### **Emergency Resources – Food & Housing**

Our full-time medical students often do not have earnings/income or significant savings to rely on during periods of enrollment. For this reason, we strive to connect you with pertinent resources that may supplement financial aid.

VERMONT

* [Hunger Free Vermont](https://www.hungerfreevt.org/) "works to end the injustice of hunger and malnutrition for all Vermonters" - visit their website for food access information, including the 3SquaresVT program. Additionally, [Click here](https://vermontfoodhelp.com/service-providers/outreach-toolkit) for more information on 3squaresVT.
* [UVM's Food Insecurity Program](https://www.uvm.edu/health/food-insecurity-uvm) website promotes the campus Rally Cat food pantry and the Swipe Out Hunger program.
* [CVOEO](https://www.cvoeo.org/index.cfm), the Champlain Valley Office of Economic Opportunity, offers help with housing/rent, utility costs, and food. CVOEO's safety net programs can help lower other costs of living so you have more money for food.
* LHOME Initiative: Dana Allison '24 is a great resource for information about insecurity. [Watch the recorded Emergency Resources Town Hall from November 2020.](https://vimeo.com/482361785)
* Vermont Student Assistance Corporation has a "micro grant" program for emergencies. You must meet VSAC's definition of a Vermonter. Contact MedSFS@uvm.edu for the micro grant program details as well as the application/nomination form.
* LCOM Office of Inclusive Excellence – food pantry in their office

CONNECTICUT

* [Access Health CT Access Health CT is Connecticut’s official health insurance marketplace](https://www.accesshealthct.com/), where you can shop, compare and enroll in quality health and dental plans.
* [CT SNAP Program (Supplemental Nutrition Assistance Program).](https://portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP)
* [Norwalk, CT Food Pantries.](https://www.foodpantries.org/ci/ct-norwalk)
* [Danbury, CT Food Pantries.](https://www.foodpantries.org/ci/ct-danbury)
* For students living in Norwalk/Lower Fairfield County: [Person-to-Person Food/Clothing Pantry](https://p2phelps.org/get-help/)
* [CT Heating Assistance The Connecticut Energy Assistance Program (CEAP)](https://portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating) helps Connecticut residents afford to heat their homes. Applications for CEAP typically take 30-45 minutes.
* [CT Utility Assistance Website listing several utility assistance programs](https://portal.ct.gov/DCF/COVID-19/Utility-Assistance).

#### **UVM Emergency Grant Program**

The UVM Emergency Grant Program supports students seeking immediate. one-time financial assistance due to a temporary hardship or emergency.

[Please visit the UVM Emergency Grant Program Webpage for more information.](https://www.uvm.edu/studentfinancialservices/uvm-emergency-grant-program)

[**WellConnect**](https://wellconnect.personaladvantage.com/) is our partner for providing medical students with free Certified Financial Planning. Did you know WellConnect also has a Work Life Benefit Team that maintains a special database of various assistance opportunities specific to your situation and/or geographic region? Examples include programs on renter assistance, food pantries, community partnerships, utility heating assistance, and much more!


Do you know of a peer who has a concerning financial situation? For example, at risk of homelessness or severe food scarcity? Please consider submitting a [CARE (Concerning and/or Risky Event) Form](https://www.uvm.edu/deanofstudents/students_concern) so that a coordinated and appropriate response can be executed.