

***Winter Preparedness  
Central Vermont Food,  
Fuel & Transportation  
Coalition***

The cost of heat, food, and fuel are rising. But there are many state, regional and community agencies that you can turn to for advice and support. The contacts below can help you get the information you need to weatherize your home, arrange transportation, find temporary accommodations or nearby food shelves, find out about health and human service organizations and programs, and more.

**If there is an emergency,**  
you should call 9-1-1.

**If you are seeking information** or non-emergency assistance, you should dial 2-1-1. Vermont 2-1-1 is **FREE** and available 24 hours. Operators give you accurate information about state & local resources.

**If you are a senior** and need help, call the Senior Helpline: 1-800-642-5119 (8:30 – 4:30)

**If you have access to the internet,** you can also log on to the following sites:

**State:** [www.HelpForVT.org](http://www.HelpForVT.org)  
and  
[www.leg.state.vt.us/jinfo/energy/home.htm](http://www.leg.state.vt.us/jinfo/energy/home.htm)  
**Regional:** [www.cvcac.org](http://www.cvcac.org)  
(479-1053) or  
[gmunitedway@madriver.com](mailto:gmunitedway@madriver.com)  
(229-9532)  
**Area Food Shelves:**  
[www.vtfoodbank.org](http://www.vtfoodbank.org)  
(800-585-2265)  
**Area Transportation:**  
[www.gmtaride.org](http://www.gmtaride.org) (223-7287)

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