

# Food, Fuel, & More: Resources to Stretch Your Budget

There are organizations in your area that can help with these applications (see backside for more information).

## FUEL ASSISTANCE:

Seasonal Fuel Assistance can help pay some of your heating bills. The application is two pages long and can be completed and submitted to the Department for Children and Families Economic Services Division (ESD):

- **Complete the online application:**  
[vermontfoodhelp.com/fuel-energy-assistance](http://vermontfoodhelp.com/fuel-energy-assistance)
- **Call 1-800-479-6151** to have a paper application printed and/or mailed to you.
- **Apply in person at your local district office:**  
[dcf.vermont.gov/esd/contact-us/districts](http://dcf.vermont.gov/esd/contact-us/districts)
- **Print and use the application form** if you are only applying for fuel assistance  
Mail your application to:  
Economic Services Division, Application & Document Processing Center  
280 State Drive, Waterbury, VT 05671-1500
- **Crisis Fuel Assistance** is to help households who may be almost or completely out of fuel. Folks must apply in person at their Community Action Agency.

## ENERGY ASSISTANCE:

Vermont Gas Company (VGS) and Green Mountain Power (GMP) offer energy assistance programs to subsidize home heating costs. Call ESD at 1-800-775-0516 if you have questions about who is eligible and how to apply.

- **Green Mountain Power:** Helps people afford energy for their homes regardless of the fuel type. Vermonters who qualify can get a 25% discount off monthly charges for energy. The two-page application will be reviewed to the Department for Children and Families Economic Services Division.
- **Vermont Gas:** Helps people afford natural gas for their homes. Vermonters who qualify can get a 20% discount off monthly natural gas bills. The two-page application will be reviewed by the Department for Children and Families Economic Services Division.

## FOOD ASSISTANCE PROGRAMS:

**3SquaresVT** is a program that gives people who qualify money every month to buy groceries at more than 600 retailers and 40 farmers markets across Vermont. A family of 5 could get up to \$1,116 per month to spend on groceries.

- Learn more: [vermontfoodhelp.com](http://vermontfoodhelp.com)
- For application assistance call 2-1-1 or Vermont Foodbank at 855-855-6181 or text 'VFBSNAP' to 85511.
- If you are 60 or older, call the Helpline at 1-800-642-5119 for help.

**WIC** is a program specifically for women who are pregnant, and/or with infants and children under 5 years old.

- Call 1-800-649-4357 or email [WIC@Vermont.gov](mailto:WIC@Vermont.gov)
- Find a WIC Nutrition Services at [www.healthvermont.gov/local](http://www.healthvermont.gov/local) and call to schedule an appointment.



October 2023

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# Contact List

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## STATEWIDE

**Vermont 2-1-1:** The 2-1-1 call center is available 24 hours a day/seven days a week.

- Helpline: 2-1-1
- Call: 866-652-4636
- [www.vermont211.org](http://www.vermont211.org)

### **Vermont WIC:**

- Helpline: 1-800-649-4357
- Email: [WIC@Vermont.gov](mailto:WIC@Vermont.gov)

### **Department for Children and Families Economic Services (DCF-ESD)**

- Benefits Specialist Line:  
1-800-479-6151
- <https://dcf.vermont.gov/benefits>

## COMMUNITY PARTNERS

### **Vermont Foodbank**

- Text: 'VFBSNAP' to 85511
- Helpline: 855-855-6181
- Email: [3SVT@vtfoodbank.org](mailto:3SVT@vtfoodbank.org)

## FOR OLDER ADULTS (60+)

### **Age Well Vermont**

- HelpLine: 1-800-642-5119
- Email: [info@agewellvt.org](mailto:info@agewellvt.org)

### **Central Vermont Council on Aging (CVCOA)**

- Helpline: 1-877-379-2600
- Email: [info@cvcoa.org](mailto:info@cvcoa.org)

### **Northeast Kingdom Council on Aging (NEKCOA)**

- Helpline: 1-800-642-5119
- Email: [info@NEKCouncil.org](mailto:info@NEKCouncil.org)

### **Senior Solutions: Council on Aging for Southeastern Vermont**

- Helpline: 1-802-885-2669 or 1-866-673-8376
- Email: [information@seniorsolutionsvt.org](mailto:information@seniorsolutionsvt.org)

### **Southwestern Vermont Council on Aging (SVCOA)**

- Rutland Office: (802) 786-5990
- Bennington Office: (802) 442-5436

## REGIONAL COMMUNITY ACTION AGENCIES

### **Champlain Valley Office of Economic Opportunity (CVOEO)**

(802) 862-2771 or 1-800-287-7971

- Addison Community Action: (802) 388-2285
- Chittenden Community Action:  
(802) 863-6248
- Franklin/Grand Isle Community Action:  
(802) 527-7392

### **Northeast Kingdom Community Action (NEKCA)**

- (802) 334-7316
- Canaan: (802) 266-7134
- Island Pond: (802) 723-5276
- St. Johnsbury: (802) 748-6040

### **Southeastern Vermont Community Action (SEVCA)**

(802) 722-4575 or 1-800-464-9951

- Brattleboro: (802) 254-2795
- Springfield: (802) 885-6153
- White River Junction: (802) 295-5215

### **BROC - Community Action in Southwestern Vermont**

- (802) 775-0878 or 1-800-717-2762
- Bennington: (802) 447-7515

### **Capstone Community Action (Central Vermont)**

(802) 479-1053 or 1-800-639-1053

- Bradford: (802) 222-5419
- Morrisville: 1-800-639-8710 or (802) 888-7993
- Randolph: 1-800-846-9506 or (802) 728-9506

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