

DIABETES TOOLKIT & SELF- MANAGEMENT GUIDE

March 2024



NORTHERN TIER
CENTER FOR HEALTH
FEDERALLY QUALIFIED HEALTH CENTER



Table of Contents

What is Diabetes?.....	2
Self Management Strategies.....	12
Managing Your Medications.....	23
Blood Glucose Monitoring.....	28
Smoking Cessation.....	32
Alcohol & Diabetes.....	35
Managing Stress.....	39
Physical Activity	
Resources.....	48
Nutrition Resources.....	56
Food & Community	
Resources.....	66





Disclaimer

The enclosed information and resources are provided to you to help you learn about your health condition. It is to serve as a tool for you to use in conjunction with your health care plan as advised by your primary care provider. By using the information provided in this guide, you acknowledge that there are inherent risks, which could result in serious injury or death. You also understand that there are potential risks which may presently be unknown.

The content of this resources is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care professional when making dietary or other lifestyle changes. You understand and agree that your use of the enclosed information, recipes and instructions is at your sole risk. You agree on behalf of yourself and your heirs, beneficiaries, and estate, not to hold the Richford Health Center, Inc., dba Northern Tier Center for Health (NOTCH) and its sponsors, officers, agents, employees (“Released Parties”) responsible for any accidents and loss or damage to your property and person, and you release and discharge the Released parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, and liabilities arising from or related to cooking at home or conducting or participating in a cooking demonstration and related activities. You agree to indemnify, defend and hold harmless the Released Parties for any and all claims, loss, cost, expense, injury, or proceeding arising out of any acts or omissions.

The enclosed community resources were compiled by NOTCH and are provided as a public service. NOTCH does not guarantee the information in the resource guide is accurate or current. NOTCH is not responsible for any special, indirect, incidental, or consequential damage that may arise from using the information provided. Some information, organizations and/or programs and service may have been excluded to keep the size of the program guide manageable and to avoid frequent updates.



NORTHERN TIER
CENTER FOR HEALTH

FEDERALLY QUALIFIED HEALTH CENTER

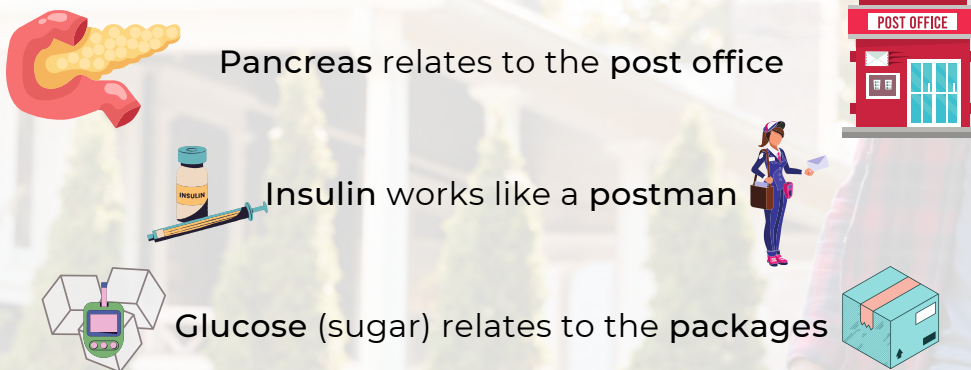
What is Diabetes?



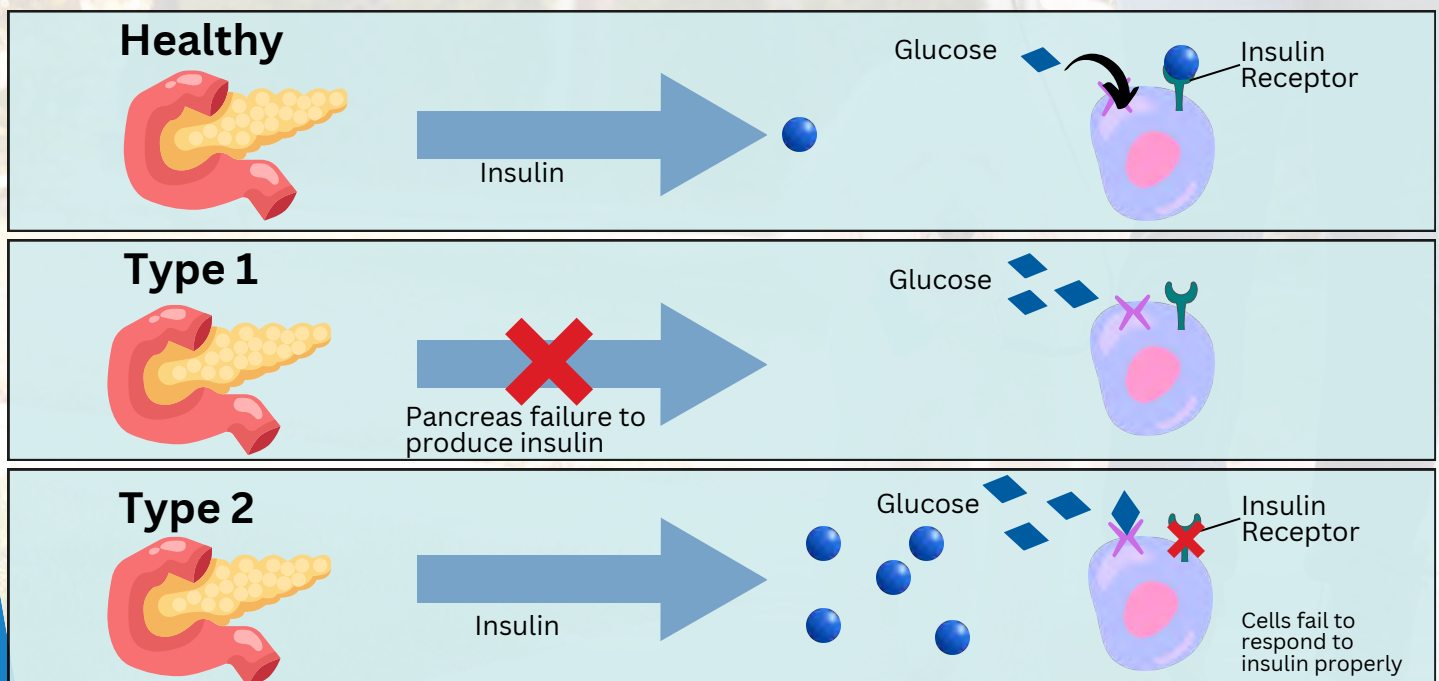
WHAT IS DIABETES?

- Diabetes is a chronic (long-lasting) health condition. It affects how your body turns food into energy.
- Most of the food you eat is broken down into sugar (glucose). The glucose is then released into your blood.
- When your blood sugar goes up, it signals your pancreas. Your pancreas then has to do something to regulate that.
- Insulin is a hormone made by your pancreas. When it is released, it lets the body either use or store the sugar.
- With diabetes, your body has trouble with regulating insulin. With type 1 diabetes, your pancreas does not make insulin. With type 2 diabetes, your pancreas does not produce enough insulin, or your body resists insulin.
- When you have diabetes, too much blood sugar stays in your bloodstream.

Think of your whole system working like a post office in your body, where:



The post office (pancreas) has to send out packages (glucose) to other parts of your body. It goes to places such as the muscles, fat, liver, and other systems in your body. In order to send out packages (glucose), you need a postman (insulin). The postman (insulin) delivers the packages (glucose) to all of those parts of your body that needs it.



Source: <https://www.cdc.gov/diabetes/basics/diabetes.html>

WHAT ARE THE TYPES OF DIABETES?

Type 1 Diabetes

- Type 1 diabetes is caused by an autoimmune disorder. This is when the body's cell attacks itself by mistake. That is why it stops making insulin.
- About 5-10% of the people who have diabetes have type 1.
- Symptoms of type 1 diabetes develop quickly.
- It is usually diagnosed in children, teens, and young adults.
- If you have type 1 diabetes, you'll need to take insulin every day to survive.
- Currently, no one knows how to prevent type 1 diabetes.

Type 2 Diabetes

- With type 2 diabetes, your body does not use the insulin well. Your body cannot keep blood sugar at normal levels.
- About 90-95% of people with diabetes have type 2.
- It develops over many years. It is usually diagnosed in adults. (It is becoming more and more common in children, teens, and young adults).
- You may not notice any symptoms. That is why it is important to get your blood sugar tested regularly.
- Type 2 diabetes can be prevented, delayed, and managed with healthy lifestyle changes. This is in addition to medication. These changes can be things like losing weight, eating healthy food, and being active.

Gestational Diabetes

- This develops in pregnant people who have never had diabetes.
- Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life.
- Your baby is more likely to have health problems and/or obesity as a child or teen.
 - They are also more likely to develop type 2 diabetes later in life. It is important to manage the condition now. Always follow your doctors recommendations to best help you and your baby.

HOW DOES DIABETES AFFECT YOUR HEALTH ?

- Untreated diabetes can cause serious complications. Some common issues are: blindness, heart attacks, strokes, kidney failure and amputations if not controlled.
- Losing weight, eating healthy food, and being active can help manage your condition.
- There are some things you can do to reduce the impact of diabetes in your life.
 - Taking medicine as needed
 - Getting diabetes self-management education and support
 - Keeping health care appointments

Is this because I'm overweight?

In type 1 diabetes, the insulin producing cells in your pancreas are destroyed by your immune system. Weight will not make an impact on the diagnosis of Type 1 diabetes.

Sugar intake or being overweight does not directly cause type 2 diabetes. However, you are more likely to get it if you are overweight. You gain weight when you take in more calories than your body needs. Sugary foods and drinks contain a lot of calories



What do I do now?

Now is a great time to start advocating for your own health. This includes making some lifestyle changes. Type 2 diabetes has no outward symptoms that tell you something is wrong. This is why it's important to implement some changes into your life, alongside any/all medications from your doctor.



How do I manage my lifestyle and ongoing risk factors?

Talk with your health care team about implementing lifestyle changes, such as:

- Getting at least 150 minutes of physical activity each week (30 min 5 days/week)
 - Stop smoking
- Eat a healthy diet, including limiting added sugars and alcohol
- Maintain a healthy weight
- Manage stress



WHAT DO ALL OF THE TESTS MEAN?



A1C TEST

The A1C test measures your average blood sugar level over the past 2 or 3 months. An A1C below 5.7% is normal, between 5.7 and 6.4% indicates you have prediabetes, and 6.5% or higher indicates you have diabetes.



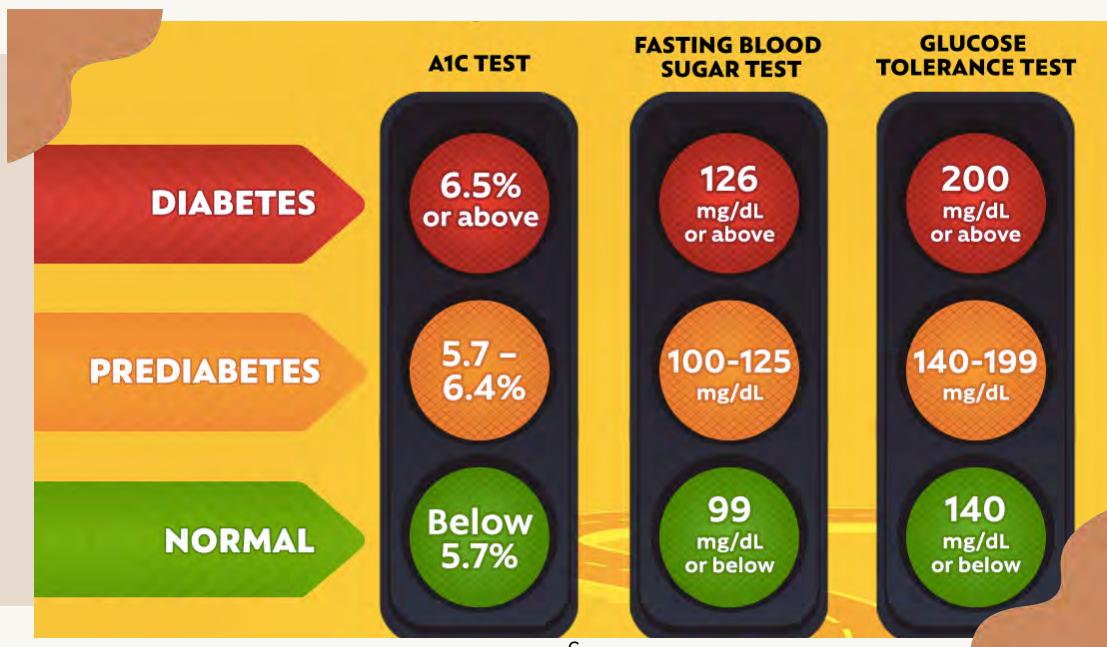
FASTING BLOOD SUGAR TEST

This measures your blood sugar after an overnight fast (not eating). A fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you have prediabetes, and 126 mg/dL or higher indicates you have diabetes.



GLUCOSE TOLERANCE TEST

This measures your blood sugar before and after you drink a liquid that contains glucose. You'll fast (not eat) overnight before the test and have your blood drawn to determine your fasting blood sugar level. Then you will drink the liquid and have your blood sugar level checked 1 hour, 2 hours, and possibly 3 hours afterward. At 2 hours, a blood sugar level of 140 mg/dL or lower is considered normal, 140 to 199 mg/dL indicates you have prediabetes, and 200 mg/dL or higher indicates you have diabetes.



BLOOD GLUCOSE LEVELS

HOW DO I CHECK MY BLOOD GLUCOSE LEVEL?

Checking your blood glucose level is so important! The results help guide decisions about what to eat, your physical activity and any needed medication and insulin adjustments. The most common way to check your blood glucose level is with a blood glucose meter. With this test, you prick the side of your finger. You will apply the drop of blood to a test strip. The strip is then inserted into a meter. The meter will show your glucose level at that moment in time. Your healthcare provider will tell you how often you'll need to check your glucose level.

WHAT SHOULD MY BLOOD GLUCOSE LEVEL BE?

Your healthcare team will tell you what your blood glucose level should be. They may have a specific target range for you. In general, though, most people try to keep their blood glucose levels at these targets:

Before a meal: between 80 and 130 mg/dL.

About two hours after the start of a meal: less than 180 mg/dL.

WHAT HAPPENS IF MY BLOOD GLUCOSE LEVEL IS LOW?

Having a blood glucose level that is lower than the normal range (usually below 70 mg/dL) is called hypoglycemia. This is a sign that your body gives out that you need sugar. Symptoms you might experience if you have hypoglycemia *may* include: weakness or shaking, moist skin, sweating, fast heartbeat, dizziness, sudden hunger, confusion, pale skin, numbness in mouth or tongue, irritability, nervousness, unsteadiness, nightmares, bad dreams, restless sleep, blurred vision, headaches, or seizures. You might pass out if your hypoglycemia is not managed.

WHAT HAPPENS IF MY BLOOD GLUCOSE LEVEL IS HIGH?

If you have too much glucose in your blood, you have a condition called hyperglycemia. Hyperglycemia is defined as:

A blood glucose level greater than 125 mg/dL while in the fasting state (nothing to eat or drink for at least eight hours), or

A blood glucose level greater than 180 mg/dL one to two hours after eating

HYPERGLYCEMIA*

How to Immediately Lower Blood Sugar



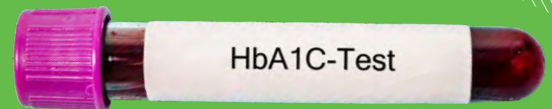
**Hyperglycemia can become a medical emergency. Contact your healthcare provider immediately if symptoms do not subside.*



LEARNING ABOUT YOUR HBA1C NUMBERS

A1C numbers can be used to diagnose diabetes. It is also used to monitor how well your diabetes treatment is working over time. The simple blood test results give you a picture of your average blood sugar level over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. It's also a critical step in forming your game plan to manage diabetes with your diabetes care team.

A1C test results are reported as a percentage. The higher the percentage, the higher your blood sugar levels over the past two to three months. When it comes to the numbers, there's no one-size-fits-all target. A1C target levels can vary by each person's age and other factors. Your target may be different from someone else's. The goal for most adults with diabetes is an A1C that is less than 7%.



HbA1c is "Glycated Hemoglobin". This is made when glucose (sugar) sticks to your blood cells and builds up in your blood.



WHAT CAN AFFECT YOUR A1C RESULT?

Get your A1C tested in addition to regular blood sugar self-testing. This is not a substitute for your daily monitoring of blood glucose. Several factors can falsely increase or decrease your A1C result, including:

- Kidney failure, liver disease, or severe anemia.
- Certain blood disorders
- Certain medicines, including opioids and some HIV medications.
- Blood loss or blood transfusions.
- Early or late pregnancy.

Let your doctor know if any of these factors apply to you, and ask if you need additional tests to find out.

A1C is an important tool for managing diabetes. Remember, it does not replace regular blood sugar testing at home. Blood sugar goes up and down throughout the day and night. That is not captured by your A1C. Two people can have the same A1C, one with steady blood sugar levels and the other with high and low swings.

Sometimes people reach their A1C goal, but have symptoms of highs or lows. Make sure to check your blood sugar more often and at different times of day. Keep track and share the results with your doctor. This will help manage your care plan as needed.



Sources: <https://www.diabetes.org/diabetes/a1c>
<https://www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html>

Uncontrolled Diabetes and the Serious Consequences

High sugar levels in your blood over a long period of time can damage your blood vessels. If your blood vessels are not working properly, blood cannot travel to the parts of your body it needs to. This means your nerves will not work properly either. That can result in you losing feeling in parts of your body. Once you have damaged the blood vessels and nerves in one part of your body, you are more likely to develop similar problems in other parts of your body. So, if your feet are damaged, serious heart problems can follow. Even a slightly high A1C can increase your risk.

It is not just about blood sugars. High blood pressure, smoking and extra fat in your blood (cholesterol) can all damage your blood vessels and put you more at risk.



Diabetic retinopathy occurs as a result of long-term damage to the eyes. Close to 1 million people are blind due to diabetes.



Cardiovascular issues can result from diabetes. This includes: coronary artery disease, heart attack, stroke, and high cholesterol and blood pressure.

Having Diabetes puts you at 2-3x greater risk for having a heart attack or stroke



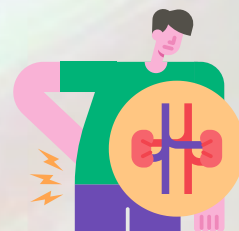
Foot damage, including foot ulcers and poor healing of cuts and sores.



Nerve damage (neuropathy) causes numbness and tingling. It starts at toes or fingers then spreads.



Neuropathy (nerve damage) in the feet increases the chance of foot ulcers, infection and eventual need for limb amputation.



Diabetes can directly cause kidney damage. This can lead to need for dialysis or transplant from kidney failure.



SELF MANAGEMENT STRATEGIES



NORTHERN TIER
CENTER FOR HEALTH
FEDERALLY QUALIFIED HEALTH CENTER

A collage of healthy food items including walnuts, honey, hummus, almonds, celery, and apples.

Health & Wellness

Maintaining health and wellness has always been important. It is more important than ever with hypertension.

You should always keep in contact with your primary care provider. This will help monitor your treatment and goals. Seeing your provider regularly will also help keep your health a priority.

Scheduling and going to appointments is more important now than ever before. This can help you maintain a healthy lifestyle.

MANAGING YOUR CONDITION

LEARNING NEW HABITS AND STRATEGIES
CAN HELP MANAGE YOUR DIABETES.

REDUCE CARB INTAKE

A lower-carb diet can help people better manage their blood sugar levels. Talk to your doctor and/or nutritionist.

LIMIT ALCOHOL CONSUMPTION

No more than 1-2 drinks per day. A drink is one 12 oz beer, 4 oz of wine, or 1.5 oz of 80-proof spirits.

BE PHYSICALLY ACTIVE

Find ways to enjoy and savor the benefits of exercise. Gradually increase your activity level. Attempt to manage your weight with physical activity and a healthy diet.

MANAGE STRESS

Participate in activities that are meaningful to you. Set aside time for stress-reducing events. Consider meditation.

SELF-MONITOR

Measuring your blood glucose at home is important. As is going into a doctor's office to test your A1C

TAKE YOUR MEDICATIONS

Medication may be an important part of your treatment. Follow the recommendations carefully. It may save your life.

MANAGING MULTIPLE CHRONIC CONDITIONS?

When you have one chronic condition, you are at a much higher risk of developing complications. If your blood vessels are damaged in your feet for example, the damage can happen to other parts of your body like your kidneys and heart too. This means you need to stay on top of your health checks and blood sugar levels when you're managing other problems.

This is serious. That is why we want you to have all the facts so you can prevent complications from getting worse.

Taking control of your conditions is more important now than ever before. Use the strategies mentioned on the previous page, and make sure to talk to your health care provider about strategies to manage your conditions together.



YOUR GO-TO DIABETES

RESOURCE LIST

NATIVE DIABETES WELLNESS PROGRAM

WWW.CDC.GOV/DIABETES/NDWP/INDEX.HTML



AMERICAN DIABETES ASSOCIATION

WWW.DIABETES.ORG



AMERICAN HEART ASSOCIATION

WWW.HEART.ORG



NORTHERN TIER CENTER FOR HEALTH

WWW.NOTCHVT.ORG

VISIT YOUR LOCAL NOTCH CLINIC FOR MORE INFORMATION, RESOURCES, AND COMMUNITY HEALTH WORKERS TO HELP GET YOUR SELF-MANAGEMENT JOURNEY UNDERWAY.



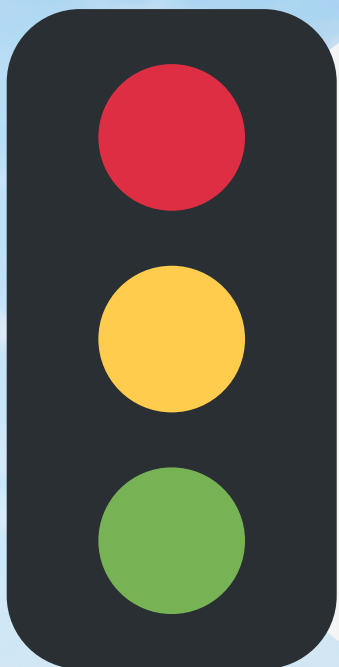
USING THE TRAFFIC LIGHT SYSTEM FOR MANAGING DIABETES

If you find yourself asking questions like these, you are in the right place:

- Is this normal?
- When should I call my provider about my numbers?
- What should I do now that my numbers are too high or too low?

Many people use a traffic light system for managing their diabetes on a regular basis. This system will help guide your decision making process for what comes next. There are three corresponding to the lights of a traffic light: Green, Yellow, and Red.

You want to aim to be in the green "GO" zone at all times.



Red: Your A1C is above 9 or your average blood sugars are above 210. Your fasting glucose is above 200. You need to be evaluated by a provider. Call your primary care provider or emergency services immediately.

Yellow: Your A1C may be above 7, or your blood sugar between 150-210. Most of your fasting numbers are below 200. Work closely with your healthcare team if you are entering into yellow. You should improve your eating and activity habits

Green: You are in control! Your numbers are within their limits. Continue taking your medications as instructed and following healthy eating habits. Keep routinely monitoring your glucose and keep all appointments.

TRAFFIC LIGHTS AT HOME

Fill this out with your Diabetes Educator or primary care provider



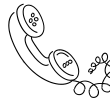
Green zone

You are in control. Nice job!



Yellow zone

Take action today. Call:





Red zone

Take action now! Call:



Did I test my blood sugar?

Green zone response area

Yellow zone response area

Red zone response area

What is my blood sugar?

Green zone response area

Yellow zone response area

Red zone response area

How do my feet look?

Green zone response area

Yellow zone response area

Red zone response area

Did I miss any doses of medicine?

Green zone response area

Yellow zone response area

Red zone response area

GOAL SETTING

The right combination of exercise, choosing the right foods and cutting back on portions will help you manage your diabetes. Though management will be your overall goal, you will take many smaller steps to reach it. Set a few smaller goals at a time and don't try to do it all at once. It takes time to build new habits and break old ones.

Slipping up once in a while will happen—we are all human! Just be sure to get back on track the next day. Think of one or two things you are ready, willing and able to change about the way you eat and exercise, and manage your health. Then set a goal for each. Consider three things:

1. What is the behavior that you will change? Be specific.
2. How often will you do this?
3. Don't try to change too much at once. Be realistic.

Source: <https://www.diabetes.org/healthy-living/weight-loss/getting-started>

Setting Goals For Health



Many people find it hard to take their health into their own hands. With a diagnosis of a chronic condition, it is important for you to put your health first. Something that can help is to set goals. It becomes more manageable when you break down your goals into smaller goals for your health. Research suggests that individuals who are more equipped and prepared to manage their health have more favorable outcomes in life. Try using this acronym (SMART) for setting goals for yourself. Use the next page to break them up and write them down. Feel free to share with your healthcare provider as they may have additional tips and tricks to help with your goal setting.

SMART GOALS

Specific

What is it you want to do?

Measurable

How will you know if you accomplished the goal?

Attainable

How will you do this?

Realistic

Is this relevant and worth your while?

Timely

When would you like to accomplish this by?

Example:

I will follow serving-size suggestions while eating potato chips by using my kitchen scale every time I eat them between now and my next doctor's visit on November 18, 2022 to help control my sodium intake.

Specific	Reduce my sodium intake by using serving size suggestions of potato chips
Measurable	I know how to read a nutrition label and how to use my scale, so I will know if I do this daily.
Attainable	Since I am in the habit of changing my eating habits I know I will be able to accomplish this goal by using my scale daily.
Realistic	My favorite snack is potato chips. I know I am not ready to cut them out completely yet. I tend to over eat, so it will definitely limit my sodium intake by changing this.
Timely	I have a long time change my intake. After I accomplish this goal, my next will be to eat potato chips only 3x a week (right now I do daily)

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ATTAINABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>REALISTIC</u></p> <p>DOES THIS SEEM WORTHWHILE AND RELEVANT?</p>	
T	<p><u>TIMELY</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

My Diabetes Self-Management Goal

 Eat a Healthy Diet	 Be Physically Active	 Take My Medicine	 Other
 Monitor My Blood Sugar and Blood Pressure	 Cope with Stress	 Limit Alcohol	 Stop Smoking

One way I want to improve my health is (e.g., be more active):

My goal for this week is (e.g., walk 4 times):

When I will do it (e.g., mornings before breakfast): _____

Where I will do it (e.g., at the park): _____

How often I will do it (e.g., Monday thru Thursday): _____

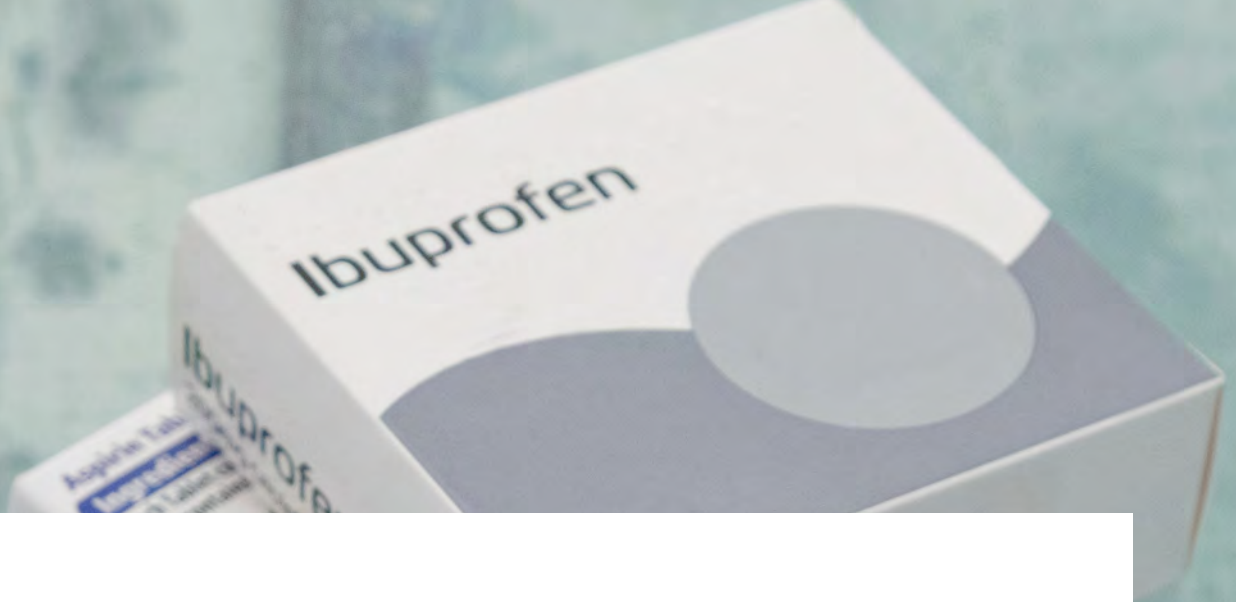
What might get in the way of my plan (e.g., I have to take the children to school one day):

What I can do about it (e.g., I'll choose days when I don't take them to school):

How confident am I that I can reach this goal: *circle one*

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little			Somewhat confident			Very sure		Totally confident

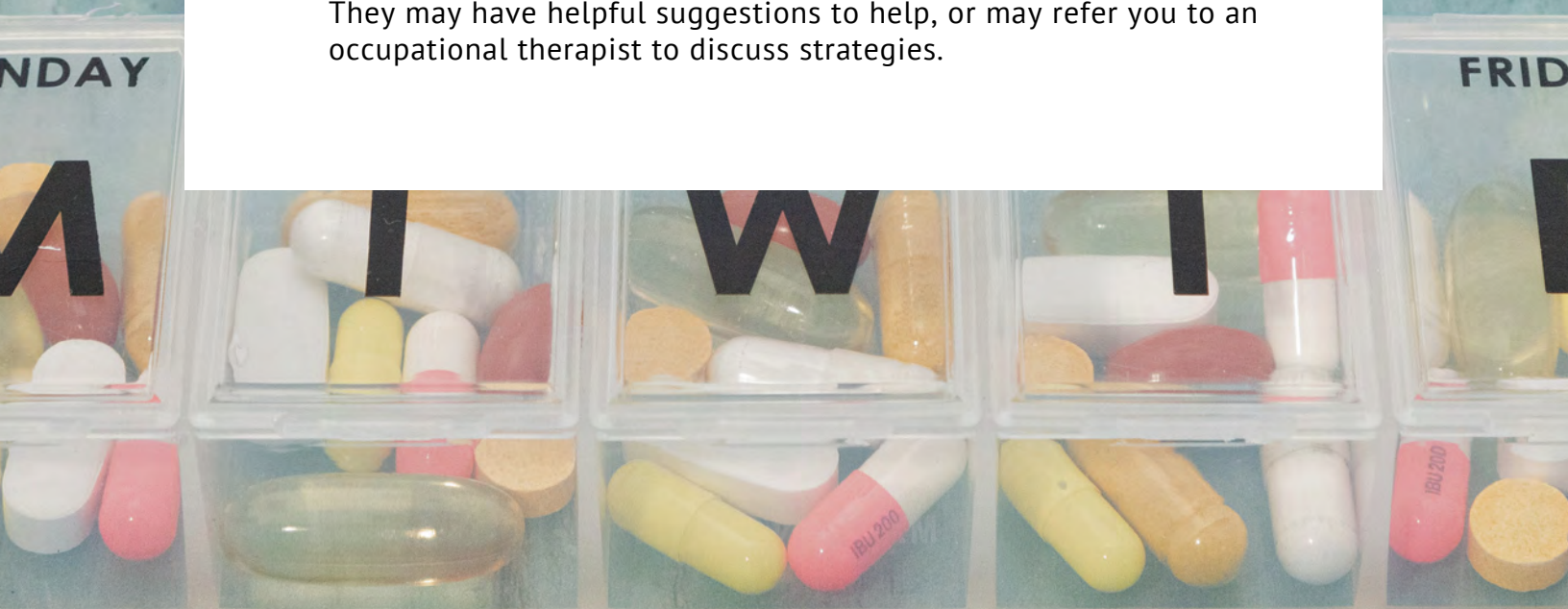
Follow-up plan (how and when): _____



MANAGING YOUR MEDICATIONS

Managing medications can be difficult at any stage of life. Now that you are diagnosed with Diabetes, you may notice yourself having a harder time keeping track of your medications and testing. It is understandable to lose track or forget, but being able to effectively manage all of your medications will help with keeping your diabetes under control.

If you have been diagnosed previously and are still struggling with medication management, talk to your healthcare provider. They may have helpful suggestions to help, or may refer you to an occupational therapist to discuss strategies.



Insulin Explained

There are many different types of medications that can work in different ways to lower your blood sugar. Sometimes one medication will be enough, but in other cases, your doctor may prescribe a combination of medications.

Talking to your doctor to understand what is being prescribed and how it works can be helpful. And keeping an open mind helps, too.

Type 1 diabetes means using insulin. However, if you have type 2 diabetes, treatment plans can change depending on who you are. Some people can manage it with healthy eating and exercise, or with oral medications, while others may also need to use insulin.

It is common for your medication needs to change over time. And that's a good thing. The most important thing is to get to feeling your best.

If you're just starting out with insulin, it can take a little getting used to. With a little practice, you will be a pro in no time.

How is Insulin Taken?

Insulin is available in many formats. You and your healthcare provider will decide which method is right for you.

Here is a quick review of available types.

- **Needle and syringe:** You will insert a needle into a vial of insulin. You pull back the syringe and fill the needle with the proper dose of insulin. You will rotate the injection spots. You may need to give yourself one or more shots a day to maintain your target blood glucose level.
- **Insulin pen:** This device looks like a pen with a cap. They come pre-filled with insulin or with cartridges that are inserted and replaced after use.
- **Insulin pump:** Insulin pumps are small, computerized devices. They are about the size of a small cell phone that you wear. They deliver fast-acting insulin throughout your day through a small flexible tube in your skin. You have to change the tubing every few days. You can also get pumps that attach directly to your skin without the tubing.
- **Artificial pancreas (also called a closed loop insulin delivery system):** This system uses an insulin pump linked to a continuous glucose monitor. The monitor checks your blood glucose levels every five minutes. The pump then delivers the needed dose of insulin.
- **Insulin injection port:** This involves the placement of a tube into tissue beneath your skin. You inject insulin through this port. The port is changed every few days. The port provides a single site for injection instead of having to rotate injection sites.

Insulin, Continued

Insulin is a naturally occurring hormone released by your pancreas. If you are prescribed insulin, it is because your body is not as effective at using it. You may need insulin if your body is no longer producing it with type 1 diabetes. Or, you may need insulin if your body does not use insulin properly in type 2 diabetes.

There are many types of insulin sold in the United States. Each type differs in how it is made, how it works, and how much it costs. Your healthcare provider will help you find the right type for you. If you use syringes, you may need extra guidance. Your healthcare professional will assist on deciding which capacity you need. This is based on your insulin dose. In general, smaller capacity syringes can be easier to read and draw an accurate dose. Here are some tips:

- Syringes have maximum capacities. If your largest dose is close to the maximum capacity, consider buying the next size up.
- If you need half units, be sure to choose a syringe that has these markings.
- If you are traveling, be sure to match your insulin strength with the correct size syringe.

How Insulin Works

There are three terms you will see often: Onset, peak time and duration.

- **Onset** is how long it takes for the insulin to start lowering your blood sugar.
- **Peak time** is when it is at its maximum strength.
- **Duration** is how long it continues to work.

Here is a quick look at the different types of insulin.

- **Rapid-acting insulin** begins to work in about 15 minutes. It peaks in about 1 hour. It continues to work for 2 to 4 hours.
- **Regular or short-acting insulin** reaches the bloodstream within 30 minutes. It peaks anywhere from 2 to 3 hours after injection. It is effective for about 3 to 6 hours.
- **Intermediate-acting insulin** generally begins to work in about 2 to 4 hours. It peaks 4 to 12 hours later. It is effective for about 12 to 18 hours.
- **Long-acting insulin** reaches the bloodstream several hours after injection. It tends to lower glucose levels fairly evenly over a 24-hour period.

BLOOD GLUCOSE MONITORING

Blood sugar (blood glucose) monitoring is the primary tool you have to find out if your blood glucose levels are within your target range. This tells you your blood glucose level at any one time.

It's important for blood glucose levels to stay in a healthy range. If glucose levels get too low, we can lose the ability to think and function normally. If they get too high and stay high, it can cause damage or complications to the body over the course of many years.



Taking Control of Your Measurements

Home Monitoring

Now you know the importance of checking your blood sugars. You also know what to look out for. It is important that you do so while you are at home on a regular basis. There are many different monitors available. Talk to your healthcare

provider about financial coverage or assistance with acquiring a device at your next visit.



Recognizing Your Numbers

Your blood sugar numbers should stay within certain limits. These differ for everyone based on a variety of factors. It can change based on your medical conditions and your response to medications. Generally, it is recommended for your A1C numbers to be less than 7% when you get it checked at the office. When you check your blood sugar daily at home, it is generally recommended as:

- Before a meal: 80–130 mg/dL
- 1–2 hours after the beginning of the meal: Less than 180 mg/dL

Variations

There are always variations in blood sugar. What may be appropriate for a friend with diabetes may not necessarily be right for you too. Factors such as your age, how long you have had diabetes, and other conditions you may have may all change your numbers. Even the amount of physical activity you get in a day will change your numbers.

What the Results Mean

When you finish the blood glucose check, write down your results. Note what factors may have affected them. Think of things such as how stressed you are, what you've eaten, and what you've done for activity. Take a close look at your blood glucose patterns. Record if your level is higher or lower at certain times. If the same thing keeps happening, it might be time to change your diabetes care plan. Work with your healthcare provider to learn what your results mean for you. It can take time to adjust and get things just right. Ask your doctor if you should report results out of a certain range right away by phone.



Keeping a

BLOOD SUGAR LOG

...and making it a habit!

Why You Should Keep a Blood Sugar Log

Keeping a log of your blood glucose can be helpful for many reasons. You can keep track of certain foods, routines, or times of the day that your blood glucose is higher or lower. You can get to know how your body responds to external events. You may respond differently to stressful events or specific foods. We know how difficult it can be to try and remember days or weeks worth of material. Make it easier for yourself by keeping a log. It will be helpful for upcoming appointments regarding your blood glucose, lifestyle modifications, and medications management.

Tricks for Getting into the Routine

- Keep the glucose monitor in plain sight. Keep it in areas you frequently visit
- Take your blood sugar around scheduled events, like meal times.
- Keep the log near the blood glucose monitor. Keep it near your food.
- Set reminders on your phone. Put a sticky note in common places, such as the kitchen or bathroom.



SMOKING CESSATION

Smoking can put you at a higher risk for developing type 2 diabetes. Smokers are also more likely to:

- Have difficulty with insulin dosing
- Have more difficulty managing their condition
- Have complications related to diabetes
- Develop serious health conditions. These can include
 - Heart disease
 - Kidney disease
 - Poor blood flow in the legs and feet. This can lead to infections, ulcers, and possible amputation.
 - Retinopathy (an eye disease that can cause blindness)
 - Peripheral neuropathy (damaged nerves to the arms and legs. This can cause numbness, pain, weakness, and poor coordination)

Quitting smoking can help reduce your risk of developing type 2 diabetes and complications arises from the condition.

How Can I Quit Smoking?

Smoking harms almost every tissue and organ in the body, including your heart and blood vessels. Nicotine, one of the main chemicals in cigarettes, causes your heart to beat faster and your blood pressure to rise. Carbon monoxide from smoking also gets into the blood and robs your body of oxygen. Nonsmokers who are exposed to secondhand smoke are also harmed.

If you smoke or vape, you have good reason to worry about its effect on your health and the health of your loved ones and others.

Deciding to quit is a big step. Following through is just as important. Quitting tobacco and nicotine addiction isn't easy, but others have done it, and you can, too.



Is it too late to quit smoking or vaping?

It's never too late to quit. Quitting smoking has both short-term and long-term benefits for lowering your cardiovascular risk. No matter how much or how long you've smoked when you quit, your risk of heart disease and stroke starts to drop. People who quit smoking generally live longer than people who continue to smoke.

While you may crave tobacco or nicotine after quitting, most people feel that becoming tobacco-free is the most positive thing they've ever done for themselves.

How do I quit?

You are more likely to quit for good if you prepare for two things: your last cigarette, and the cravings, urges and feelings that come with quitting. Think about quitting in five steps:

- 1. Set a Quit Day.** Choose a date within the next seven days when you will quit smoking or vaping. Tell your family members and friends who are most likely to support your efforts.
- 2. Choose a method for quitting.** There are several ways to

quit. Some are:

- Stopping all at once on your Quit Day.
 - Cutting down the number of cigarettes per day or how many times you vape until you stop completely.
 - Smoking only part of each cigarette. If you use this method, you need to count how many puffs you take from each cigarette and reduce the number every two to three days.

3. Decide whether you need medicines or other help to quit.

Talk with your health care professional to determine which medicine is best for you. Get instructions for using it. Therapies may include nicotine replacement (gum, lozenges, spray, patches or an inhaler) or prescription medicines, such as bupropion hydrochloride or varenicline. You could also ask about a referral for a smoking cessation program.

4. Plan for your Quit Day. Get rid of all the cigarettes, matches, lighters, ashtrays and smoking products in your home, office and car. Find healthy substitutes for smoking. Go for walks. Keep sugarless gum or mints with you. Munch carrots or celery sticks.

5. Stop smoking on your Quit Day.

(continued)



What if I smoke or vape after quitting?

It's hard to stay off tobacco and nicotine once you've given in, so do everything you can to avoid that "one." The urge will pass. The first two to five minutes will be the toughest. If you do smoke or vape after quitting:

- This doesn't mean you're a smoker again—do something now to get back on track.
- Don't punish or blame yourself—tell yourself you're still a nonsmoker.
- Think about what triggered the urge and decide what to do differently the next time.
- Sign a contract to stay tobacco-free.

What happens after I quit?

- Your senses of smell and taste improve.
- Your smoker's cough will go away.
- You'll breathe more easily.
- You'll be free from the mess and smell and the burns on your clothing.
- You'll increase your chances of living longer and reduce your risk of heart disease and stroke.



HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families, at HeartInsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

When will the urges stop?

How can I keep from gaining weight?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage your condition or care for a loved one. Visit heart.org/AnswersByHeart to learn more.

ALCOHOL & DIABETES: REDUCING YOUR INTAKE

One lifestyle habit that may need to change is alcohol intake. The biggest concern is low blood sugar. Low blood sugar is called hypoglycemia. Hypoglycemia can happen when drinking alcohol while on medications like insulin. A glass of wine with dinner probably is not a big deal. However, a mojito on an empty stomach is.

Your liver keeps glucose levels normalized. First, it stores carbohydrates. Then, it releases them into the bloodstream when your body needs it. For example, between meals and overnight. Your liver also cleanses toxins in the body, like alcohol. Breaking toxins down lets your kidneys easily flush them away. Your liver is not great at multitasking. It will choose using the alcohol over maintaining your blood sugar. The liver often makes this choice when you drink without eating food. This is when hypoglycemia can occur. Consider snacking while you sip.

Some of the symptoms of hypoglycemia look similar to those of alcohol. These can be things such as slurred speech, drowsiness, confusion, or difficulty walking. Timing may also be an issue. Hypoglycemia can also strike hours after your last drink.

Knowing what alcohol does to your body is important.
It can directly affect your blood glucose.

BE A RESPONSIBLE DRINKER.

Alcohol affects your overall health and safety. It will need to be more closely controlled with your diabetes.

Learn to know when to stop yourself.

HOW DOES ALCOHOL AFFECT MY BLOOD SUGAR?

Your body runs on protein, fat, and carbohydrates. Those nutrients provide energy to the body with the help of insulin. Unlike those nutrients, alcohol does not need insulin. Many people assume that alcoholic drinks are loaded with carbs. Beer and some wines do contain carbs. Many spirits contain little-to-no carbohydrates. If you are at risk of hypoglycemia while drinking, high-carb drinks may sound like the smart option. It is a bit more complicated than that.

Not all sugar is absorbed at the same rate. Liquid sugars are absorbed quickly by the body. Because of that, carbs from alcohol are not as helpful in preventing or treating low blood sugar. Hypoglycemia usually occurs after you have been drinking for a while, or after you are done drinking. Food, on the other hand, is digested gradually. That is why it provides better protection against lows.

Even if there is not a lot of carbs in alcohol, there is always calories. Drinking can make you lose track of what you are eating. Calories (and pounds) can add up quickly. Being tipsy has other downsides as well. It can make it easy to mix up your medications or to forget to take them entirely. Remember, drink sizes vary. That can make it especially difficult to get a grip on how many carbs and calories you are consuming.

DOES THAT MEAN I CAN NEVER DRINK?

You should look at your drinking habits with your primary care provider. Everyone's diabetes diagnosis differs slightly with differing triggers. If you drink, try to limit your alcohol consumption to standard drinks. No more than two drinks per day for men. No more than one drink per day for women.

HOW MUCH IS A STANDARD DRINK? HOW MUCH GLUCOSE?



**12 oz. of
beer**

~ 13 grams
carbs



**4 oz. of
wine**

~ 4 grams
carbs



**1.5 oz. of 80-proof
or
1 oz. of 100-proof
spirits**

~ 0 grams
carbs

Local Resources

The Vermont Recovery Network helps people overcome alcohol & drug abuse through recovery support coaching and peer support groups.

802.738.8998 | info@vtrecoverynetwork.org
P.O. Box 3042 | Burlington, VT 05408



Recovery Partners
of Vermont



117 St. Johns Rd. | Johnson, Vermont
PO Box 575 | Johnson, Vermont
(802) 343-8742
info@jennaspromise.org



212 Prouty Dr. | Newport, Vermont
(802) 624-4156



182 Lake St., St. Albans City, Vermont
(802) 782-8454
(802) 782-7708 | (802) 782-7225



A list of ongoing virtual and in-person sessions are going on in your area! Check out www.aavt.org or scan the QR code to the right to be automatically redirected.





MANAGING STRESS

That is right. Even being stressed can make it harder to manage your diabetes. There are many reasons for this. For now, what is important is that you try and manage your stress. Incorporating simple habits into your day can help with this. For example, taking deep breaths or picturing a calm, relaxing place can help mitigate some stress.

There are many reasons why controlling your stress is important for your health. Here, you will learn briefly about how stress impacts your diabetes. Plus, you can get some tips on ideas to how to manage your stress. Just remember that you are not alone in this process. Reach out to your healthcare team to discuss your stress treatment plan. Consider seeing a therapist to help with strategies that may work for you.

STRESS MANAGEMENT MATTERS

In today's fast-paced world filled with increasing demands, stress management is a life skill and a *lifesaver*, literally! Not only can it have an impact directly on your blood sugar, stress is known to contribute to other risk factors, too, like a poor diet and excessive alcohol consumption!

Using some simple stress-management strategies can help improve your health in many ways. Mastering stress management techniques can lead to healthy behavior changes — including those that reduce your blood sugar.

THE IMPACT OF STRESS ON HEALTH

Your body is always making different hormones. When under stress, those hormones may make your blood glucose rise. That means that even being stressed can make it harder to manage your condition. This is on top of the obvious

concern for stress – that it can make it harder to focus on your diabetes care. When stressed, you may forget to take your medications. Some people find that they eat either more or less when stressed, too. That makes it even harder to manage your blood glucose levels. If you are experiencing any of this too, know that you are not alone. There are so many things that can affect your blood glucose each day. Not all of them are within your control.

While stress can affect your blood glucose levels, the opposite is true too. High or low blood glucose levels can affect your emotions. When blood glucose is high, you may feel cranky, tired and not have enough energy to get things done. Having high blood glucose may also cause you to worry more about your diabetes. This can further increase your stress level. If your blood glucose is too low, you may feel nervous, start to argue, or not be able to think clearly. If your blood glucose is low you may need help getting something to eat.



A Little Time Can Go a Long Way

Simple strategies that you can implement in your life that may assist with managing of your daily stressors.

- **Take time to breathe**
 - Taking deep and slow breaths can help you relax.
 - Know your stress triggers. Make a plan for breathing when they occur.
- **Engage in physical activity**
 - 30 minutes a day, 5 days a week. See page ____ for more details
- **Engage in yoga and/or other forms of meditation**
 - Yoga and meditation strengthen your body and help you relax. These techniques also may lower your systolic blood pressure by 5mmHg or more.
 - Meditation is more than crossed legs and saying "hmmmm". Even if you are busy, take 15 to 20 minutes a day to sit quietly, breathe deeply and think of a peaceful picture. That's meditation!
- **Simplify your schedule**
 - Give yourself enough time to get things done.
 - If you always feel rushed, take a few minutes to review your calendar and to-do lists.
 - Look for activities that take up your time but aren't very important to you. Schedule less time for these activities or eliminate them completely.
- **Get regular sleep**
 - Too little sleep can make your problems seem worse than they really are.
 - Try to get 6-8 hours of sleep a night
- **Shift your perspective and your expectations**
 - Acknowledge your feelings about the situation.
 - Focus on finding solutions rather than complaining.
 - You can't control all the outside events in your life. However, you can change how you handle them emotionally and psychologically. Consider talking to a therapist for strategies that may work best for you.
- **Build positive relationships**
 - We all need supportive and encouraging relationships. Invest yourself in developing relationships that build character and foster growth.
- **Engage in meaningful activities**
 - Finding hobbies, either old or new, have been shown to reduce stress
 - Engage in leisure activities that you like! Reading, walking, social events, etc. can help directly reduce your blood pressure in both the short and long-terms.



How Can I Manage Stress?

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. What is stressful to one person may not be to another. Stress can come from happy events (a new marriage, job promotion, new home) as well as unhappy events (illness, overwork, family problems).



What is stress?

Stress is your body's response to change. Your body reacts to it by releasing adrenaline (a hormone) that can cause your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation.

The link between stress and heart disease is not clear. But, over time, unhealthy responses to stress may lead to health problems. For instance, people under stress may overeat, drink too much alcohol or smoke. These unhealthy behaviors can increase your risk of heart disease.

Not all stress is bad. Speaking to a group or watching a close football game can be stressful, but they can be fun, too. The key is to manage your stress properly.

How does stress make you feel?

Stress affects each of us in different ways. You may have physical signs, emotional signs or both.

- You may feel angry, afraid, excited or helpless.
- It may be hard to sleep.

- You may have aches and pains in your head, neck, jaw and back.
- It can lead to habits like smoking, drinking, overeating or drug abuse.
- You may not even feel it at all, even though your body suffers from it.

How can I cope with it?

Taking steps to manage stress will help you feel more in control of your life. Here are some good ways to cope.

- Try positive self-talk — turning negative thoughts into positive ones. For example, rather than thinking “I can’t do this,” say “I’ll do the best I can.”
- Take 15 to 20 minutes a day to sit quietly, relax, breathe deeply and think of something peaceful.
- Engage in physical activity regularly. Do what you enjoy — walk, swim, ride a bike or do yoga. Letting go of the tension in your body will help you feel a lot better.
- Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

(continued)



How can I live a more relaxed life?

Here are some positive healthy habits you may want to develop to manage stress and live a more relaxed life.

- Think ahead about what may upset you. Have a plan ready to deal with situations. Some things you can avoid. For example, spend less time with people who bother you. Avoid driving in rush-hour traffic.
- Learn to say “no.” Don’t promise too much.
- Give up your bad habits. Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, make the decision to quit now.
- Slow down. Try to “pace” not “race.” Plan ahead and allow enough time to get the most important things done.
- Get enough sleep. Try to get 6 to 8 hours of sleep each night.
- Get organized. Use “To Do” lists if it helps you focus on your most important tasks. Approach big tasks one step at a time.



HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at heartinsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/supportnetwork.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

How can family and friends help?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.



**American
Heart
Association®**

is why™

10 MINUTE ACTIVITIES

FOR QUICK SELF-CARE STRESS MANAGEMENT!

**HAVE A
SHORT BREAK**



**DO SOME
JOURNALLING**



**TAKE A QUICK
10 MINUTE WALK**



**LISTEN TO MUSIC
OR MEDITATE**



**BURN SOME
ESSENTIAL OILS**



**CALL OR TEXT
A FRIEND**



A photograph of a person sleeping in a bed. The person is lying on their side, covered with a blue blanket. Their head is resting on a white pillow. The background is a plain, light-colored wall. The overall lighting is soft and warm, suggesting a nighttime setting.

THE IMPACT OF SLEEP

Sleep is an important activity for your health. Sleep affects many aspects of your wellbeing, but it can also affect your blood sugar levels. On the other hand, your blood glucose control can also affect your sleep. If either is off sync, the other may be impacted. Difficulty getting a good night's rest could be a result of a number of reasons. You could be getting hypoglycemic at night, or your sugars may have been too high during the day. It is possible you have other sleep conditions, such as sleep apnea as well. Sometimes, just being overweight or having other chronic conditions can directly impact your sleep too.

Sometimes you may find that you have blood sugar levels that are either too high or too low overnight. If this is the case, you may find yourself tired through the next day. Being tired and being unable to sleep both have their roots in blood sugar control. Managing all of your lifestyle factors related to sleep can be a key in re-establishing a healthy sleep pattern.

SLEEP AND DIABETES

GET A GOOD NIGHT'S SLEEP

- Keep your blood glucose under control
- Ensure your bed is large and comfortable enough
- Make sure your room is cool and well ventilated (around 65 degrees)
- Ensure your room is dark and free from noise. You may benefit from a sleeping with an eye cover or ear plugs.
- Incorporating a period of exercise into each day
- Stick to a regular bed time

DAY TIME TIREDNESS AND AFTER MEAL LETHARGY

Having high blood sugar levels can often leave you feeling tired throughout the day. You may notice this more particularly during the morning and after meals. If you notice you are becoming tired during the day, test your blood sugar levels. There may be a correlation between your numbers and your feelings of tiredness. Make sure to note down the numbers and how you felt.

If you are taking insulin or are at risk of hypoglycemia, tiredness could be a result of low blood sugar as well. It is also recommended to test blood glucose for this reason too.

TROUBLE SLEEPING FROM HIGH SUGAR LEVELS

High blood sugar levels can impact your sleep. It could be that the high glucose levels make it less comfortable for you to sleep. It may also make you feel too warm, irritable or unsettled. Another factor is if you need to go the toilet during the night.

For people with regularly high blood sugar levels this can have a pronounced impact on your ability to get a good night's sleep. If this is the case, be sure to mention this to your health team.

LOW BLOOD SUGAR (HYPOS) DURING SLEEP

Hypoglycemia can have a negative impact upon your sleep. As a diabetic, hypoglycemia during the night could happen. This is especially true if you take blood sugar medication. Hypoglycemia overnight can disrupt your sleep pattern. It may be noticeable with some signs like waking up sweating. However, it can also happen without you noticing. This can lead to difficulty waking up in the morning and being tired throughout the day. Speak to your healthcare team if this is happening to you at night. It may be easily preventable.

Easy Ways To Help Yourself

Fall Asleep





NORTHERN TIER
CENTER FOR HEALTH
FEDERALLY QUALIFIED HEALTH CENTER

Physical Activity Resources



RESEARCH SHOWS THAT EXERCISE CAN HELP CONTROL YOUR BLOOD SUGAR LEVELS. EXERCISE REDUCES CARDIOVASCULAR RISK FACTORS BY IMPROVING WELL-BEING.

It does not matter where you are physically. If you have never set foot in a gym, or already go regularly, that is okay – as long as you start doing something now. If you have not been very active, you can start slowly. Remember that this is a lifestyle change. That means that you can start easy to work your way up. Light walking is a great place to start and a great habit to incorporate into your life. Walk with a loved one or just by yourself while listening to music or an audio book. Set goals every day and meet them. You will start feeling like you are back in control of your life. Even little changes make a big difference!

If you are still struggling with getting started or feeling overwhelmed by the idea of starting a more active life, you are not alone. Find a friend to start with you. Talk to your healthcare provider about expected changes. Every change, no matter how small, makes a difference in your ability to manage diabetes. Even losing 10-15 pounds can have a significant impact on your health. The power to change is firmly in your hands—so get moving today.

BREAKING THE BARRIERS

It might sound hard to make a healthy change. Don't talk yourself out of activity before you start. Here are a few tips to help you get moving:

- You can start slowly. You do not have to spend hours at the gym. The goal is to get at least 150 minutes of moderate-intensity physical activity every week. You can do that by being active for 30 minutes on most days. Depending on your fitness level, you could start with a 10-minute walk after dinner and build up slowly. Be sure to check with your doctor about which activities are best for you and if there are any you should avoid.
- It can lower your blood sugar. While some benefits of physical activity may take longer to see, some are immediate. Check your blood sugar before and after you take a walk, and you'll likely see a lower number after.
- You can do it for free. You do not need to pay for a gym membership if it is not of interest to you. There are plenty of free options. Walk during lunch, dance to some tunes at home, or find a free online workout—there are so many to choose from! Check out an online yoga class. Make a garden. Find something that works for you and your schedule.
- Small changes can make a difference. You don't need a big chunk of time to be active. You can find small ways to get in more activity throughout the day. Take the stairs instead of the elevator. Play with your kids outside. Get up and move around during commercials when you watch TV. Do squats while washing the dishes.





Plan Your Way to an Active Lifestyle

Some people find it helpful to follow a plan or routine to keep them on track. Here are a few ideas to help you get started:

➔ Be specific. Pick a goal that's clear, one you can reach and easily measure. Think of something that is simple—such as walking a mile every day or being active every weekday for 30 minutes.

➔ Start small. Depending on your fitness level, that may mean taking the stairs more often, doing yard work, or walking the dog.

➔ Take it slowly. Every step is one more than you did before—and a step in the right direction.

➔ Find something you like. Seriously, this is important, or you won't keep doing it. Make physical activity fun, whether it's yoga, a scenic bike ride, or playing with your kids. A "workout" doesn't have to feel like work—and it certainly doesn't have to be in a gym.

➔ Partner up. Whether it's in person or virtually, working out with a friend makes your workout more fun. And you can hold each other accountable if you're tempted to skip it.

➔ Make it a habit. Schedule physical activity into your daily routine. Walk during lunch. Walk with your family after dinner. The more regular you are, the quicker it will become a habit.

➔ Do not go more than 2 days in a row without being active. It'll keep your new habit going strong.

➔ Measure your progress. You can use an app, activity tracker, or even just a piece of paper. Tracking your progress lets you see how much you have completed in a week, a month, or a year. Then you can celebrate your successes! Our bodies are made to move, and we feel better when they do. Just make sure to check with your doctor before starting any new or more difficult activity.



How Can Physical Activity Become a Way of Life?

If you aren't in the habit of being physically active, you're probably being told you should start. That's because regular physical activity reduces your risk of heart disease and stroke. It also helps you reduce or manage other risk factors — high blood pressure, high cholesterol, excess weight and diabetes.

But the benefits don't stop there.

You may look and feel better, become stronger and more flexible, have more energy, and reduce stress and tension.



How do I start?

- Start slowly — don't overdo it!
- Choose activities you enjoy. Pick a start date that fits your schedule and gives you enough time to begin your program. Walking is a great way to get started!
- Wear comfortable clothes and shoes.
- Try to exercise at the same time each day so it becomes a regular part of your lifestyle.
- Drink water before, during and after each exercise session.
- Use the buddy system! Ask a friend to start a program with you.
- Note the days you exercise and write down the distance or length of time of your workout and how you feel after each session.
- Aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise each week. Add muscle-strengthening exercise on at least 2 days a week.
- If you miss a day, plan a make-up day.

What will keep me going?

- Get your family into physical activity! It's great to have a support system, and you'll be getting them into an important health habit.
- Join an exercise group, health club or local community center.
- Choose an activity you like and make sure it's convenient for you. If you need good weather, have a back-up plan for bad days (e.g., when it rains, walk in the mall instead of the park).
- Learn a new sport you think you might enjoy, or take lessons to improve at one you know.
- Do a variety of activities. Take a brisk walk one day, a swim the next time. Then go for a bike ride on the weekend!
- Make physical activity a routine so it becomes a habit.
- If you stop for any length of time, don't lose hope! Just get started again and work up to your old pace.

(continued)



What else should I know?

- Try not to compare yourself with others. Your goal should be personal health and fitness.
- Think about whether you like to exercise alone or with other people, outside or inside, what time of day is best, and what kind of exercise you most enjoy doing.
- If you feel like quitting, remind yourself of all the reasons you started. Also think about how far you've come!
- Don't push yourself too hard. You should be able to talk during moderate exercise.



HOW CAN I LEARN MORE?

Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.

Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at heartinsight.org.

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/supportnetwork.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

What kind of shoes should I wear to prevent injury?

Can I exercise "too much"?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.



**American
Heart
Association®**

is why™



What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

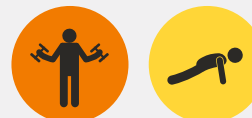
Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the “talk test” to find out.

When you’re being active, just try talking:

- If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan. health.gov/MoveYourWay/Activity-Planner





**NORTHERN TIER
CENTER FOR HEALTH**
FEDERALLY QUALIFIED HEALTH CENTER

Nutrition Resources

Food for Thought

Key Takeaways from ADA's Nutrition Consensus Report

Your health care team knows you best, and our new nutrition consensus report gives them recommendations based on the latest research. Here are some highlights:



There is no “diabetes diet.” Really. Talk to your doctor and get a referral to a registered dietitian nutritionist (RDN) who can help you figure out what eating plan makes the most sense for you and your treatment goals.



You have choices—lots. Many different eating patterns can help you manage your diabetes—from Mediterranean to low-carbohydrate to vegetarian. Whatever you choose, be sure to include lots of non-starchy vegetables, minimize added sugars and refined grains, and choose whole, minimally processed foods.



Macronutrients may vary. We wish we could tell you the perfect percentage of calories from carbs, protein, and fat that you need, but the truth is the percentages can and should be individualized.



Carbs are not one-size-fits-all. While there is growing evidence to show that low-carbohydrate eating patterns can benefit people with diabetes and prediabetes, there is no one definition for “low carb.” For some, following an eating pattern lower in carbs (26–45% of total calories from carbohydrate) showed better blood sugars and a reduction in diabetes medications, among other benefits. Work closely with your doctor and RDN if you choose a lower carb approach to minimize risks (such as hypoglycemia) and maximize success.



Food for Thought

Key Takeaways from ADA's Nutrition Consensus Report



Weight loss works. Losing modest amounts of weight (start with 5%) can improve your blood sugars and other diabetes outcomes in both type 1 and type 2 diabetes. There are lots of ways to lose weight, from changing your diet to getting more exercise, taking medications or even surgery. A focus on lifestyle changes is the preferred starting point, but it's important to be familiar with all valid options.



Tweaking your food choices can help reduce risk factors for complications.

Food swaps are easy ways for people with diabetes to reduce their risk for cardiovascular disease and kidney disease. For example, consider replacing foods high in saturated fat, such as butter and fatty beef, with foods rich in unsaturated fats, like olive oil and fish.



We're here to help!

Learn more and find resources at diabetes.org/nutrition.

Nutrition for Life: Diabetes Plate Method

The Diabetes Plate Method is a helpful tool for anyone who wants to eat better and learn about variety and portion sizes, including people with prediabetes. Each section of the plate (based on a nine-inch plate) is for the following three food groups: vegetables, grains, and protein. Off to the side is dairy and fruit. These five food groups are the foundation for healthy eating.

Fill 1/2 of the plate with non-starchy vegetables.

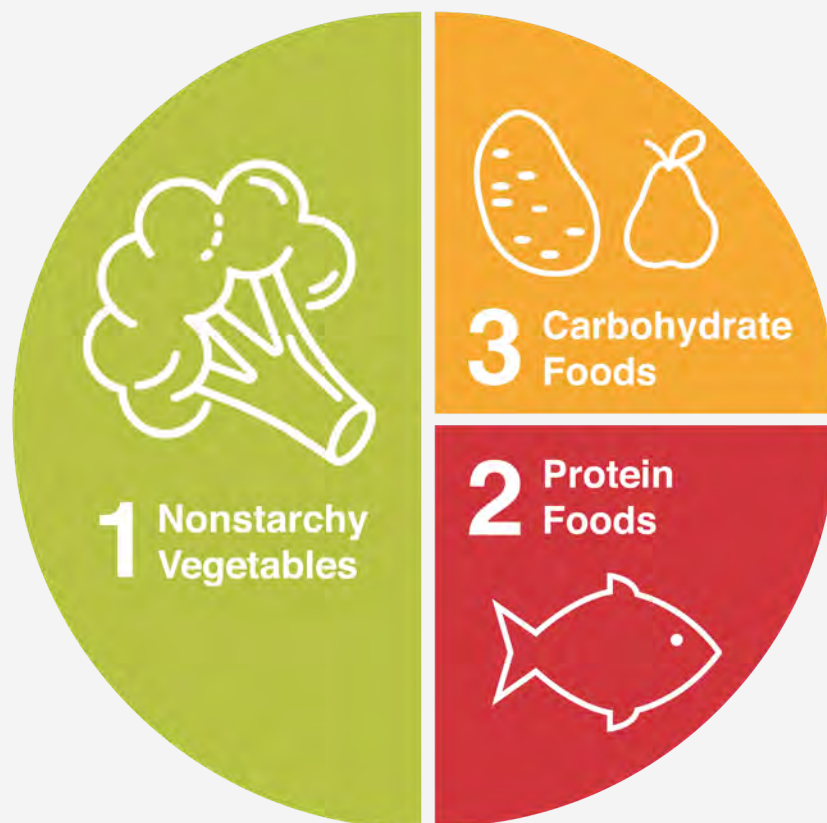
- Non starchy vegetables are low in carbohydrates. One serving amounts to one cup raw veggies, such as a salad greens or ½ cup cooked, such as broccoli. You can have as many non-starchy vegetables as you like, but make sure at least half of your plate is filled with things like green salad, broccoli, or asparagus.

Fill 1/4 of the plate with grains, starchy vegetables, or beans and lentils.

- Choose whole grains such as brown rice or quinoa which are rich in vitamins, minerals, and fiber. Beans and lentils contain both starch and protein with good amounts of fiber.

Fill 1/4 of the plate with Protein

- This section includes meat and other protein sources, such as eggs and fish. Look for lean cuts of meat and low-fat cheeses. 1/4 of the plate is equivalent to a 3 oz cooked portion (about the size of a deck of cards or the palm of your hand).



Continued >>

Nutrition for Life: Diabetes Plate Method

GRAINS AND PASTA	BREADS	CEREALS	STARCHY VEGETABLES	DAIRY	BEANS, PEAS, AND LENTILS	FRUITS
1/3 to 1/2 cup cooked	1 slice (1 oz)	1/2 cup cooked	1/2 cup cooked	2/3 to 1 cup	1/2 cup cooked	1/2 cup fresh

*These measurements are based on estimates and each has about 15 gm of carbohydrate. Please see the nutrition label or talk to your health care provider or a registered dietitian for questions relating to serving sizes.

Protein

- Beef
 - Ground beef, 90% or higher lean/10% or lower fat
 - Choice grades such as chuck, round, rump
 - Loin cuts such as sirloin and tenderloin
- Cheese, preferably low-fat varieties
- Curd-style cheese, cottage, ricotta
- Eggs
- Pork, rib or loin chop or roast, tenderloin
- Seafood, such as fish, clams, crabs, and shrimp
- Tofu
- Turkey or chicken (without the skin)

Dairy

Milk and milk products are served on the side of your plate. Choose low-fat (skim), nonfat, or reduced-fat varieties. One serving (which is one cup) of the milk products below contains 12 grams of carbohydrate.

- Fat-free (skim) milk, low-fat (1%) milk, buttermilk, soy milk
- Yogurt, plain or Greek. You can sweeten this with an artificial sweetener.

Fruit

Fruit is a power food packed with vitamins, minerals, and fiber. In the Diabetes Plate Method, it is served on the side, depending on your needs, to help manage total carbohydrate intake.

Fats

In the Diabetes Plate Method, healthy fats are used for cooking and as condiments. It's best to choose unsaturated fats, which are usually liquid rather than solid. One serving of these healthy fats (which is about one teaspoon) contains 5 grams of fat and 45 calories each.

- Vegetable oil, olive oil, canola oil, sunflower oil, safflower oil, or corn oil
- Avocado
- Nut butters
 - Nuts, such as almonds, peanuts, and pecans
- Olives
 - Non-dairy spreads such as margarine which contains vegetable oil. Make sure your spreads are trans fat-free!

Beverages

To complete your meal, add water or another zero-calorie beverage such as diet soda, diet tea, plain tea, or coffee.

Make the Diabetes Plate Method your method!

This publication was supported by Cooperative Agreement Number NU58DP006364-03-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

TAKE CHARGE

of your emotions & eating

Emotions can influence what, when and how much we eat.

For example, you have probably heard that some people eat to cope with stress. Others eat to occupy themselves when they feel bored.

When you eat based on your emotions, it can hinder your weight loss efforts. Sometimes situations that trigger certain emotions prompt eating. Review the words below. Think about each of the emotions. Note any emotions that trigger your desire for food and add any other emotions or situations that trigger you to eat.

Afraid | Alone | Angry | Anxious
| Blue | Bored | Content | Depressed |
Disappointed | Fearful | Frustrated
| Good | Grief | Guilty | Happy |
Hate | Hungry | Insecure
| Jealous | Lonely | Lust | Nervous |
Peer | Pressure | Regret | Sad | Scared
| Self-pity | Shame | Sleepy | Stress |
Time to eat | Tired | Unsure | Worried

If you have recently eaten and find yourself craving food again, do a quick emotional check. Do you want food because you are hungry? Or are you eating to fill an emotional need? Here are some tips to keep your eating in check:

- Remember which emotions and situations trigger you to eat.
- Write a list of other things to do to fulfill that emotional need. For example: call a friend, take a walk, drink some water or another zero-calorie beverage, send an email to a pal or do a few yoga stretches.
- Assess your physical hunger using the Hunger-Satiety Rating Scale.
- Track the food you eat. Track how hungry you are when you eat and how you feel at the time. You may get a better idea of which emotions trigger eating when you are not physically hungry.
- If you are having a hard time, reach out for help. Involve family members and friends to help support your weight loss efforts. Support groups, therapy and members of your health care team can also help.

Adapted from:



TAKE CHARGE

of your
emotions & eating

The Hunger Rating Scale

There are many signals that tell us it is time to eat. There are obvious ones like a rumbling stomach. But there are others, such as television ads, social events or smells from the food court. These factors in the environment trigger our senses and mental processes. Those can make us think we are hungry even when we are not. Remember that physical hunger builds gradually over time. That usually takes several hours after a meal. Emotional eating and cravings usually come on very suddenly.

The Hunger Rating Scale can help you decide if you are experiencing real hunger.

How does the scale work?

Before you eat, take a moment to rate your hunger. Think about how hungry you physically feel. Your goal is to eat between levels four and six. This means you are eating when you are hungry but stopping when you are comfortably full.

Full	10 = Stuffed to the point of feeling sick
	9 = Very uncomfortably full, need to loosen your belt
	8 = Uncomfortably full, feel stuffed
	7 = Very full, feel as if you have overeaten
Neutral	6 = Comfortably full, satisfied
	5 = Comfortable, neither hungry nor full
	4 = Beginning signs and symptoms of hunger
Hungry	3 = Hungry with several hunger symptoms, ready to eat
	2 = Very hungry, unable to concentrate
	1 = Starving, dizzy, irritable

Think of alternatives to eating for when these temptations arise. Some ideas are:

- Drink a glass of cold water or another zero-calorie beverage
- Take a walk to change the scenery
- Do another or different form of exercise
- Call a friend or family member
- Read a book or magazine
- Do you like to knit or paint? Work on a hobby
- Play a game with someone else

Adapted from:
 **American
Diabetes
Association®**

Connected for Life

Make Work, Home, Grocery Stores, and Restaurants Work for You

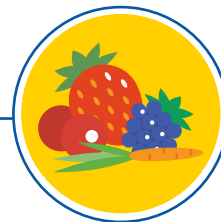


Take the work out of eating at work.

From office pastries to afternoon snacks to increase energy, the workplace can be a challenge for staying on course to eat healthy.

A little food preparation goes a long way.

- ✓ Bring your lunch to work. This can often be healthier than buying it.
- ✓ Keep fruit and vegetables in a plastic container in the fridge at work for snacks.
- ✓ Bring groceries in on Mondays and keep them in a refrigerator to make your lunch at work if you don't want to bring lunch each day.
- ✓ Package high-power snacks, such as nuts, in small containers so you don't get famished or eat too much.



Make home your healthy place.

Sticking to a healthy plan is a lot easier when you can rely on having nutritious food available at home.

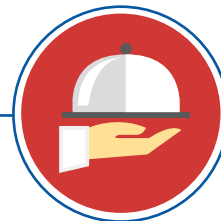
- ✓ Avoid "hiding" treats. You'll know where to find them.
- ✓ Prepare a few healthy snacks and keep them on hand as soon as you get home from the grocery store. Chop strips of peppers or celery or fruit so that healthy snacks are readily available when you get a food craving.
- ✓ Create a cooking ritual at home. Whether it's calling a friend, listening to music, or catching up on a TV show while you cook, pairing cooking with another rewarding activity makes it all the more enticing and beneficial.



Create a grocery store game plan.

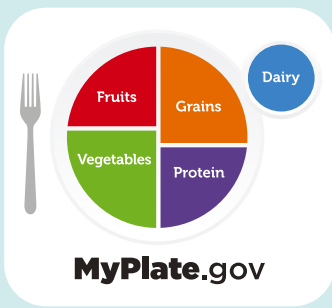
The grocery store is your key to success. Plan before you go, and let an entire healthy week unfold.

- ✓ Make a shopping list based on your weekly meal plan, and stick to it.
- ✓ Focus on shopping the outer aisles where the fresh food is located. The inner aisles contain a lot of processed food and snacks that aren't as healthy. This also helps prevent temptation if you bring your kids shopping with you.
- ✓ You know this one: shop on a full stomach so you're not tempted to buy unhealthy processed food or junk food.



Restaurants: Order with ease.

- ✓ Look at the menu and nutrition info online before you go.
- ✓ Decide what you're going to order before you go to a restaurant so you're not tempted by the look and smell of less healthy choices.
- ✓ Avoid buffets.
- ✓ Ask your server how food is prepared before deciding what to order.
- ✓ Ask for veggies instead of fries or other high-calorie side dishes.
- ✓ Choose baked, steamed, grilled, or broiled instead of fried.
- ✓ Share your main dish with a friend or eat half of it and wrap up the rest to take home to eat later.
- ✓ Order sauces, salad dressing, or spreads on the side, and use sparingly.
- ✓ Avoid items that seem healthy but aren't, such as salads loaded with dressing, cheese, croutons, and bacon.



Small Changes Matter. Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.

Make half your plate fruits & vegetables.

Focus on whole fruits.



Make half your grains whole grains.

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Vary your veggies.



Vary your protein routine.



Choose foods and beverages with less added sugars, saturated fat, and sodium.

The benefits add up over time, bite by bite.

Weekly Meal Planner

MON

TUE

WED

THU

FRI

SAT

SUN

DAIRY

DRY GOODS

CANNED GOODS

PRODUCE

MEAT



NORTHERN TIER
CENTER FOR HEALTH
FEDERALLY QUALIFIED HEALTH CENTER

Food & Community Resources



Food Resources

Franklin / Grand Isle Food Shelves and Pantries

Town	Food Shelf	Day	Time	Address	Contact
Alburgh	NorthWest Family Foods	Last 2 Tuesdays each month	11:00AM	Islands in the Sun Community Center 57 S. Main St. Alburgh, VT	802-527-7392
Enosburg	Enosburg Food Shelf	Thursday	9:00AM – 5:00PM	Corner of Main and Missisquoi St. Enosburg Falls, VT	802-933-4193 (Kathy Gaston)
Fairfax	Fairfax Community Food Shelf	First 2 Wednesdays each month	9:00AM – 12:00PM	United Church of Fairfax 8 Fletcher Rd. Fairfax, VT	802-849-6588
Fairfield	Fairfield Community Food Shelf	Tuesday	3:00PM – 6:00PM	Fairfield Community Center 124 School St. Fairfield, VT	802-827-3130
Georgia	Georgia Food Shelf	Last 2 Wednesdays each month	4:00PM – 5:00PM	Georgia Market 962 Ethan Allen Hwy Georgia, VT	802-524-3240 (Jolly Bates)
Grand Isle	Champlain Islands Food Shelf	Wednesday & first Saturday each month	Wed: 1PM – 4PM Sat: 9AM – 11AM	Grand Isle United Methodist Church 8 Hyde Rd. Grand Isle, VT	802-318-4704; champlainislands foodshelf@gmail.com
Highgate	Highgate Food Shelf	Monday & Tuesday	2:00PM – 5:30PM	Highgate Methodist Church Community Center 3060 Rte. 78 Highgate, VT	802-868-4921
Isle Lamotte	NorthWest Family Foods	Last 2 Tuesdays each month	12:00PM	St. Joseph's Church 2176 Main St. Isle Lamotte, VT	802-527-7392
Montgomery	Montgomery Food Shelf	Call for an appointment		Montgomery United Methodist Church 20 Fuller Bridge Rd. Montgomery, VT	802-326-4651
Richford	Richford Food Shelf	Monday & Friday	Mon: 5PM – 7PM Fri: 9AM – 12PM	NOTCH Partnering Project Building 53 Main St. Richford, VT	802-255-5515
Sheldon	Sheldon Interfaith Food Shelf	Monday, Tuesday, Thursday, Friday & Saturday	Mon: 4PM – 6PM; Tues: 10AM – 1PM; Thurs: 4PM – 7PM; Sat: 12PM – 3PM	Sheldon Methodist Church 53 Church St. Sheldon, VT	802-527-7392
St. Albans	NorthWest Family Foods	Monday – Friday	12:00PM – 4:00PM	5 Lemnah Dr. St. Albans, VT	802-527-7392
Swanton	Abenaki Nation of Missisquoi Food Pantry	Monday, Wednesday & Friday	9:00AM – 2:00PM	Abenaki of Missisquoi Tribal Office 100 Grand Ave. Swanton, VT	802-868-6255
Swanton	Swanton Food Shelf	Tuesday	9:00AM – 12:00PM	Church of Nativity Parish Hall 65 Canada St. Swanton, VT	802-868-4162

Food Resources

Franklin / Grand Isle Meal Sites

Town	Site	Day	Time	Address	Contact
Fairfield	Fairfield Community Center	Tuesday	1:30PM – 3:00PM	124 School St. East Fairfield, VT	Phone: 802-827-3130 Email: fccvt.info@gmail.com Website: www.fairfieldcommunitycenter.org
St. Albans	Martha's Kitchen	Everyday	11:00AM – 1:00PM	139 Lake St. Albans, VT	Phone: 802-524-9749 Email: MarthasKitchen802@gmail.com Website: www.marthascommunitykitchen802.org
Sheldon	Sheldon Interfaith Food Shelf	Call for availability		45 Church St. Sheldon, VT	Phone: 802-933-4487 or 802-933-7356 Email: sumc_foodshelf@outlook.com Website: www.facebook.com/SheldonVermontFoodShelf

Franklin / Grand Isle Commodity Supplemental Food Program Pick-Up Sites

Town	Site	Town	Site
Alburgh	Amadeus Parish Hall 75 N. Main St. Alburgh, VT	St. Albans	Four Winds Apartments 145 N. Elm St. St. Albans, VT
Alburgh	Pine Manor Apartments 6 Lake St. Alburgh, VT	St. Albans	American Legion 100 Parah St. St. Albans City, VT
East Fairfield	East Fairfield Community Center 124 School St. East Fairfield, VT	St. Albans	Hawk's Nest 110 Hawks Nest St. Albans, VT
Enosburg Falls	St. John the Baptist 2 Missisquoi St. Enosburg Falls, VT	St. Albans	Beth-El Court 53 Federal St. St. Albans, VT
Grand Isle	Round Bard Homestead 29 Faywood Rd. Grand Isle, VT	Swanton	School Apartments 31 Church St. Swanton, VT
Montgomery	Montgomery Food Shelf 20 Fuller Bridge Rd. Montgomery, VT	Swanton	Swanton Meadows 20 Meadow Ln. Swanton, VT
Richford	Missisquoi Manor 70 Liberty St. Richford, VT	Swanton	Swanton Village Apartments 39 Platt St. Swanton, VT
Richford	All Saints Church 152 Main St. Richford, VT	Swanton	Church of Nativity 65 Canada St. Swanton, VT
St. Albans	Holy Angels Apartments 246 Lake St. St. Albans, VT	See page 69 for more CSFP details.	



Food Resources

3SquaresVT (SNAP)

For individuals and households to help stretch their budgets by helping buy food from grocery and convenience stores, farmers markets, and co-ops across the state. 3SquaresVT benefits are deposited each month on an EBT card, which works like a debit card. For more information or application support, visit www.vermontfoodhelp.com/apply-now or text **VFBSNAP** to 85511.

See page 70 for income eligibility guidelines.

For application support:

- Call **2-1-1**
- Text **VFBSNAP** to **85511**
- Send an email to 3SVT@vtfoodbank.org

For people 60 or older, call the Helpline at **1-800-642-5119** for personalized assistance.

Call **1-800-479-6151** to speak with a Benefits Specialist at DCF-ESD.

Can't access a grocery store?
3SquaresVT benefits can be used with programs like Instacart, DoorDash and Hannaford. Contact 3SquaresVT to learn more.

Meals for Kids

This school year, meals are free for all kids. For information on area school meal programs, contact the school administrator, or call **2-1-1**.

If a child is in childcare, ask the provider if they participate in the **Child and Adult Care Food Program**, or if they offer meals and snacks through a different program.

WIC

For pregnant individuals, or a caregiver or parent with a child under five. WIC provides access to healthy foods, nutrition education and counseling, breastfeeding support, and community referrals. Most services are being done by phone appointment. For more information, call **2-1-1** or text **VTWIC** to **85511**.

Programs for Older Adults and People Living with Disabilities

Meals on Wheels

Older Vermonters and people living with disabilities or other qualifying conditions can have free meals delivered to their home through Meals on Wheels. Some people may also be eligible for assistance with grocery shopping. For more information about meals for older adults and people living with disabilities, call the Senior HelpLine at **1-800-642-5119**.

Community Meal Programs

Age Well offers a variety of meal programs for older adults living in northwestern Vermont. Contact Laura Need, Age Well Nutrition Coordinator at **802-662-5264** or Ineed@agewellvt.org for information. *See page 71 for expanded program details.*

Commodity Supplemental Food Program (CSFP)

For people aged 60 or older and who meet income guidelines, they can receive a free box of food every month through the CSFP. For more information and to apply, go to vtfoodbank.org/share-food/csfp or call **1-800-214-4648**. *See page 68 for a list of CSFP locations in Franklin / Grand Isle.*

Food Assistance through the Vermont Foodbank Network

The Vermont Foodbank supports Vermonters during all times of need. For resources and service information visit vtfoodbank.org/gethelp or call **1-800-585-2265**.

Other Food Programs

Crop Cash

Multiply your 3SquareVT/SNAP dollars with Crop Cash at a Farmers Market that accepts 3SquaresVT/SNAP benefits. Learn more at www.vermontfoodhelp.com or text **VFBSNAP** to **85511**.

Farm To Family

Farm To Family coupons may be used to buy locally-grown, fresh fruits, fresh vegetables and fresh-cut herbs at participating farmers markets and farm stands. Call the Franklin / Grand Isle Community Action for application information for 2024 at **802-527-7392**.

Farm Stand Match

3SquaresVT customers will automatically save 50% on fresh fruits, vegetables, culinary herbs, and culinary plant seeds and when they spend their benefits at participating farm stands. There is no limit and no application process.

Senior Farm Share Program

The Senior Farm Share Program helps limited-income seniors living in participating housing sites to access fresh locally-grown fruits and vegetables from their local farmer during the growing season. Contact Johanna Doren at farmshare@nofavt.org or **802-434-7162**.

NOFA-VT Farm Share

The Farm Share Program assists hundreds of income-eligible individuals and families in accessing a season's worth of fresh farm products by partially subsidizing the cost of shares. For information about upcoming enrollment and eligibility requirements, contact farmshare@nofavt.org or call **802-434-7162**.





Food Resources

3SquaresVT (SNAP) Income Limits and Benefits Information

3SquaresVT is a food program that is available to everyone who qualifies, for as long as they qualify. People in many different situations qualify for 3SquaresVT such as individuals, working families, older Vermonters, homeowners, people experiencing homelessness, college students, and people with disabilities, just for a few examples.

Monthly benefits amounts are based on household income, expenses, and size.

Income Eligibility Guidelines

Household Size	Expanded Gross Monthly Income Limit (185% FPL*)
1	\$2,248
2	\$3,041
3	\$3,833
4	\$4,625
5	\$5,418
6	\$6,210
7	\$7,003
8	\$7,795
9	\$8,588
10	\$9,380
For Each Additional Member Add	\$793

Monthly Benefits Amounts

Household Size	Maximum Monthly Benefit
1	\$291
2	\$535
3	\$766
4	\$973
5	\$1,115
6	\$1,386
Each Additional Member Add	\$219

**Federal Poverty Level*

These limits are for October 1, 2023 - September 30, 2024

70,000 people in Vermont get money every month from 3SquaresVT but many more qualify.

Find out if you're eligible!

Ways to apply:

- Call **2-1-1**
- Text **VFBSNAP** to **85511**
- Send an email to

3SVT@vtfoodbank.org

- Call **1-800-479-6151** to speak with a Benefits Specialist at DCF-ESD.

3Squares in a SNAP

3Squares in A SNAP is an easier way for older adults and disabled Vermonters to access 3SquaresVT. You may use this simplified process if EVERYONE applying in your household is:

- At least **60 years old** or **getting disability benefits**,
- **Not earning income** from a job or self employment, and
- Buying food and making meals **together**.

If you DON'T meet all the criteria above, you must use the regular process to apply for 3SquaresVT.

For people 60 or older, call the Senior HelpLine at **1-800-642-5119** for personalized assistance with your application.



Franklin / Grand Isle Meal Programs for Older Adults

Grab & Go Meal Schedule

Available to individuals 60+ years of age and their spouse of any age. All meal recipients must register with Age Well once a year.

Advanced reservations only – please register one week in advance.

Age Well can only provide one meal per person but you are welcome to sign up to pick up meals at multiple sites.

Contact: Laura Need, Nutrition Coordinator
Phone: 802-662-5264
Email: Ineed@agewellvt.org

Weekly Schedule and locations:

Monday:

Maquam Bay of Missisquoi

12:00PM – 1:00PM
100 Grand Ave.
Swanton, VT

Tuesday:

Sheldon Interfaith Food Shelf

11:00AM – 12:00PM
52 Church St.
Sheldon, VT

Thursday:

Highgate Library

12:00PM – 12:30PM
17 Mill Rd.
Highgate Center, VT

Friday:

Church of the Rock

11:00AM – 12:00PM
1091 Fairfax Rd.
St. Albans, VT

Richford Food Shelf

11:00AM – 12:00PM
NOTCH Partnering Project Building
53 Main St.
Richford, VT

Sit Down Community Meals

Age Well hosts community meals at over 70 locations. Programs vary from small rural gatherings, to senior centers, to an ever-growing array of restaurants.

Contact Laura Need, Nutrition Coordinator at **802-662-5264** or Ineed@agewellvt.org for information about upcoming scheduled community meal events.

Meal Sites in Franklin / Grand Isle Islands in the Sun Community Center

57 S. Main St.
Alburgh, VT

When: Second Friday of each month

Contact: Michele Kelley
Phone: 802-796-3054

Fairfield Community Center

124 School St.
East Fairfield, VT

When: Every Tuesday

Contact: Megan Bushey
Phone: 802-827-3130

Sheldon Interfaith Food Shelf

53 Church St.
Sheldon, VT

When: Last Thursday of each month

Contact: Kathy Gorton
Phone: 802-933-4487



Restaurant Ticket Program

Older adults can make a \$5 donation to receive a ticket to dine at one of the participating regional establishments.

Tickets available at the Age Well office at 875 Roosevelt Hwy., Ste. 210 in Colchester or you can call **802-662-5200** for more information.

Participating Restaurants in Franklin / Grand Isle:

The Abbey Restaurant

Tuesday – Sunday
11:30AM – 5:00PM
Phone: 802-933-2223
6212 VT 105
Sheldon, VT

Greenwood Bakery & Deli

Contact directly for scheduled meals
Phone: 802-848-9000
101 Main St.
Richford, VT

The Dairy Center

Contact directly for scheduled meals
Phone: 802-933-2030
2445 Sampsonville Rd.
Enosburg Falls, VT

Franklin / Grand Isle Resources

Economic Services Division - District Office

Administers several benefits programs including **3SquaresVT**, **Essential Person**, **Fuel Assistance** and **Reach Up**.

27 Federal St., Ste. 400
St. Albans, VT 05478

Hours: 7:45AM – 4:30PM, Monday – Friday, except holidays

ESD Benefits Service Center

Phone: 1-800-479-6151

ESD Call Center Hours: 8:00AM – 6:00PM and Friday, from 8:00AM – 4:15PM. Automated system available outside of business hours, on weekends and on state holidays.

For those who are deaf or hard of hearing: Dial **7-1-1** to reach the Vermont Relay Service (VRS). Ask the operator to call **1-800-479-6151**.

Translation services available.

Franklin / Grand Isle Community Action

Provides a wide range of important services to the low-income residents including housing assistance, emergency fuel and utility assistance, emergency food shelves, transportation assistance, food stamp outreach, and other locally based services.

5 Lemnah Dr., Ste. 5
St. Albans, VT 05478

Phone: 802-527-7392

Hours: 8:30AM – 4:30PM, Monday – Friday, except holidays

Vermont Senior HelpLine

A resource of Age Well for people 60 and older that provides information on a wide range of programs and services, including Meals on Wheels and other food, health and wellness programs.

Phone: 1-800-642-5119

Hours: 8:30AM – 4:30PM, Monday – Friday (leave a message after hours.)

Other Community Resources

Find Local Food – Northwestern Healthy Roots Collaborative

Find farm-fresh produce and meats, restaurants, farms stands and food purveyors in Franklin and Grand Isle. Visit www.healthyrootsvt.org for more information.

SNAP Education (SNAP-Ed)

SNAP-Ed is an evidence-based program teaches people to shop for and cook healthy meals and lead active lives. SNAP-Ed can help people learn how to make their SNAP dollars stretch, and understand the changes to their SNAP benefits. Learn more at www.snaped.fns.usda.gov.

University of Vermont Extension's Expanded Food and Nutrition Education Program (EFNEP)

A free program that empowers Vermonters to lead healthier lives through hands-on nutrition education. Programs serve income eligible parents, caregivers and expecting mothers, as well as children and teens. Learn more at www.uvm.edu/extension/efnep.

Social Media Groups

There are social media groups dedicated to helping community member in need. Following are several local Facebook groups. This list is not inclusive of all groups available and will be updated periodically.

Helping Others ❤️ (private group)

Helping others Vermont (public group)

Helping others in VT (public group)

Vermonts #1 Helping Others Site! (private group)



#helpingothers

Vermont 2-1-1

The Vermont 211 database contains information about programs and services available to Vermonters that are provided by local community groups, social service and health-related agencies, government organizations, and others. Services listed include:

- Basic Needs
- Consumer Services
- Criminal Justice and Legal Services
- Education
- Environment/Public Health/Public Safety
- Health Care
- Income Support and Employment
- Individual and Family Life
- Mental Health and Substance Abuse Services
- Organizational/Community Services

Search the database online at www.vermont211.org.

There are several ways to contact Vermont 2-1-1:

1. Dial **2 1 1** – a local call from anywhere in Vermont
2. Call **1 866 652 4636** – toll free in Vermont
3. Call **802 652 4636** – from outside of Vermont
4. Text your zip code to **898211**

The 211 contact center is available 24/7. Texting is only available Monday – Friday from 8:00AM – 10:00PM.

Help Me Grow Vermont

For households with children in the home, Help Me Grow Vermont provides access to a range of family support services to promote the healthy development of children.

Phone: 2-1-1 x 6

Text: HMGVT to 898211

Email: info@helpmegrowvt.org

Website: www.helpmegrowvt.org

Hours: 8:00AM – 5:00PM, Monday – Friday (leave a message after hours.)



NOTCH Locations

Alburg Health Center

64 Industrial Park Rd.
Alburg, VT 05440
Phone: 802-796-4414

Enosburg Health Center

382 Main St.
Enosburg Falls, VT 05450
Phone: 802-933-5831

Fairfax Health Center

1199 Main St.
Fairfax, VT 05454
Phone: 802-849-2844

Fairfax Pharmacy

997 Main St.
Fairfax, VT 05454
Phone: 802-849-2101

Georgia Health Center

4178 Highbridge Rd.
Fairfax, VT 05454
Phone: 802-528-2600

Richford Health Center

44 Main St., Ste. 200
Richford, VT 05476
Phone: 802-255-5500

Richford Dental Clinic

44 Main St., Ste. 400
Richford, VT 05476
Phone: 802-255-5520

NOTCH Pharmacy

44 Main St., Ste. 201
Richford, VT 05476
Phone: 802-255-5530

St. Albans Health Center

3 Crest Rd.
St. Albans, VT 05478
Phone: 802-524-4554

St. Albans Pharmacy

3 Crest Rd.
St. Albans, VT 05478
Phone: 802-527-6700

NOTCH Primary Care

12 Crest Rd.
St. Albans, VT, 05478
Phone: 802-524-4554

Swanton Health & Dental Center

26 Canada St.
Swanton, VT 05488
Phone: 802-868-2454

Swanton Rexall

13 York St.
Swanton, VT 05488
Phone: 802-868-3338

Main Street Market

44 Main St.
Richford, VT 05476
Phone: 802-848-2148

NOTCH Departments

NOTCH Administration
Phone: 802-255-5560

NOTCH Billing Department
Phone: 802-255-5580

NOTCH Care Coordination & Outreach
Phone: 802-255-5570

NOTCH Partnering Project
Phone (Main Office): 802-255-5515
Phone (Nifty Thrifty): 802-848-3815

About NOTCH

Northern Tier Center for Health (NOTCH) is a mission driven primary care practice with a focus on quality and continuity of care. We are a not-for-profit corporation governed by a community-based Board of Directors whose mission is to provide high-quality care in Vermont's Franklin and Grand Isle counties.

NOTCH's team of compassionate and devoted health care professionals and support staff develop long-term relationships with patients, often serving multi-generational families. The organization offers a full spectrum of health care services, including family medicine, internal medicine, behavioral health, pharmacy, lab, and general dentistry.



The information within this resource guide was compiled by the Northern Tier Center for Health (NOTCH) and is provided as a public service to our community. NOTCH does not guarantee the information in the resource guide is accurate or current. NOTCH is not responsible for any special, indirect, incidental, or consequential damage that may arise from using the resource guide. Some organizations and/or programs and service may have been excluded to keep the size of the resource guide manageable and to avoid frequent updates.

This project is/was supported by the Offices of Rural Health Policy (ORHP) of the U.S. Department of Health Care Services Outreach Grant Program. This information or content and conclusions are those of the author and should not be construed as the official position of, nor should any endorsements be inferred by ORHP, HHS, or the U.S. Government.