

New to the
community?

Need a meal or
other help?

Essex, VT Community Resource Guide

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

Food Pantries Serving Essex

Aunt Dot's Place
51 Center Road, Essex

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

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

Essex CHIPS Youth Food Shelf
2 Lincoln Street, Essex Junction

Contact: 855-273-8336
www.essexchips.org/food-shelf
Hours: Weekdays, 9:00am - 5:00pm

Essex Jericho Underhill Ecumenical
273 VT-15, Jericho

Contact: 802-899-3932
www.ejufoodshelf.wixsite.com/ejufoodshelf
Hours: 3rd Saturday, 9:00am - 11:00am

Heavenly Food Pantry
39 Main Street, Essex Junction

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

Hours: 2nd Monday, 5:30pm - 7:30pm
4th Thursday, 2:00pm - 6:00pm

Williston Community Food Shelf
400 Cornerstone Drive #130, Williston

Contact: 802-735-6303
www.willistonfoodshelf.com
Hours: Tuesdays, 5:00pm - 6:30pm
Thursdays, 9:00am - 11:00am
Saturdays: 9:00am - 11:00am

Other Food Assistance

Feeding Chittenden
228 North Winooski Avenue,
Burlington

Contact: 802-658-7939
www.feedingchittenden.org
Meals: Monday - Friday, 6:30am - 8:30am
Groceries: Monday - Friday, 10:00am - 3:00pm

Essex Westford School District

Free & Reduced-Price School Meals
Free school meals for income eligible families.

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

Free Meal Program

*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

Monday - Friday:
Maple Street Park & Pool Concession Stand,
10:00am - 2:00pm
Albert D. Lawton, 8:30am - 10:30am
Essex Elementary School, 9:30am - 11:30am
Westford School, 10:30am - 11:15am

Other Food Assistance

Vermont Foodbank

Farmers to Families

Provides registrants with 30lbs of fresh food.

Contact: 802-476-0316
www.vtfoodbank.org/coronavirus-services-for-individuals

Food for Older Adults

*Delivers free staple foods to local pick-up sites
for income-eligible Vermonters age 60+.*

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

HANDS VT

*Provides food for seniors, 50 years and older,
through dinners and educational programs.*

Contact: 802-864-7528
www.handsvt.org

Shift Meals — Everyone Eats

*Partnered with Mark's BBQ to distribute food
on Thursdays 12-4pm. Must pre-register online.*

Contact: 802-662-4381
www.shiftmeals.org/everyone-eats

Food Not Bombs Burlington

*Recovers food that would otherwise be
discarded, and shares free vegan and
vegetarian meals with the hungry.*

Contact: 802-793-8851
www.facebook.com/FoodNotBombsBurlington

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

Financial Support and Assistance

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

Mental Health, Substance Use, and Disability Help

Essex CHIPS — TeenLine

Warm line connecting youth and their families to information and resources.

Contact: 855-273-8336
www.essexchips.org/teenline

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/mental-health/community-support/#outreach

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/first-call-for-chittenden-county/

Pathways Vermont Support Line

Warm line providing confidential, peer-to-peer support for adult Vermonters.

Contact: 833-888-2557
www.pathwaysvermont.org/what-we-do/our-programs/vermont-support-line/

Spectrum Youth & Family Services

Supports youth through drop-in, housing, counseling, and health services.

Contact: 802-864-7423
www.spectrumvt.org

Other Community Resources

Age Well Vermont Helpline

Provides expertise on a variety of issues for aging Vermonters.

Contact: 1-800-642-5119
www.agewellvt.org/services/helpline

Essex Community Justice Center

Offers many support services with restorative approaches to crime and conflict.

Contact: 802-873-7690
www.essexcjc.org

Essex Municipal Offices

Find municipal resources and updates.

Contact: 802-878-6951
www.essex.org
www.essexjunction.org

Essex Westford School District Language Services

Contact: 802-857-2019
www.ewsd.org/TRANSLATION
www.ewsd.org/ELL

Translation Services

Provides oral & written translations for families.

English Language Learners

Supports students with other home languages.

Vermont 2-1-1

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

Contact: 211
www.vermont211.org

COVID-19 Resources

Vermont Department of Health

Prevention, testing, and vaccine information.

Contact: 802-863-7240
www.healthvermont.gov/covid-19

Vermont Department of Labor

Unemployment benefits and workplace safety.

Contact: 802-828-4000
www.labor.vermont.gov/covid19

COVID-19 Recovery Resource Center

Resources for businesses and individuals.

www.accd.vermont.gov/COVID-19



Updated May 2021

This guide is updated seasonally. If you have information or updates to add, please contact teenline@essexchips.org