



# Franklin / Grand Isle Food Resources Guide

**A regional guide to food shelves, meal sites and food programs in Vermont's Franklin and Grand Isle Counties**



**Winter / Spring 2024**



## Franklin / Grand Isle Food Shelves and Pantries

Town	Food Shelf	Day	Time	Address	Contact
<b>Alburgh</b>	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
<b>Enosburg</b>	Enosburg Food Shelf	Thursday	9:00AM – 5:00PM	Corner of Main and Missisquoi St. Enosburg Falls, VT	802-933-4193 (Kathy Gaston)
<b>Fairfax</b>	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
<b>Fairfield</b>	Fairfield Community Food Shelf	Tuesday	3:00PM – 6:00PM	Fairfield Community Center 124 School St. Fairfield, VT	802-827-3130
<b>Georgia</b>	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)
<b>Grand Isle</b>	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
<b>Highgate</b>	Highgate Food Shelf	Monday & Tuesday	2:00PM – 5:30PM	Highgate Methodist Church Community Center 3060 Rte. 78 Highgate, VT	802-868-4921
<b>Isle Lamotte</b>	NorthWest Family Foods	Last 2 Tuesdays each month	12:00PM	St. Joseph's Church 2176 Main St. Isle Lamotte, VT	802-527-7392
<b>Montgomery</b>	Montgomery Food Shelf	Call for an appointment		Montgomery United Methodist Church 20 Fuller Bridge Rd. Montgomery, VT	802-326-4651
<b>Richford</b>	Richford Food Shelf	Monday, Wednesday & Friday	Mon: 5PM – 7PM Wed: 2PM – 4PM Fri: 9AM – 12PM	NOTCH Partnering Project Building 53 Main St. Richford, VT	802-255-5515
<b>Sheldon</b>	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
<b>St. Albans</b>	NorthWest Family Foods	Monday – Friday	12:00PM – 4:00PM	5 Lemnah Dr. St. Albans, VT	802-527-7392
<b>Swanton</b>	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
<b>Swanton</b>	Swanton Food Shelf	Tuesday	9:00AM – 12:00PM	Church of Nativity Parish Hall 65 Canada St. Swanton, VT	802-868-4162



## Franklin / Grand Isle Meal Sites

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



### 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](http://www.vermontfoodhelp.com/apply-now) or text **VFBSNAP** to **85511**.

See page 7 for income eligibility guidelines.

For application support:

- Call **2-1-1**
- Text **VFBSNAP** to **85511**
- Send an email to [3SVT@vtfoodbank.org](mailto: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](mailto:Ineed@agewellvt.org) for information. **See page 5 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](http://vtfoodbank.org/share-food/csfp) or call **1-800-214-4648**. **See page 2 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](http://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](http://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](mailto: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](mailto:farmshare@nofavt.org) or call **802-434-7162**.





## 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](mailto: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](mailto: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](mailto: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](http://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](http://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](http://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](http://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](mailto:info@helpmegrowvt.org)**

**Website: [www.helpmegrowvt.org](http://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: 802-255-5515

## 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.

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