

## Seniors

### CVAA Community Meals

Nutritious meals are served in a group setting in many locations. These meals are available to anyone 60 years of age and older and a spouse of any age. There is a suggested donation for each meal.

Visit [www.cvaa.org/chittenden-county.html](http://www.cvaa.org/chittenden-county.html) for locations. Call 865-0360 to make reservations or for more information.

### Essex Senior Center

Offers discounted meals to seniors most Wednesdays. Visit [www.essexseniors.org](http://www.essexseniors.org) or call 876-5087.

### Summer

Our spring brochure will include summer resources including:

Ecumenical Lunch Bunch  
Summer Food Programs through schools

## State/County Resources

**3 Squares:** Helps low-income people and families buy the food they need. Benefits are provided on a debit card (EBT) and are accepted at most grocery stores and many farmers' markets. Call 477-4136 or visit <http://www.vermontfoodhelp.com/>.

**CVAA Meals on Wheels:** A hot nutritious meal is provided that includes protein, vegetables, milk, juice, bread, and fruit. Favorite dishes are served regularly and special diets are also available. Call 1-800-642-5119 or visit <http://www.cvaa.org/meals-own-wheels.html>.

### Volunteer Needs

Essex Eats Out and the food pantries are always seeking volunteers for time, food or monetary donations. Contact information is listed under each section

# Need A Meal?

## Essex Community Food Resource Guide



The community of Essex, VT is home to several food service based groups for those in need of some extra assistance, whether temporary or long-term. Please consider using this reference as a starting point for you or someone you know.

Updated: September 2016

This guide will be updated seasonally. If we are missing information or you have updates, please contact [heartandsoulofessex@gmail.com](mailto:heartandsoulofessex@gmail.com)

## Year Round Resources

### Heavenly Pantry

When: 4th Thursday of the month from 2-6pm except November and December when it is open the 3rd Thursday

Location: First Congregational Church, 1 Church Street, Essex Junction.

Contact: 878-4745.

### Essex Jericho Underhill Ecumenical Food Shelf

When: 3rd Saturday of the month from 9-11am

Location: Good Shepard Lutheran Church, 273 VT-15, Jericho.

Contact: 899-3932

### Williston Community Food Shelf

When: Tuesdays 5-6:30 PM, Thursday 9-11am Saturdays 9-11 AM. Families are welcome to visit twice per month.

Location: 400 Cornerstone Drive #130

Williston. Contact: 735-6303

### Chittenden Emergency Food Shelf

Hot meals served

6:30am to 9:30am Monday Friday

8:30am to 11am, and 5:30pm to 7pm

Sunday

Food shelf: Groceries for families and individuals - 9am to 4pm Monday-Friday

Location: 229 North Winooski Ave, Burlington. Contact: 658-7939

## Schools/Kids

Your children may qualify for free meals or reduced price meals for breakfast and lunch within the school. All children in households receiving benefits from 3SquaresVT or Reach Up, can get free meals regardless of income. Also children can receive free meals if your household's gross income is within the free limits on the Federal Income Eligibility Guidelines.

If you qualify for Free and Reduced School Meals, you may also be eligible for additional benefits.

For more information and application:  
Website: [www.ccsuvt.org/support/food-services/free-reduced-meals](http://www.ccsuvt.org/support/food-services/free-reduced-meals)  
Contact: 879-5544



## Essex Eats Out

Provides healthy, free meals in a warm, safe and inclusive atmosphere each Friday of the month at 5:30 PM

1st Friday:

First Congregational Church  
1 Church St, 878-5745

2nd Friday:

Holy Family Church  
4 Prospect St, 878-5331

3rd Friday:

St. James Church  
4 St. James Pl, 878-4014

4th Friday:

Essex Methodist Church  
119 Center Rd, 878-8304

5th Friday:

St. Pius X Church  
20 Jericho Rd, 878-5997

For more information:

Website: [www.essexeatout.org](http://www.essexeatout.org)

Email: [essexeatout@gmail.com](mailto:essexeatout@gmail.com)

Facebook: Essex Eats Out