

Community Resources

You may want to identify a champion in your office who can research local resources and have the information readily available for patients and families

One way to begin gathering information is to call **Vermont 2-1-1**, a free, statewide service that informs callers about community services available in their area.

2-1-1 staff is available:

Monday-Thursday: 8:00am-8:00pm

Friday: 8:00am-4:30pm

Dial 2-1-1, a local call from anywhere in Vermont

1-866-652-4636, toll free in Vermont

1-802-652-4636, from outside of Vermont

Statewide Resources

The Learning Kitchen empowers limited-resource parents and at-risk youth to prepare healthy, affordable meals for their families by increasing their nutrition, budgeting, shopping, and cooking skills. The program is a collaboration of the Vermont Campaign to End Childhood Hunger and the University of Vermont Extension's Expanded Food and Nutrition Education Program. Cooking for Life offers the program across the state. For more information, contact 865-0255 or visit www.hungerfreevt.org/what/the-learning-kitchen

The Vermont Children's Hospital at Fletcher Allen offers a **Healthy Living Clinic** once a week in Burlington. The referral based clinic provides consultations, nutrition assessment and education to children and adolescents who are overweight or obese and addresses nutrition and physical activity, as well as the medical and psychosocial/emotional aspects of overweight and obesity. For more information call 802-847-4488.



Fletcher Allen's patient centered medical homes include **Community Health Teams** - nurses, social workers, dietitians, and health educators who work together to help patients manage conditions, including overweight and obesity, and provide patients with the tools and support to reach their goals.

The Vermont Department of Health operates 12 Local Health Offices throughout the state. All Local Offices are committed to strengthening relationships with their local medical community and collaborating to provide the following services and resources:

- Nutrition education and WIC food
- Breastfeeding support and promotion
- Tobacco prevention and cessation services
- Alcohol and drug abuse prevention
- Healthy school environments
- Disease prevention
- Immunization

Some local offices also offer expanded services such as breastfeeding peer counseling and WIC services co-located in the pediatric home.

The Vermont Department of Health Local Offices

Barre	802-479-4200
McFarland Office Building 5 Perry Street, Suite 250 Barre, VT 05641-4272	
Bennington	802-447-3531
324 Main Street, Suite 2 Bennington, VT 05201	
Brattleboro	802-257-2880
232 Main Street, Suite 3 Brattleboro, VT 05301-2881	
Burlington	802-863-7323
108 Cherry Street, Suite 102 Burlington, VT 05401-9962	
Middlebury	802-388-4644
156 So. Village Green, Suite 102 Middlebury, VT 05753-1529	
Morrisville	802-888-7447
63 Professional Drive, Suite 1 Morrisville, VT 05661	
Newport	802-334-6707
100 Main Street, Suite 220 Newport, VT 05855	
Rutland	802-786-5811
300 Asa Bloomer State Office Building Rutland, VT 05701	
St. Albans	802-524-7970
20 Houghton Street, Suite 312 St. Albans, VT 05478-2248	
St. Johnsbury	802-748-5151
107 Eastern Avenue, Suite 9 St. Johnsbury, VT 05819-2638	
Springfield	802-885-5778
100 Mineral Street, Suite 104 Springfield, VT 05156	
White River Junction	802-295-8820
226 Holiday Drive, Suite 22 White River Junction, VT 05001	

