



# MEAL ACCESS FOR FAMILIES WITH YOUNG CHILDREN

## 2020-2021 School Year

You can access **FREE** meals for your children all around Vermont. Many schools and other local organizations are providing meals for all children 18 years old and under, **including** preschoolers and children not enrolled in school through the end of the current school year.

### Your child does not have to be enrolled in the local school district to receive a meal!

Any child 18 and under can attend a meal site and receive a free meal, no questions asked!

### Where can I access meals?

Visit <https://www.fns.usda.gov/meals4kids> to view all meal sites by county or **dial 2-1-1** and ask where you can find meals in your region.

### What can I expect a meal site to look like?

School meals are regulated by the USDA, which means they follow guidelines that ensure the meals are nutritionally-balanced and developmentally appropriate for kids. You can expect a school meal to include fruits and veggies, protein, a grain, and milk!

### School meals are:

- **Safe**- made with care by professionals trained in food safety
- **Healthy**- following meal guidelines and provide the nutrition kids need to grow and thrive
- **Convenient**- easy to access and free for all students this fall, whether they're in school or learning remotely

Because of COVID-19 please adhere to safety standards at all meal sites. Make sure you are socially distancing and wearing a mask. To promote social distancing, you can pick up meals for your children, even if your children aren't accompanying you!

### CACFP- Child and Adult Care Food Program

If your child is attending childcare or preschool, they may be able to receive meals through the Child and Adult Care Food Program (CACFP). Ask your child care provider about this program! If your finances have changed, submit a new application to your provider to support their participation in the CACFP. You **may not** receive school meals and CACFP meals for the same mealtime, but you are able to access school meals for meals outside those provided by the CACFP your child participates in. If you're a child care provider interested in participating in the CACFP, reach out to Becca Cochran from the Child Nutrition team at the Vermont Agency of Education, [Rebecca.Cochran@vermont.gov](mailto:Rebecca.Cochran@vermont.gov)

**WIC** provides access to healthy foods, nutrition education and counseling, and breastfeeding support. If you're pregnant, postpartum, breastfeeding, or a parent or caregiver with a child under 5, you may be eligible for WIC. Vermont WIC is open and most services are being done by phone appointment during Covid-19. WIC has temporarily expanded their WIC foods to make shopping for some hard-to-find items easier.

Visit [www.healthvermont.gov/wic](http://www.healthvermont.gov/wic), or text **VTWIC** to **855-11** to find out more and start your application.

**3SquaresVT** is a program that can help you stretch your family's food budget. Benefits can be used at most grocery stores and food retailers. If your finances have changed due to COVID-19, you may be eligible to receive 3SquaresVT! For more information about 3SquaresVT or help applying, **dial 2-1-1** or text **VFBSNAP** to **855-11**.



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