

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

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: June 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 offers two opportunities:

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

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

Will open early fall. Plans still forming, but we intend to be open 3 days a week which will include a Saturday afternoon, some weekdays/ evenings.

Location: 51 Center Road Essex. Contact: 922-2207 or auntdotsplace@gmail.com

Chittenden Emergency Food Shelf

See County and State resources

Summer/Kids

Need a Healthy Breakfast or Lunch?

See the two options below!

Breakfast and lunch served Monday through Friday for anyone under age 18.

Locations/Hours

Fleming School – 21 Prospect St

June 26 – August 11th

9am to 10am

11am to 12pm

Maple St Park – 75 Maple St

June 26 – August 25

10am to 11am

12pm to 1pm

The Essex, Jericho, Underhill Ecumenical Food Shelf provides summer healthy lunch bags to feed a family with children lunch for two weeks.

3rd Saturday of the month

9am -11am

Location: Good Shepard Lutheran Church, 273 VT-15, Jericho.

Contact: 899-3932

Additionally the food shelf sponsors kids to go to day camp where they receive lunch each day they attend. Call 899-3932 for information.

Essex Eats Out

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

