

Seniors

Age Well Community Meals

Nutritious meals are served in a group setting in many locations. These meals are available to anyone 60 years of age and older and a spouse of any age. There is a suggested donation for each meal.

Age Well Ticket Program

Provides seniors' opportunity to experience fine dining with several participating area restaurants and choosing from an Age Well approved menu.

Call 865-0360 to make reservations or for more information or visit:
www.agewellvt.org

Essex Area Senior Center

Offers discounted meals to seniors most Wednesdays, late August through May.

Visit www.essexvtseniors.org
Contact: 876-5087.

Printing costs of this brochure are paid for by the municipalities, various local organizations and individuals. Want to help? Contact
Houghton.lori@gmail.com

State/County Resources

3 Squares

Helps low-income people and families buy the food they need. Benefits are provided on a debit card (EBT) and are accepted at most grocery stores and many farmers' markets.

Call 477-4136 or visit

<http://www.vermontfoodhelp.com/>

Chittenden Emergency Food Shelf

Hot meals served 6:30am to 9:30am Monday – Friday and 8:30am to 11am on Sundays
Food shelf: Groceries for families and individuals - 9am to 4pm Monday-Friday

Location: 229 North Winooski Ave, Burlington.
Contact: 658-7939
www.feedingchittenden.org

Volunteer Needs

Essex Eats Out and the food pantries are always seeking volunteers for time, food or monetary donations. Contact information is listed under each section.



Need A Meal?

We are here to help!

Essex Community Food Resource Guide



The community of Essex, VT is home to several food service based groups for those in need of some extra assistance, whether temporary or long-term. Please consider using this reference as a starting point for you or someone you know.

Updated: September 2017

This guide will be updated seasonally.
If we are missing information or you have updates, please contact
Houghton.lori@gmail.com

Essex is served by 5 year round food shelves

Heavenly Pantry Food Shelf:

2nd Monday of the month from 5:30pm – 7:30pm, or

4th Thursday of the month from 2pm – 6pm except November and December when it is open the 3rd Thursday.

Families and individuals including seniors may visit the pantry only once in a calendar month, either Monday or Thursday.

Location: First Congregational Church, 1 Church Street, Essex Junction. Contact: 878-5745.

Essex Jericho Underhill Ecumenical Food Shelf

3rd Saturday of the month from 9-11am

Location: Good Shepard Lutheran Church, 273 VT-15, Jericho. Contact: 899-3932
www.ejufoodshelf.wix.com/ejufoodshelf

Williston Community Food Shelf

Tuesdays 5-6:30 PM, Thursday 9-11am
Saturdays 9-11 AM. Families are welcome to visit twice per month.

Location: 40 Cornerstone Drive # 130, Willison. Contact: 735-6303

Aunt Dot's Place Food Shelf

Tuesday 6-7:30pm

Thursday and Saturday – 9-11am

Serving Essex, Essex Junction, Westford, Jericho and Underhill

Families are welcome to visit twice per month.

Location: suite 105, 51 Center Rd. Essex
Contact: 857-8202 auntdotsplace@gmail.com

Chittenden Emergency Food Shelf

See County and State resources

Kids School/Kids

Your children may qualify for free meals or reduced price meals for breakfast and lunch within the school. All children in households receiving benefits from 3SquaresVT or Reach

Up, are eligible for free meals regardless of income. Also, children can receive free meals if your household's gross annual income is within the free limits on the Federal Income Eligibility Guidelines.

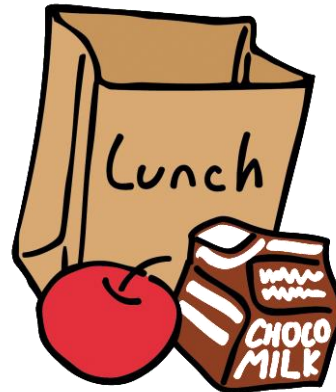
If you qualify for Free and Reduced School Meals, you may also be eligible for additional benefits.

For more information and application:

Website:

<https://www.ewsd.org/Page/2414>

Contact:
879-5544



Essex Eats Out Community Meals

Provides healthy, free meals in a warm, safe and inclusive atmosphere each Friday of the month from 5:30pm to 7:30pm

1st Friday:

First Congregational Church
1 Church St, 878-5745

2nd Friday:

Holy Family Church
4 Prospect St, 878-5331

3rd Friday:

St. James Church
4 St. James Pl, 878-4017

4th Friday:

Essex Methodist Church
119 Center Rd, 878-8304

5th Friday:

St. Pius X Church
20 Jericho Rd, 878-5997

For more information:

Website: www.essexeatsout.org

Email: essexeatsout@gmail.com

Facebook: Essex Eats Out

