

## Food Options

**Meal Train** – Good option for short term situation. [www.mealtrain.com](http://www.mealtrain.com)

Allows organizer to set up meal deliveries on a calendar. Organizer and participants must have access to computer and internet.

**Grocery Delivery Service** – Price Chopper in Barre will deliver groceries to Moretown.

<https://www.pricechopper.com/we-deliver>

Must have access to computer and internet. Choose groceries on website, choose delivery time and groceries are brought to you. There is a delivery fee that is dependent on the size of the order. For orders over \$35.00, Instacart typically charges a \$3.99 fee for orders placed at least two hours in advance.

**Meals on Wheels** – Depending on your location, either Mad River Valley Senior Center ([www.mrvseniors.org](http://www.mrvseniors.org)) or Waterbury Area Senior Center ([www.wasca.org](http://www.wasca.org)) delivers meals to housebound people. MRV delivers Monday through Friday with a suggested donation of \$4/meal. WASC delivers Monday through Friday with a suggested donation of \$4.50/meal.

**Community Meals** – MRV and WASC also have regular community meals. MRV offers community meals Tuesday & Thursday with a suggested donation of \$4/meal. They also have Monday Breakfast from 8am to 10am (charge for meal). WASC offers community meals Monday through Friday with a suggested donation of \$4.5/meal.

**Commodity Supplemental Food Program** – CSFP (through the VT Foodbank) is a USDA nutrition program which offers free monthly nutrition information and nutritious foods to income-eligible older adults. You are eligible if you are 60 years of age or older, living in Vermont. <https://www.vtfoodbank.org/share-food/csfp>

### CSFP Income Eligibility Guidelines

- 1 person: \$1,354/month
- 2 people: \$1,832/month
- 3 people: \$2,311/month

Food is retrieved at designated pickup sites. There are sites in Northfield, Montpelier, Waterbury and Waitsfield (along with many others).

**3SquaresVT** – Also known as SNAP, EBT and food stamps helps low-income people and families buy the food that they need. Benefits are generally provided on a debit card and are accepted at most grocery stores and many farmer's markets. <https://www.vtfoodbank.org/nurture-people/3squaresvt>

### Household Size Monthly Gross Income Limit

1 person: \$1,873  
2 people: \$2,539  
3 people: \$3,205  
4 people: \$3,871  
5 people: \$4,537  
6 people: \$5,203

For each additional person, add \$666.

**Little Free Pantry** – The LFP is located at the Moretown Town Office and is free to all. Moretown residents may take whatever is available whenever they have a need.

**Vermont Foodshelf** – The VT Foodbank has food shelf locations in Montpelier, Northfield, Duxbury, Waitsfield, Middlesex, and Waterbury. <https://www.vtfoodbank.org/agency-locator>