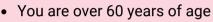
### Free Tax Preparation Help

You may qualify for free tax preparation assistance through the Volunteer Income Tax Assistance (VITA) or Tax Counseling for the Elderly (**TCE**) programs if any of these are true:

- You make less than \$60,000/year
- You have a disability

FEBRUARY

You have limited English





**RESOURCE** 

**GHLIGHTS** 

Scan the QR code to find a VITA

or TCE provider near you, or call 2-1-1.

## February is Heart Health Month!

Have you checked in with your heart health lately? That can mean checking your blood pressure more regularly, scheduling an appointment to talk with your doctor, or learning ways to cook and move that can help your heart. To learn more about these and other steps you





2/1- Farm Share CSA program opens applications for Spring/Summer 2023

2/4- Free Kids VT Camp & School Fair, Burlington Hilton, register at tinyurl.com/Camp-and-School-Fair

2/15- Basic tax prep Zoom with VT Legal Aid 2/15- Application deadline for all VSAC-assisted scholarships

2/17- Free veggies at the Burlington Intervale Center, sign up at tinyurl.com/intervaleveg

2/25- Kid's crafts, 5th Annual Lego Contest, and Clothing Repair Far at Bixby Library (Vergennes), details at bixbylibrary.org/events

#### **Bridges Spotlight**

WORKING<sup>BRID</sup>

Could you use a refresher on the basics of tax preparation? Join us Wednesday, Feb. 15 at 12:30pm for a one-hour Zoom to ask guestions and learn from Zach Lees at VT Legal



Simple solutions, major impact.

Aid. Common topics that will be covered include basic tax law, tax withholding, free tax prep services (including alternatives to VITA and TCE), and how to deal with IRS tax debt.

Join directly at tinyurl.com/Bridges-Spotlight the day of - no need to register!

## Farm Share Spring/Summer 2023

/// The Farm Share Program provides halfpriced Community Supported Agriculture (CSA) shares to income eligible Vermonters. When you sign up for a CSA membership at a farm, you pay in advance for a portion of the farm's upcoming harvest. CSA members receive a regular box of fresh food all season long. Members choose a participating farm that they would like to receive their CSA share from based on location, cost, food variety, and time/location of share pickups.

For more information, including eligibility guidelines and application details, scan the QR to the left. To be taken to a searchable database of CSA farms, scan the QR code to the right.

More info

CSA farms

SCA



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For even more resources, join our Facebook group at: <u>facebook.com/groups/WorkingBridgesNorthwest</u>

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