

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
- www.choosemyplate.gov/budget

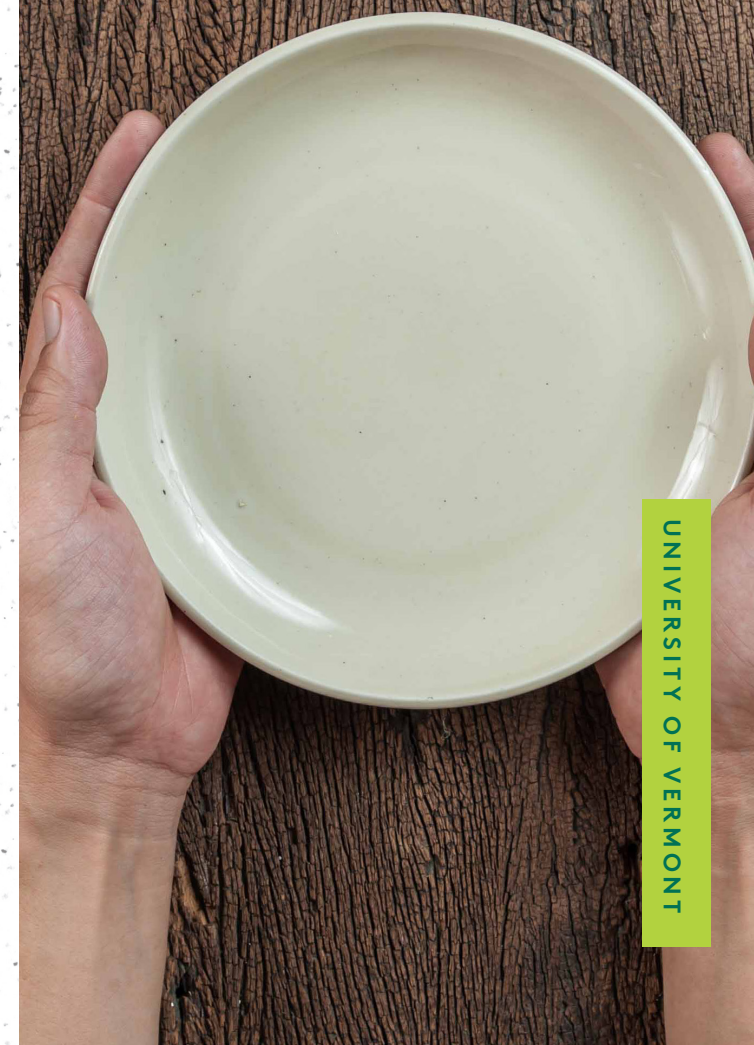


The Division of Student Affairs aims to create a campus environment where all students can be healthy, successful & engaged.



In collaboration with the Center for Health and Wellbeing, the Office of Student and Community Relations, and UVM Dining

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 hunger impact health?

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

Food insecurity often leads to negatively changing your eating habits, including eliminating food groups, eating less, 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 a study in 2016, about 50% of college students reported being 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 and the plan may not cover all of your meals. 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.

Advising Center (1st floor Davis Center)

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

Center for Health & Wellbeing

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

Financial Aid Office

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

Office of Student & Community Relations

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

Residential Life

Information about housing rates & requirements.
Phone: (802) 656-3434 www.uvm.edu/~rlweb

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 services and assistance with budgeting your meal plan.
Phone: (802) 656-3566 | www.uvmdining.com

RESOURCES AROUND BURLINGTON

3SquaresVT

Provides assistance in paying for groceries
1-800-479-6151
www.vermontfoodhelp.com

Chittenden Emergency Food Shelf

Feedingchittenden.org
Hot meals: Monday-Friday 6:30am-9:30am
Sunday 8:30am-11:00am
Food Shelf: Monday-Friday 9:00am-4:00pm
(802) 658-7939
228 North Winooski Ave., Burlington, VT

City Market

Offers member discounts & free/low cost classes
(802) 861-9700
www.citymarket.coop

Hunger Free Vermont

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

Joint Urban Ministry Project

Food Pantry & voucher assistance
Tuesday-Friday 9:00am-12:00pm
(802) 862-4501
38 South Winooski Ave., Burlington, VT

Salvation Army

Hot meals: Monday-Saturday 5:00pm-6:00pm
(802) 864-6991
64 Main Street, Burlington, VT

Vermont Foodbank

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