

Essex, VT Community Resource Guide June 2023

Our communities and the State of Vermont are home to many food and social service groups for those in need of assistance, whether temporary or long-term. Please consider using this reference as a starting point for you or someone you know.

Want to Help?

Many of these resources are frequently seeking volunteers or food/monetary donations. Reach out to them directly!

Vermont 2-1-1

Dial 2-1-1 to be connected to an extensive list of important community resources.

Contact: 211
www.vermont211.org

Food Pantries Serving Essex

Aunt Dot's Place
51 Center Road, Essex

Contact: 802-662-5614
www.auntdotsplace.com

Hours: Tuesday, 6:00 pm - 7:30 pm; Thursday, 9:00 am - 11:00 am; Saturday, 10:00 am - 12:00 pm

Essex Jericho Underhill Ecumenical
273 VT-15, Jericho

Contact: 802-899-3932
www.ejufoodshelf.wixsite.com/ejufoodshelf

Hours: 3rd Saturdays, 9:00 am - 10:30 am

Heavenly Food Pantry
39 Main Street, Essex Junction

Contact: 802-878-5745 www.fccej.org/v5/SERVING-OTHERS/HEAVENLY-FOOD-PANTRY

Hours: 2nd Monday of the month, 5:30 pm - 7:30 pm
4th Thursday of the month, 3:00 pm - 6:00 pm
(3rd Thursday for November and December)

Westford Community Food Shelf
1 White Church Ln, Westford

Contact: 802-324-9273
Hours: 3rd Saturday, 8:00 am - 9:00 am

Other Food Assistance

Youth Summer Free Meals

Essex Westford School District
Free meals for all children ages 18 or under
Children do not need to be present
No application or paperwork is required

Contact: 802-857-7333 www.ewsd.org

Available

June 26 – August 25

Two Locations

Maple Street Park & Pool Concession Stand
Monday through Friday (Closed July 4th)
Breakfast 9:00 am – 11:00 am
Lunch 11:30 am – 6:00 pm
Saturday and Sunday
Lunch 11:30 am – 6:00 pm

Little One's University
104 Old Colchester Rd, Essex Junction
Parking Lot
Monday through Friday
Breakfast 8:30 am – 9:00 am
Lunch 11:30 am – 12:30 pm

Vermont Foodbank

Food for Older Adults
Delivers free staple foods to local pick-up sites for income-eligible people age 60+

Contact: 1-800-214-4648
www.vtfoodbank.org/share-food/csfp

Feeding Chittenden
228 North Winooski Avenue, Burlington

Contact: 802-658-7939
www.feedingchittenden.org

Meals: Monday - Friday, 6:30 am - 8:30 am
Groceries: Monday - Friday, 10:00 am - 3:00 pm

Financial Support and Assistance

Mental Health, Substance Use, Disability
Services for Youth and Adults

Municipal Resources

Economic Services Division

Helps income-eligible Vermonters meet their needs. A few of their services are listed below.

Contact: 1-800-479-6151
www.dcf.vermont.gov/ESD

3 Squares VT
Helps Vermonters buy food.

Reach Up
Supports households with children.

Farm to Family
Helps Vermonters buy fresh, local food.

Fuel Assistance
Helps Vermonters pay their heating bill.

Essential Person
Helps Vermonters afford essential, live-in care.

Women, Infants, and Children (WIC)
Provides healthy foods, breastfeeding support, and nutrition education, counseling, and resources to income-eligible Vermonters who are pregnant or caregivers of children under 5.

Contact: 1-800-649-4357
www.healthvermont.gov/family/wic

Joint Urban Ministry Project (JUMP)
JUMP provides assistance in the form of vouchers to pay utility bills, purchase groceries, transportation gas assistance, laundry, cleaning supplies, prescription co-pay, and basic essential goods.
Contact: 802-862-4501 www.jumpvt.org

Champlain Valley Office of Economic Opportunity (CVOEO)
CVOEO provides support for housing, food assistance, heating fuel and utilities, and shelter services.
Contact: 802-862-2771
www.cvoeo.org

In Crisis?

If you or someone you know is struggling or needs support ASAP, call or text 988 or visit www.988lifeline.org

You are not alone.

Howard Center Community Outreach Team
Social workers available to help community members with a variety of social service needs.
Contact: 802-488-7778 www.howardcenter.org

First Call Chittenden County
Phone support, crisis intervention and assessment, service referrals, and connection to follow-up care available 24/7/365.
Contact: 802-488-7778 www.howardcenter.org

Pathways Vermont Support Line
Warm line providing confidential, peer-to-peer support 24/7 for Vermonters over 18. Also provides housing first, Soteria House, Support for Veterans, and more
Contact: 833-888-2557 www.pathwaysvermont.org

Spectrum Youth & Family Services
Supports youth through drop-in, housing, counseling, and health services.
Contact: 802-864-7423 www.spectrumvt.org

Age Well Vermont Helpline
Provides expertise on a variety of issues for aging Vermonters.
Contact: 1-800-642-5119
www.agewellvt.org/services/helpline

City of Essex Junction Municipal Office
2 Lincoln St Essex Junction
Contact: 802-878-6944 www.essexjunction.org

Brownell Library
6 Lincoln St Essex Junction
Contact: 802-878-9655 www.brownelllibrary.org

Essex Junction Parks & Recreation
75 Maple St Essex Junction
Contact: 802-878-1376 www.ejrp.org

Essex Town Municipal Office
81 Main St Essex Junction
Contact: 802-878-6951 www.essexvt.org

Essex Free Library
1 Browns River Road Essex Junction
Contact: 802-879-0313 essexfreelibrary.org

Essex Parks and Recreation
81 Main St Essex Junction
Contact: 802-878-1342 www.essexvt.org

Essex Community Justice Center
Offers many support services with restorative approaches to crime and conflict.
Contact: 802-873-7690 www.essexcjc.org