Resource Guide

Need A Meal?
New to the community?
Feeling Depressed?
Homeless?

Know someone who needs help?

Please take a brochure and share

The community of Essex, VT is home to several food service and social service 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 2019
This guide will be updated seasonally. If we are missing information or you have updates, please contact Houghton.Lori@gmail.com

Essex Westford School District Resources
Children need healthy meals to learn.
Your child may qualify for free & reduced school meals
Find the qualifications and application at: www.ewsd.org/freereduced

Need Translation Services?
www.ewsd.org/translation

Need English Language Learner Services?
www.ewsd.org/ELL

New Student Information
https://www.ewsd.org/newstudents

Volunteer Needs
Many of these organizations are always seeking volunteers for time, food or monetary donations. Contact information is listed under each section.

Essex Eats Out
Provides healthy, free meals in a warm, safe and inclusive atmosphere, Fridays from 5:30pm to 7:30pm
Website: www.essexeatsout.org
Email: essexeatsout@gmail.com
Facebook: Essex Eats Out

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 meal donation
Contact: 865-0360
www.agewellvt.org

Essex Area Senior Center
Contact: 876-5087
www.essexvtseniors.org

Chittenden Emergency Food Shelf
Hot meals served Monday-Friday, 6:30am to 9:30am and 8:30am to 11am on Sundays.
Location: 229 North Winooski Ave, Burlington
Contact: 658-7939
www.feedingchittenden.org
Community Outreach Team
Howard Center social workers available to help Essex community members with social service needs such as helping a homeless person access housing and economic services, connect someone with substance use disorder supports or connecting someone on the verge of a mental health crisis with appropriate services. Contact: 488-7778

First Call Chittenden County
Trained, professional staff available 24/7/365 offering phone support, crisis intervention and assessment, referrals to appropriate services and connection to follow-up care. Contact: 488-7777

Pathways Vermont
Provides access to choice, connection and home for Vermonters with mental health and other life challenges. The support line is staffed by local peers who’ve been through tough situations themselves. Struggling with a challenging situation, have feelings of sadness, anger, isolation or depression? – available from 3pm to 6pm.
Contact: Support Line 833-888-2557 www.pathwaysvermont.org

Vermont 2-1-1
Dial 2-1-1 to find out about hundreds of important community resources, like disability services, counseling, senior services, child care, substance use disorder resources, legal assistance, educational and volunteer opportunities, and much more.
Contact: 211 www.vermont211.org

Women, Infants & Children
WIC provides healthy foods, nutrition education and counseling, breastfeeding support and nutrition resources to eligible Vermonters. If you’re income eligible and pregnant or the parent/caregiver of a child under five, WIC may be right for you! This includes moms, dads, grandparents, foster parents, stepparents and guardians.
Contact: 1-800-649-4357 www.healthvermont.gov/family/wic

3 SquaresVT
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.
Contact: 1-800-479-6151 www.dcf.vermont.gov/benefits/3squaresVT

Essex Community Justice Center
CJC offers many programs and support services including: Restorative Justice Panels, Victim Support, Conflict Resolution Strategies, Community Dialogue and Crime Prevention and Safe Driving Programs
Contact: 873.7690 www.essexcjc.org

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Essex Food Shelves

Heavenly Pantry
2nd Monday 5:30pm – 7:30pm
4th Thursday 2pm – 6pm except November/December opens the 3rd Thursday
Location: First Congregational Church, 1 Church Street, Essex Junction
Contact: 878-5745

Aunt Dot’s Place Food Shelf
Tuesday 6:00pm - 7:30pm
Thursday 9:00am - 11:00am
Saturday 9:00am - 11:00am
Location: 51 Center Road, Essex
Contact: 857-8208 or auntdotsplace@gmail.com

Essex Jericho Underhill Ecumenical Food Shelf
3rd Saturday 9-11am
Location: Good Shepard Lutheran Church, 273 VT-15, Jericho
Contact: 878-5997

Williston Community Food Shelf
Tuesdays 5-6:30 pm, Thursdays 9-11am
Saturdays 9-11 am
Location: 400 Cornerstone Drive #130 Willison
Contact: 735-6303 www.willistonfoodshelf.com

Chittenden Emergency Food Shelf
9am to 4pm Monday-Friday
Location: 229 North Winooski Ave, Burlington
Contact: 658-7939 www.feedingchittenden.org