending on need. 1-800-639-1522, or www.vcil.org

Commodity Supplemental Food Program

If you're 60 or older, you can save money on groceries and still eat the foods you love. The Commodity Supplemental Food Program provides a free box of food each month, which you can pick up at a designated location. **Enroll by calling 1-800-214-4648 or go to vtfoodbank.org/share-food/csfp.**

WIC (Women, Infants, and Children)

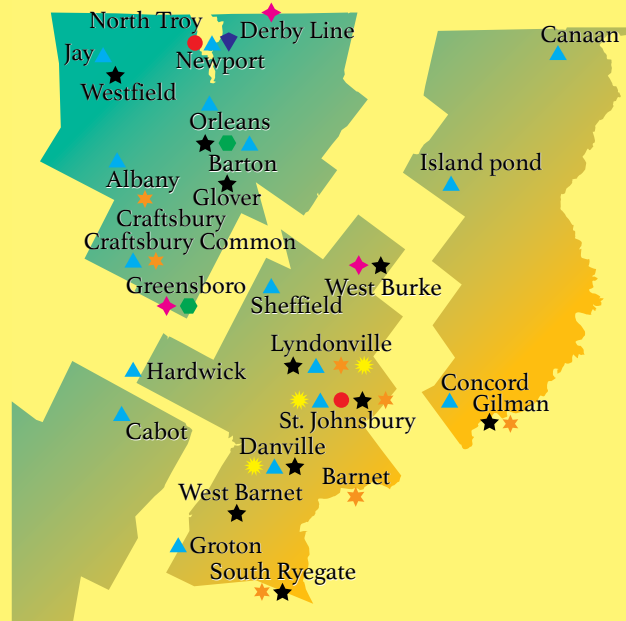
WIC provides healthy foods, nutrition education, breastfeeding support, and referrals for Vermonters who are pregnant, new parents and children up to age 5. Visit healthvermont.gov/wic to learn more and start your application online. Call the Newport office at 800-952-2945, or the St. Johnsbury office at 800-952-2936.







Head Start/Early Head Start

Children receive healthy meals and snacks while attending Head Start/Early Head Start programs that provide education-based skills to help children become confident and excited learners. Services are free for all eligible families. For more information, call 802-525-3362.

Dial 2-1-1 or go to vermont211.org for additional resources

TRI-COUNTY MAP



-  24/7 Self Pickup
-  Community Garden
-  Community Delivery
-  Community Meals
-  Food Shelf
-  Senior Meals

CALEDONIA

BARNET

West Barnet Meal Site

West Barnet Presbyterian Church

279 West Main St.

Wednesday & Friday 11:30a.m. - 12:30p.m.

Eat in, delivery or pickup*

*Must call to preorder pickup: (802)633-4068

before 9a.m. on the day of pickup,

(802)535-7860 or (603)638-4002 any other time.



DANVILLE

Danville Congregational Church

87 Hill St. (802)684-1151

3rd Monday of the month. 6p.m.



Danville Senior Action Center

Danville United Methodist Church

89 Park St., (802)684-3389

Tuesday & Thursday lunch

served 11:30a.m. - 12p.m.

Takeout meals picked up at the back door by 11a.m.

Call a day ahead to reserve meals.



The Open Door Food Shelf & Thrift Shop

Danville Ecumenical Community Center

29 Hill St., (802) 684-2515

Mondays, Wednesdays, Fridays, 10 a.m.- 1p.m.



GROTON

Groton Food Shelf

1476 Scott Hwy., (802)584-3276

Appointments scheduled during Town Clerk

Office Hours: Monday- Thursday 8:30a.m.-3p.m.

Call ahead to arrange pickup.



HARDWICK

Hardwick Area Food Pantry (HAFP)

36 West Church St., (802)472-5940

Monday 12p.m.-2p.m.,

Thursday & Saturday 9a.m.-11a.m.

Delivery available - call or email

(hardwick@hardwickareafoodpantry.org)

to schedule. nourishhardwick.org/pantry



Hardwick Community Lunch

United Church of Hardwick

216 South Main St., (802)472-6353

Third and fourth 12p.m.-1p.m.Thursdays.

Call to sign up for takeout.



LYNDONVILLE

Darling Inn Senior Meals

76 Depot St., (802)626-8700

Available Monday-Thursday 11a.m. - 12:30p.m.

Call to order meals for pickup.

Congregate open. Home delivery.



H.O.P.E.

136 Church St., (802)626-3228

Tuesday - Friday 10a.m. - 5p.m.



Lyndon Area Emergency Food Shelf

St. Peters Mission, 51 Elm St.

(802)626-5705 or (802)626-5586

Wednesday 10a.m. - 2p.m.



Neighbors in Action

101 Main St., (802)626-1212

Food Share box pick-up: 2nd and 4th Friday

of the month, 10:30a.m. - 12:30p.m.

Shop for perishables: 2nd and 4th Friday of

the month, 9a.m. - 11a.m.

Community Lunch: 1st and 2nd Friday of

the month, 11a.m. - 1p.m.



SHARES Corporation

45 Depot St., (802)427-3392

Tuesday & Thursday 1p.m. -4p.m.

Friday 9a.m. - 1p.m.



CALEDONIA

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SAINT JOHNSBURY

Community Fridge at St. Andrew's

St. Andrew's Episcopal Church Parking Lot
1265 Main St.



Grace United Methodist Church

36 Central St., (802)748-2895

Community Lunch

Monday (Except Holidays), 11a.m. - 12:15p.m.

Eat-in or Take-out.



Kingdom Community Services

Food Shelf

36 Steeple Place, (802)751-8581

Tuesday & Thursday 12p.m. - 3:45p.m.



Mustard Seed Soup Kitchen

178 Eastern Ave., (802)748-9870

Tuesday & Thursday 11a.m. - 1p.m.

Dine-in and take-out available.



NEKCA St. Johnsbury Marketplace & Boutique

115 Lincoln St., (855)663-5224

Monday, Tuesday, Thursday, Friday

10a.m. - 4p.m.



NEK Neighbors Helping Neighbors Food Shelf

125 Mountain View Dr.

Mountain View Apartments, Community Room.

4th Saturday 10:30a.m. - 12p.m.



Pleasant Street Baptist Church

193 Pleasant St. (802)748-9029

Stop in before or after 11a.m.

Sunday Worship Service.



St Johnsbury House

1207 Main St., (802)748-5467

Monday - Friday 10a.m. - 12p.m.

Home delivered meals, pick-up/take-out.

Congregate open.



St. John the Evangelist Community Supper

49 Winter St., (802)467-3019

Next to last Tuesday of each month, 5p.m.-6p.m.



United Community Church

1325 Main St., (802)748-2603

Wednesday and Friday 11a.m. - 12:15p.m.

Congregate meal and take out.



Universalist Unitarian Meeting House

47 Cherry St.

Saturday 11a.m. - 12:15p.m.

Eat in or Take-out



SHEFFIELD

Sheffield Food Pantry

Sheffield Town Hall, 3210 VT Rte 122

(802)397-2263

2nd and 4th Wednesdays 11:30a.m. - 1p.m.

Open to all living within a 20 mile radius of Sheffield, except for those who have a food shelf in their own town.



SOUTH RYEGATE

South Ryegate Senior Meals

South Ryegate Presbyterian Church

114 Church St., (802)584-3727 - after 8:30a.m.

Tuesday, 12p.m., doors open at 11:30a.m.

Call by 10:30a.m. for take-out. Available at 12p.m.

Congregate and home delivery.



WELLS RIVER

Wells River Congregational Church

76 Main Street North

Tuesday, 4:30p.m. - 5:30p.m.: Food Shelf

3rd Wednesday, 5p.m. - 7p.m.: Community Meal

(Sit-down or Take-out)



WEST BURKE

Little Free Food Pantry - Sunshine Box

Universalist/West Burke Library Building

West Burke Green



West Burke Senior Meal Site

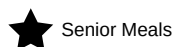
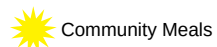
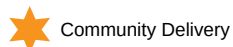
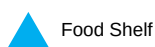
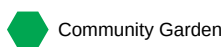
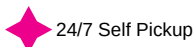
Community Building, 212 School St.,

(802)467-3423 Call to Order.

Monday, Wednesday, Friday 12p.m.

Home delivery, congregare, and

pickup/take-out meals



ESSEX

ORLEANS

CANAAN

NEKCA Canaan

253 Gale St., (802)266-7134
 Monday, Thursday, Friday: 8am to 4pm
 Tuesday: 8am-12pm
 Wednesday 8am - 6pm



Canaan Community Garden (during Harvest Season)

253 Gale St.
 (802)266-7134



CONCORD

Sid's Pantry

Concord Health Center
 201 East Main St.
 2nd Saturday, 10a.m. - 12p.m.



GILMAN

Gilman Senior Center

19 Parrish St., (802)892-1052
 Tuesday-Friday 12p.m. - 1p.m.
 Eat-in or Take-out.
 Home deliveries 1x per week and
 take out by pre-order.



ISLAND POND

Feeding the Kingdom

Green Mountain Bible Church
 567 Route 105 West (802)723-6143
 Food Bank: Third Monday 4:30p.m. - 6:30p.m.



Island Pond Community Services

Sunrise Manor, 94 Main St., (802)723-6130
 Monday, Tuesday & Friday, 12p.m.
 Congregate open.



Island Pond Food Shelf

First Congregational Church of Brighton
 21 Middle St., (802)723-5037
 Monday-Wednesday 5p.m. - 6:30p.m.
 Appointment and proof of residence required.
 Flexibility available.



NEKCA Island Pond

49 Mill St., Lower Level (802)723-5276
 Tuesday 12p.m. - 4p.m., Thursday 8a.m. - 12p.m.



ALBANY

Albany Food Share (HAFP)

Albany Town Hall
 830 Main St., (802)323-1521
 Saturday 10:30a.m. - 12:30p.m.
 Delivery available to Albany and Irasburg
 Visit nourishhardwick.org for more information
albany@hardwickareafoodpantry.org



BARTON

Barton Community Giving Garden (during Harvest Season)

Barton Library Yard, 100 Church St.
 'Help-Yourself' table Wednesdays 11a.m. - 1p.m.,
 in front of the library
 All are welcome to volunteer and harvest



Lake Region Parish Food Shelf

Barton United Church
 15 Glover Rd., (802)525-3607
 Office hours: Wednesday & Friday 9a.m.-12p.m.
 Call for appointment. Providing emergency
 food resources in the form of pre-boxed goods and/
 or grocery cards for the purchase of perishable goods
 from the local grocer.



The Glover & Barton Senior Center

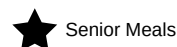
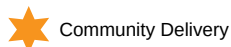
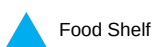
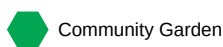
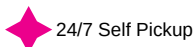
17 Village Square, (802)525-1000
 Tuesday & Thursday
 Congregate Meal at 12p.m.



CRAFTSBURY COMMON

Craftsbury Food Share (HAFP)

UCC-Church on the Common, 7 Church Lane
 (802)586-0191
 Thursday 12p.m. - 3p.m.
nourishhardwick.org/pantry
craftsbury@hardwickareafoodpantry.org



ORLEANS

GLOVER

The Glover & Barton Senior Center ★
 3018 Glover St., VT Rt. 16, (802)525-1000
 Wednesday congregate meal at noon.

GREENSBORO

Greensboro Community Giving Garden ◆
(during Harvest Season)
 81 Lauredon Ave.
 Call or Text (802)624-0406

Greensboro Little Food Pantry ◆
 Greensboro United Church of Christ
 165 Wilson St., (802)533-2223

HOLLAND

Holland Food Shelf ▲
 26 School Rd., (802)525-9797 or (802)274-2829
 3rd Wednesday from 10a.m. - 12p.m.
 Last Wednesday of the month 4p.m. - 7p.m.
 1st and 3rd Saturday 9a.m. - 12p.m.

JAY

Jay Area Community Food Shelf ▲
 1036 Rte. 242, (802)848-3133
 Thursday 9a.m. - 12p.m.
 May be used once per month, or on an emergency basis

NEWPORT

NEKCA Newport ▲
 70 Main St., (855)663-5224
 Monday, Tuesday, Thursday, Friday
 12p.m. - 3p.m.

Saint Mark's Episcopal Church ▲

44 Second St., (802)334-7365
 Monday 11:30a.m. - 12:30p.m.

United Church of Newport ▲

63 Third St., (802)334-6033
 Open Tuesday & Wednesday after the first Thursday from 10a.m. - Noon

ORLEANS

ORLEANS

Little Free Food Pantry ~ The Blessing Box ◆
 Orleans Federated Church, 24 School St.
 24-hour access outside church's front door

Orleans Community Food Shelf ▲
 Orleans Federated Church, 24 School St.
 (802)754-6486
 Monday 8:30a.m. - 9:30a.m.

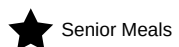
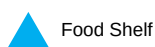
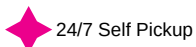
WESTFIELD

Westfield Senior Meal Site ★
 59 North Hill Rd., (802)744-5466
 Thursday, 9:00am - 3:00pm.
 Dinner is served at noon.
 People arrive early to play cards and stay after for bingo. Pickup/takeout or sit-down service.
 Call ahead for pickup, but sit-downs have priority. May pickup for friend/neighbor.

WASHINGTON

CABOT

Neighbors in Action ▲
 3339 Main St., (802)563-3322
 2nd and 4th Wednesday of each month
 12p.m. - 2p.m.





Food Hero is here for you!

Whether you are a new or experienced gardener or cook, Food Hero has resources for everyone.

You'll find...

Healthy recipes that are tasty, quick, easy and low-cost.

Gardening tips that are simple, timely and low-cost.

Materials developed by cultural workgroups.

Food Hero Monthly with tips about featured foods.

Seasonal blog posts on nutrition and gardening topics

All information is available in Spanish and in English.

This directory is updated and distributed by a wide range of NEK-based food access organizations.

If you find any errors, please let us know by calling (855) 663-5224 or emailing twingert@nekcavt.org