

Overview of Community Resources - Vermont

This introduction to community resources in Vermont can help you begin to understand some options and to explore further to see if you may be eligible.

Vermont Community Action Partnership

Community Action Agencies can help to locate resources in your area. Programs can include food assistance, housing programs, and access to other community resources.

- Locate your local agency at: vermontcap.org/find-help/

Vermont Center for Independent Living

vcil.org

800-639-1522

The Vermont Center for Independent Living is run by individuals with disabilities for individuals with disabilities. Information, Referral & Assistance Specialists can help individuals locate resources in their community.

Vermont Department for Children and Families (DCF)- Economic Services Division (ESD)

Find your local ESD field office: dcf.vermont.gov/esd/contact/districts or call 1-800-479-6151.

You can also apply online for certain benefits at: dcf.vermont.gov/esd/applicants/mybenefits

At ESD you may apply for:

- **REACH UP**
dcf.vermont.gov/benefits/reachup
Case Management and cash assistance for low-income households with dependent children.
- **Emergency/General Assistance**
dcf.vermont.gov/benefits/EA-GA
Cash assistance for emergency needs.
- **Essential Person**
dcf.vermont.gov/benefits/essential-person
Cash Assistance for individuals with a disability that receive or have applied for SSI/SSDI benefits and have someone living with them to provide essential care. Payment provided to the individual with a disability.
- **3SquaresVT (also known as SNAP)**
dcf.vermont.gov/benefits/3SquaresVT

Previously known as Food Stamps, 3SquaresVT (SNAP) funds may be used to buy food. Individuals and families with low income may qualify.

Additional Cash Assistance

- **The Social Security Administration (SSA)** has two programs for people with serious disabilities. **Find your local SSA office:** secure.ssa.gov/ICON/main.jsp or call 800-772-1213. We recommend you apply in person if possible.
 - **Social Security Disability Insurance (SSDI):** for those who have recently worked and paid Federal Insurance Contributions Act (FICA) taxes for at least a certain period of time.
 - **Supplemental Security Income (SSI):** for those who are disabled, blind, or age 65+. Needs-based program with income and asset limits.

Food Assistance

- **3SquaresVT (SNAP)** See ESD above for more information about **3SquaresVT** (formerly food stamps).
- **The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC):** People with low-income may qualify if they are pregnant, breastfeeding, non-breastfeeding postpartum, or a child up to their 5th birthday. **No immigration requirements.** To find and apply at your local WIC office go to: healthvermont.gov/children-youth-families/wic/apply
- **Commodity Supplemental Food Program (CSFP)**
vtfoodbank.org/2014/05/commodity-supplemental-food-program.html
800-214-4648
Provides low-income eligible seniors ages 60 and over with free nutritious food.
- **Vermont Foodbank's Food Pantry Locator**
vtfoodbank.org/agency-locator

Housing

Emergency Housing: dcf.vermont.gov/benefits/crisis-housing

A program that assists with temporary housing in emergency situations. If found eligible the program can assist with finding temporary housing in a hotel room.

Subsidized Housing in Vermont: vtlawhelp.org/subsidized-housing

You can apply for subsidized housing at Vermont State Housing Authority and/or locate your local housing authority below:

- **Vermont State Housing Authority:** vsha.org/
- **Directory of Housing Organizations in Vermont:**
accd.vermont.gov/housing/partners/housing-organizations

- **Champlain Housing Authority Subsidized Apartment Listings**
(Specific to Chittenden, Franklin, and Grand Isle Counties): getahome.org/

Fuel Assistance

- VT Community Action Agencies can assist eligible households with heating costs.
 - **Locate your local Community Action Agency at:** vermontcap.org/find-help/

Additional Assistance

- **Vermont 2-1-1**
vermont211.org/

The Vermont 2-1-1 database contains detailed descriptions of programs and services available to Vermonters that are provided by local community groups, social service and health-related agencies, government organizations, and others.

- Dial 2-1-1 for a local call from anywhere in Vermont
- Dial 1-866-652-4636 (toll free in Vermont)
- Dial 802-652-4636 (from outside of Vermont)