

## Shopping on a budget

- Plan meals for the week and make a shopping list before heading to the store
- Cook large batches and portion and/or freeze into single serving containers
- Limit eating out & convenience foods
- Use coupons and buy generic products
- Buy items on sale and in bulk
- Shop seasonally
- Buy frozen or canned fruits & vegetables

## Low Cost Nutritious Foods

### Vegetables

Potatoes or Yams	Winter Squash
Carrots	Frozen Vegetables
Canned Corn	Cabbage

### Fruit

Apples	Bananas
Oranges	Pears

### Grains

Rice	Barley
Oatmeal	Cereal
Whole Wheat Pasta	Whole Grain Bread

### Protein

Eggs	Beans/Lentils
Tofu/Edamame	Chicken
Canned Tuna	Peanut Butter
Cottage Cheese	Yogurt

## Additional Resources

- [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)
- [www.choosemyplate.gov/budget](http://www.choosemyplate.gov/budget)

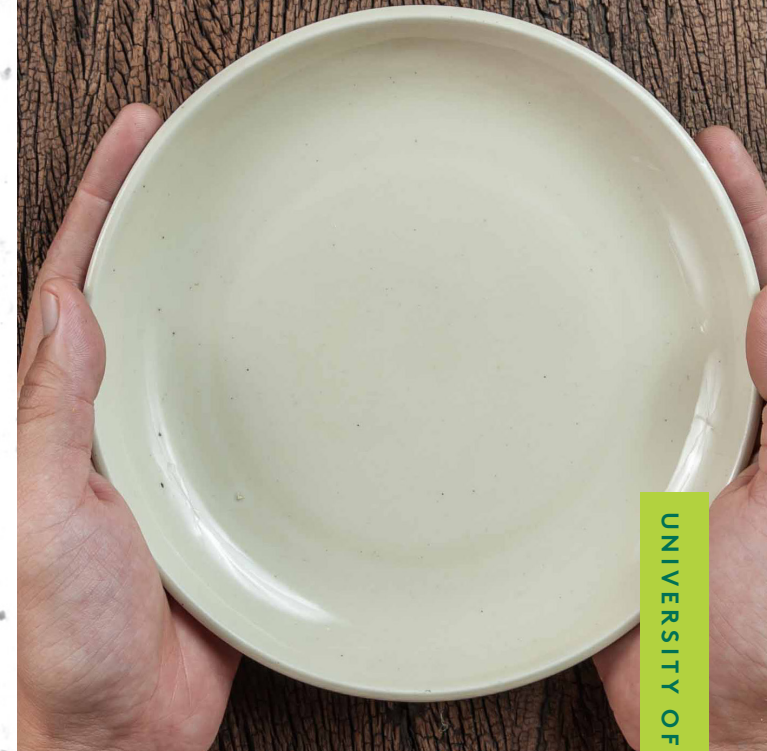


The Division of Student Affairs aims to create a campus environment where all students can be healthy, successful & engaged.



In collaboration with the UVM Food Insecurity Working Group.

# Hunger Resource Guide



## What is food insecurity?

The lack of access to enough food to fully meet basic needs at all times due to lack of financial resources. You may be food insecure if the quality, variety, and quantity of food you are able to afford is insufficient.

## How does it impact health?

Food insecurity has a negative impact on your education. Worrying about financial insecurities can impact your focus & ability to complete work.

It also often leads to negatively changing your eating habits, including eliminating food groups, eating less than you need, or skipping meals. Not eating enough can lead to a lack of concentration, irritability, and low energy levels.

## Why is hunger on college campuses an increasing issue?

Food insecurity is a growing issue due to rising tuition costs, low and stagnant wages, and the high cost of living.

You're not alone. According to recent surveys at UVM, between 20-25% of UVM students were food insecure at some point within the past 12 months, with some populations experiencing higher rates. Nationally, according to a 2018 study, up to 50% of college students are food insecure.

If you live on campus, the unlimited meal plan guarantees meals all semester. If on the retail points plan, you must budget your points for the semester. This plan is not intended to cover meals for the entire semester. You may switch meal plans during the first two weeks of every semester. Please call the Meal Plan Office at 802-656-2945 if you have further questions.

## Having trouble affording food?

At UVM we are committed to your success. These **CAMPUS RESOURCES** may help.

### Swipe Out Hunger

Students may go to any staff/faculty on campus, or visit the offices below to enroll. This program is intended for short-term assistance. Students may receive up to **14 meal swipes** per academic year.

### Advising Center (1<sup>st</sup> floor Davis Center)

Talk with a peer advisor about your concerns.  
Phone: (802) 656-8075  
uvm.edu/academicsuccess

### Center for Health & Wellbeing

Offers a wide variety of services including health care, mental health services and wellness programming.  
Phone: (802) 656-3350 | uvm.edu/~chwb

### Student Financial Services

Assistance with financial aid and work study.  
Phone: (802) 656-5700  
uvm.edu/studentfinancialservices

### Office of Student & Community Relations

Provides resources for navigating life off campus.  
Phone: (802) 656-9405 | uvm.edu/oscr

### Rally Cat's Cupboard (Hills Building, Rm 15)

An on-campus food pantry open to all students. Follow @uvmmsga on Instagram for hours.

### TRIO Student Support Services

Provides services and resources to low income and 1st generation students.  
Phone: (802) 656-4075

### UVM Dining Campus Dietitian

Nutrition counseling, assistance with budgeting your meal plan and Swipe Out Hunger.  
Phone: (802) 656-3566 | uvm dining.com

## RESOURCES AROUND BURLINGTON

### 3SquaresVT (SNAP Benefits)

Provides a declining balance card to purchase groceries at local stores.  
text vfbsnap to 85511 or vermontfoodhelp.com

### Champlain Valley Office of Economic Opportunity

On-site 3SquaresVT and utility/heating application assistance. CVOEO.org

### Feeding Chittenden

Hot meals: Monday-Friday 6:30am-9:30am  
Sunday 8:30am-11:00am  
Food Shelf: Monday-Friday 9:00am-4:00pm  
Feedingchittenden.org  
228 North Winooski Ave., Burlington, VT

### Hunger Free Vermont

Provides resources for individuals and families struggling with food insecurity.  
hungerfreevt.org

### Salvation Army

Hot meals: Monday-Saturday 5:00-6:00pm  
Food pantry, Tuesday-Friday 9:00am-2:00pm  
64 Main Street, Burlington, VT

### Spectrum Drop-In Center

Hot meals: Monday-Friday 12:00pm and 5:00pm,  
Provides toiletries, clothing, & support services.  
spectrumvt.org/what-we-do/drop-in-center/

### South Burlington Food Shelf

Thursday 6:00-8:00pm, Friday 8:00-10:00am,  
Saturday 8:00-10:00am  
Southburlingtonfoodshelf.org  
356 Dorset St, South Burlington VT

### Vermont Foodbank

Provides resources, including an interactive search tool to find food pantries near you.  
vtfoodbank.org