



Promoting healthy eating and physical activity
in Orleans & Northern Essex Counties



NUTRITION RESOURCES FOR PARENTS AND PROVIDERS

Individual Nutrition Counseling

Expanding Food & Nutrition Education Program (EFNEP)	1-800-545-8920
North Country Hospital - Nutrition Services	334-4155
Vermont Department of Health	334-6707

Community Nutrition Programs

North Country Hospital Wellness Center	334-5566
University of Vermont Extension	1-800-545-8920
Vermont Department of Health	334-6707
Vermont Campaign to End Childhood Hunger	1-802-865-0255

Diabetes Education

North Country Hospital - Nutrition Services	334-4155
University of Vermont Extension "Dining With Diabetes"	1-800-545-8920

Food Access

Farmer's Market, on the Causeway, Newport Fresh produce, May-October, Wed. & Sat. mornings	
Economic Services Division - Food Stamps	334-6504
Commodities – Area Agency on Aging Senior meals, Meals On Wheels, nutrition counseling	334-2190
Northeast Kingdom Community Action (NEKCA) -Commodities, food shelf, nutrition education, Farm-to-Family	334-7316
Vermont Department of Health -WIC, Farm-to-Family	334-6707

Food Shelves

Barton – Solid Rock Assembly of God	525-1047
Brighton	723-6451
Canaan	266-7134
Danville	684-2515
Hardwick	472-8259
Island Pond	723-5037
Jay	988-2996
Lunenburg	892-5594
Lyndon	626-5705
Newport -United Church of Newport	334-6033
Northeast Kingdom Community Action (NEKCA) -Island Pond	723-6245
-Newport	334-7316

Orleans - Orleans Federated Church	754-2428
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Community Kitchen *(serving on-site prepared meals)*

Newport -Tender Heart Ministries	334-5369
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Summer Lunch Program

Sacred Heart School	334-8185
Newport Elementary School	334-2455



Updated Aug. 2005