

CHITTENDEN COUNTY FOOD RESOURCE LIST

Vermont Department of Health
Burlington District Office

Discount Groceries

George Weston Bakeries

338 Boyer Circle, Williston #651-9328

23 Park St, Essex Jct.

Open M-F 9am-6pm & Sat. 9am-5pm. Closed Sundays. Carry Bouyea-Fassetts products, Arnold bread, Thomas English Muffins, Freihoffer goods, and Boboli pizza crusts. Goods are 30-70% off retail price. Food stamps accepted. Cookie club membership for children under 12.

Mr. G's Liquidation

Rte 2, 1 Munson Ave, Williston #864-2944

Open seven days a week. Complete discount food store. They carry food products, such as potatoes, onions, eggs, cheese, yogurt, milk, orange juice; plus cleaning supplies, paper goods, diapers, and pet food/supplies. Sometimes infant formula is available. Food stamps accepted.

City Market

863-3659

82 South Winooski Ave, Burlington.

Open 7am to 11pm daily. Conventional and organic foods are available. Membership is \$200 which is spread out over 8 years (\$25/year). Membership is fully refundable if you leave. You don't need to be a member to shop here. Working members who work 2 hours a month at City Market will receive 7% off their groceries, working members who work 4-6 hours a month will receive 12% off their groceries and non-working members will receive a small financial return based on how much you spend on groceries at City Market a year. Food stamps accepted.

Price Chopper Stores

Shelburne Rd, Burlington #864-9505

Varieties of bakery items are marked down in the late afternoon, need to stop by to check out what is available.

Champlain Discount Food Outlet

#877-3048

Rt. 22A, Vergennes

Open 8:30am-5:30pm Monday-Saturday. Discounts on a wide variety of foods and household items. Packages may be damaged, but useable. Food stamps accepted.

Serve New England

#1-888-742-7363 www.servenewengland.org

A private, non-profit organization that helps bring communities together. "If you eat, you qualify". This program is **not** dependent on your income. For \$19.00 and 2 hours of community service anywhere of your choice, you save up to 50% on groceries. Packages include: family package (\$20), meat package only (\$13), produce package only (\$7), three monthly package specials are also offered. Vegetarian options maybe available. Food stamps accepted.

Essex Junction #878-1638- speak to Totoyona.

Cheese Traders

863-0143

1186 Williston Rd. South Burlington

Open: Mon.- Sat. 10am- 7pm. Wide variety of discount cheeses. Day old bakery made breads. Food stamps accepted.

Costco

#655-0695 or www.costco.com

50 Mountain View Drive, Colchester

Open Mon.- Fri. 11am – 8:30pm, Sat. 9:30am – 6pm & Sun. 10am – 6pm.

Bulk foods, discount pharmacy, toiletries, eyeglasses, appliances, computers, furniture, tires. Membership of \$45 a year is required to shop. Open 7 days a week.

Big Lots

Route 15, Essex Jct., discounted food, organic tea and juices, Tom's tooth paste and deodorant at reduced prices

Free Groceries

Chittenden Emergency Food Shelf

658-7939 – Wanda Hines

228 North Winooski Ave, Burlington

Open for grocery distribution 9am - 4pm Mon - Fri.

Breakfast served daily 7am - 10:30am (except Sat.).

Items available to make up a grocery bag vary from day to day. Full grocery assistance given to a family one time per month, but you can get bread everyday and fruits and vegetables, as they are available. Food can be delivered to those that are elderly or disabled. Brown bag takeout lunch is available June-August, Mon.-Fri. 11am – noon. Also one time every three months you can receive groceries two times in a month if needed.

Joseph's House

#951-4290

113 Elmwood Ave.

Can provide food vouchers to the Shopping Bag, a general store on North St. Can also provide assistance with a variety of other things, i.e. utility bills, rent, security deposits, etc. Open Wed. & Fri 9-11:30am. Assistance is limited to serving 10 individuals/families each day.

JUMP (Joint Urban Ministry Project)

#862-5010

38 South Winooski Ave. (First Congregational Church)

This is a first come, first serve resource where, at present, 10 clients are seen per day. Depending on the size of the family, they can provide vouchers for food at Price Chopper, City Market and Shopping Bag. Food bags can also be provided, depending on family size, from month to month-this again is a first come, first serve basis. They can also provide fuel assistance as well as bus passes, laundry, cleaning supplies and a variety of nonperishable food, diapers, and personal items, like prescription co-pays at Brooks Pharmacies. Will provide a voucher to open an account for with the VT Development Credit Union where people can get guidance on saving money as long as client doesn't have an account elsewhere. Open Mon-Fri 9-12.

Spectrum One Stop

Patrick DeLeon # 862-5396 ext. 422 PDeLeon@SPECTRUMVT.ORG

177 Pearl St., Burlington

Open seven days a week, 11 am to 7 PM for clients to drop in for food. Lunch/dinner served seven days per week for 14-24 year olds, at 11:30 and 4:30, respectively. Teens can socialize, do laundry, get clothing, food, medical care, and counseling.

Sara Holbrook Community Center

Kim # 862-6342

66 North Ave, Burlington

Emergency food available. Monday-Friday 9am – 5pm, but must call ahead for an appointment.

Food For All

Hilltop Light Ministries Rev. Patricia Davis #863-0524

294 North Winooski Ave., Suite 213, Burlington Open Tues. – Fri. 10am – 2pm

Winooski Emergency Food Shelf – “Little Green Pantry”

Bob Purvee #655-7571

Winooski United Methodist Church -downstairs

24 West Allen St. (on corner)

Open the 3rd Saturday of each month usually 10am – 11am. For more information and for hours of operation each month please call. For Winooski residents only.

St. Stephen’s Church Rectory

#655-0318

115 Barlow Street, Winooski

Open Tues. 9:30am – 12:30pm. For Winooski residents only, please call ahead and bring identification to confirm that they are Winooski residents.

Hinesburg Community Food Shelf

Call Doug Gunnerson #482-3069, Roberta Soll #482-4027 or Laurie Sweeney #482-5519

Mailing address: United Church, PO Box 590, Hinesburg

Physical address: United Church on Route 116 in village, Hinesburg

Open 9am - 12pm every Friday. Canned goods and other non-perishable food items distributed according to family size. Assistance given to a family one time per month.

Jericho Food Shelf

#899-3932 Ask for Pastor Dagmar Rosenberg

Good Shepard Lutheran Church, Jericho

Open 9:30-10:30 3rd Saturday of each month, or by appointment. During April and May it is the 2nd Saturday of each month.

Richmond Food Shelf

Adele Quiet # 434-2421

In Miscellany Mart, Bridge St. Richmond

Open Tuesday through Friday noon-4pm and Saturday 10am-1:00pm. Canned goods and nonperishable food items. Assistance given to a family one time per month, up to 3 months. Walk-ins welcome.

Milton Community Food Shelf

893-2487

41 Main St (St Anne's Rectory), Milton

Open Mon-Fri 9am-1:30pm – By appointment only.

Pick-up at site or delivery can be arranged in an emergency. Assistance can be given once every other month for Milton residents only.

Milton Family Community Center Food Shelf

Laurie #893-1457

23 Villemaire Lane, Milton

Open Mon.- Fri. 8am – 4:30pm. Call to make special arrangements if you are unable to make it to the food shelf during this time. Food shelf groceries are available to families generally only one time per month.

Charlotte Community Food Shelf

Karen Doris # 425-3252 or #425-3176

Charlotte Congregational Vestry, 421 Church Hill Rd, Charlotte

Open 8-9am 2nd and 4th Thurs. of the month, except holidays. Walk-ins welcome. Clothing is sometimes also available.

Shelburne Emergency Food Shelf

Valerie #985-8436

Town Center, Shelburne

Open 9-10am 3rd Wed. of the month. Only for local Shelburne residents and on an emergency basis.

Heavenly Food Pantry

Mary Richer #878-5745

First Congregational Church, 39 Main Street, Essex Junction

Open last Thursday of every month from 2pm – 4:30pm except Nov. and Dec. Proof of identification and address is needed for all family members. Serving families living in Essex Junction, Essex, Jericho, Underhill, Westford, Williston and Colchester.

Champlain Valley Office of Economic Opportunity (CVOEO)-Chittenden Community Action/VT Tenants

863-6248 or #1-800-287-7971

191 North St., Burlington

Open Mon.-Fri. 9am – 4:30pm (the last client appointment is taken at 4pm).

Offers a wide range of programs and services for low income residents of our regions such as tax preparation, utility assistance, bus passes, housing and financial assistance, clothing and furniture vouchers and advocacy. Also reduced cost garden plots are available for eligible households and free seeds and plants are available on a first come, first serve basis in mid-May.

WIC

#863-7325

Open Mon. – Fri. 7:45am to 4:30pm.

Vermont Department of Health, 1193 North Ave, Burlington

Supplemental food program for pregnant, postpartum, breastfeeding women and children birth to 5 years old. Eligibility based on maternity status, income, and nutritional or medical need. Foods include milk, cheese, eggs, peanut butter, juice, cereal and formula. During the summer months Farm-to-family coupons available to buy fresh fruits and vegetables at local Farmers Markets.

Vermont Farm to Family Program

#241-2458

103 South Main Street, Waterbury

Call to see if you qualify for \$20 worth of free coupons for fresh fruits and vegetables at local farmers' markets. In addition you will receive information about how to select and use the fresh produce. This program is seasonal as farmers' markets in Vermont are open from May to October.

Commodity Supplemental Food Program

#1-800-214-4648

Call for application. Foods include canned fruits and vegetables, peanut butter, canned meat, cereal, cheese fruit juice, evaporated and dry milk, dried beans, potatoes, rice and pasta. To qualify, you must be a Vermont resident, at least 60 years old, a woman 6-12 months post-partum and not receiving WIC, or a child age's 5-6 years and meet income guidelines. Distribution sites: Winooski (first Monday) at the Senior Center on Barlow St. from 9:30-10:30am; Burlington (first Monday) at the Elks Lodge on North Ave. from 1:00-3:00; Milton (second Thursday) at the Arrowhead Senior Center from 9:30-10:30; Essex (fourth Monday) at the Grace United Methodist Church from 1:00-2:00.

(ESD) Economic Services Division – Food Stamps

#863-7365

1193 North Ave, Burlington

Apply to see if you are eligible to receive food stamps. You will receive an electronic debit card to be used like cash to buy groceries in local stores. You can click on this website to see if you are eligible for food stamps. www.vermontfoodhelp.com.

Free Meals

Salvation Army Friendly Kitchen

Theresa Benoit or Karen Dickenson #864-6991 Mon.-Fri. 9am-4:30pm

64 Main St, Burlington

Free dinners served Mon-Sat 5:15pm-6:30pm. Clothing vouchers available to qualified persons. Emergency financial assistance available.

Chittenden Emergency Food Shelf

Wanda Hines, Director # 658-7939

228 North Winooski Ave, Burlington

Open Mon.-Fri. 9am-4pm for grocery distribution. Breakfast served Mon-Fri 7am-10:30am & Sun 7am-9am and dinner served 5:30pm-6:30pm. Take out bag lunches available from 11am-12pm – summertime only. Contributions to the food shelf accepted from 8am-4pm.

Small Potatoes @ First Congregational Church

Paul Hood # 865-0403

38 South Winooski Ave, Burlington

Open Saturdays from 8am-9am. Offers free breakfast and take-out sandwiches for lunch.

Old North End Community Dinner-Senior Center

#658-3585

McClure Multigenerational Center, 241 North Winooski Ave, next to Dairy Queen

Serving meals on the 2nd Thurs. of the month from 5:30pm-7pm.

Family Room

#862-2121

Allen St, Burlington (Across from St. Joseph's Church)

Programs offered:

Family Play on Tues. and Thurs. from 9-1:30pm, children under 6 on Thurs. from 9-12:30pm.

Father's Group on Tues. evenings from 5-7:30pm.

WOW program: have to be enrolled in this seven week program and is available to children under 2, meets Wed. from 9:30-noon and begins in November.

Community Culture Class: Mondays from 9:30-noon

English Classes offered: M, T, TH from 9:30-1:30pm

King Street Center

#862-6736

87 King Street, Burlington

Snacks provided to kids enrolled in preschool, after school, and evening teen programs.
Hot lunch provided for children enrolled in all day childcare.

School Breakfast and Lunch Programs (School Meals)

#828-2447 – Jo Busha or www.state.vt.us/educ/nutrition

Child Nutrition Program/ Department of Education

Mailing address: 120 State Street, Montpelier

Physical address: 654 Granger Rd., Montpelier

Meals are served to school age children free or at reduced price of no more than 30 cents if the family applies and has income below the limits for these benefits. Most foster children qualify for free breakfast regardless of the family's income. Applications are available at your child's school or contact the above number.

Other Resources

Cooking for Life Program-VT Campaign to End Childhood Hunger

#865-0255

180 Flynn Avenue, Burlington

This program offers a series of six, two-hour classes about basic nutrition, cooking, food safety and shopping skills including how to stretch family food dollars. Nutrition educators and professional chefs teach you how to prepare nutritious and low cost dishes as well as provide the ingredients and recipes they need to prepare the dishes at home. Child care is provided at all classes when needed.

Emergency Food Shelves and Community Kitchens

#244-6677-Ask for Elaine Sabin or Pastor; www.ahs.state.vt.us/oeo/

103 South Main Street, Waterbury

Call to find out about the locations and hours of the two dozen community kitchens and more than a hundred food shelves throughout Vermont.

Expanded Food and Nutrition Education Program (EFNEP)

Heather Danis #656-2311

570 Main Street, Burlington

This program is geared toward your needs, offering lessons on how to choose and prepare good foods (includes recipes) and tips on how to stretch family food dollars. This program is for pregnant women or families with children.

Community Supported Agriculture and Vermont Farm Share Program- Springtime Event

#434-4122

Mailing address: P.O. Box 697, Richmond

Physical address: 39 Bridge St., Richmond

Buy “shares” in a Community Supported Agriculture farm in the spring, when the farmer is ordering seeds for the next growing season, and get a weekly supply of vegetables after harvesting begins. CSAs are responsible for knowing who is eligible for this program.

Children with Special Health Needs

#863-7315

Provides specialty care for children birth to age 21 who have significant special health needs and their families. Nutrition counseling and nutritional supplements are available for children in this program.

Family Infant Toddler Project

#764-5294-Ask for Rachel Boyers

Provides help for families with children birth to age three years of age who are concerned about how their baby is learning and growing. Nutrition counseling and nutritional supplements are available for children in this program.

Head Start and Early Head Start

#872-2819 – Ask for Kate Tierney

431 Pine St., Burlington

4 Kellogg Rd., Essex Jct.-Ask for Danielle Hartwick

Education, health, and social service support to families with children ages 3-5.

Champlain Valley Area Agency on Aging

#865-0360 or #1-800-642-5119

One Mill Street, Room 3-5, Burlington

Information on Elderly Nutrition Programs such as home-delivered meals, senior meals etc.