

FEBRUARY

RESOURCE HIGHLIGHTS



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
- You have limited English
- You are over 60 years of age

Scan the QR code to find a VITA or TCE provider near you, or call 2-1-1.



Bridges Spotlight

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 questions and learn from Zach Lees at VT Legal 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!



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



can take, the scan the QR code or visit www.livetothebeat.org.



Mark your calendar!

- 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

Farm Share Spring/Summer 2023



The **Farm Share Program** provides half-priced 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



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

SCAN ME!



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United Way of Northwest Vermont