



NORTHERN TIER
CENTER FOR HEALTH



Franklin / Grand Isle Food Resources Guide

**A regional guide to
food shelves, meal
sites and food
programs in
Vermont's Franklin
and Grand Isle
Counties**



Winter 2023



Franklin / Grand Isle Food Shelves and Pantries

Town	Food Shelf	Day	Time	Address	Contact
Alburgh	NorthWest Family Foods	Last 2 Tuesdays each month	11:00AM	Islands in the Sun Community Center 57 S. Main St. Alburgh, VT	802-527-7392
Enosburg	Enosburg Food Shelf	Thursday	9:00AM – 5:00PM	Corner of Main and Missisquoi St. Enosburg Falls, VT	802-933-4193 (Kathy Gaston)
Fairfax	Fairfax Community Food Shelf	First 2 Wednesdays each month	9:00AM – 12:00PM	United Church of Fairfax 8 Fletcher Rd. Fairfax, VT	802-849-6588
Fairfield	Fairfield Community Food Shelf	Tuesday	3:00PM – 6:00PM	Fairfield Community Center 124 School St. Fairfield, VT	802-827-3130
Georgia	Georgia Food Shelf	Last 2 Wednesdays each month	4:00PM – 5:00PM	Georgia Market 962 Ethan Allen Hwy Georgia, VT	802-524-3240 (Jolly Bates)
Grand Isle	Champlain Islands Food Shelf	Wednesday & first Saturday each month	Wed: 1PM – 4PM Sat: 9AM – 11AM	Grand Isle United Methodist Church 8 Hyde Rd. Grand Isle, VT	802-318-4704; champlainislands foodshelf@gmail.com
Highgate	Highgate Food Shelf	Monday & Tuesday	2:00PM – 5:30PM	Highgate Methodist Church Community Center 3060 Rte. 78 Highgate, VT	802-868-4921
Isle Lamotte	NorthWest Family Foods	Last two Tuesdays each month	12:00PM	St. Joseph's Church 2176 Main St. Isle Lamotte, VT	802-527-7392
Montgomery	Montgomery Food Shelf	Call for an appointment		Montgomery United Methodist Church 20 Fuller Bridge Rd. Montgomery, VT	802-326-4651
Richford	Richford Food Shelf (BERMA)	Monday, Wednesday & Friday	Mon: 5PM – 7PM Wed: 2PM – 4PM Fri: 9AM – 12PM	NOTCH Partnering Project Building 53 Main St. Richford, VT	802-848-3815
Sheldon	Sheldon Interfaith Food Shelf	Monday, Tuesday, Thursday, Friday & Saturday	Mon: 4PM – 6PM; Tues: 10AM – 1PM; Thurs: 4PM – 7PM; Fri: 1PM – 4PM; Sat: 12PM – 3PM	Sheldon Methodist Church 53 Church St. Sheldon, VT	802-527-7392
St. Albans	NorthWest Family Foods	Monday – Friday	1:00PM – 4:00PM	5 Lemnah Dr. St. Albans, VT	802-527-7392
Swanton	Abenaki Food Pantry	Call for an appointment		Abenaki Center 100 Grand Ave. Swanton, VT	802-868-6255
Swanton	Swanton Food Shelf	Tuesday	9:00AM – 12:00PM	Church of Nativity, Parish Hall 65 Canada St. Swanton, VT	802-868-4162

Franklin / Grand Isle Meal Sites

Town	Site	Day	Time	Address	Contact
Fairfield	Fairfield Community Center	Tuesday	1:30PM – 3:00PM	124 School St. East Fairfield, VT	Phone: 802-827-3130 Email: fccvt.info@gmail.com Website: www.fairfieldcommunitycenter.org
St. Albans	Martha's Kitchen	Everyday	11:00AM – 1:00PM	139 Lake St. Albans, VT	Phone: 802-524-9749 Email: MarthasKitchen802@gmail.com Website: www.marthascommunitykitchen802.org
Sheldon	Sheldon Interfaith Food Shelf	Call for availability		45 Church St. Sheldon, VT	Phone: 802-933-4487 or 802-933-7356 Email: sumc_foodshelf@outlook.com Website: www.facebook.com/SheldonVermontFoodShelf



Everyone Eats Meal Distribution Sites (Available Through March 31, 2023)

NOTE: See program information on page 5. Meal program days, times and availability are subject to change. Please call for availability.

Town	Site	Day	Time	Address	Caterer	Contact
Enosburg	Enosburg Food Shelf	Thursday	10:00AM – 4:00PM	Corner of Main & Missisquoi St. Enosburg Falls, VT	Vixen's Hot Chili	Open to the public. Frozen meals delivered every other week. 802-933-4193
Fairfield	Fairfield Community Center	Tuesday	1:30PM – 5:00PM	124 School St. East Fairfield, VT	The Dairy Center, Garcia's Bistro	Open to the public. Must call to reserve a meal. 802-827-3130
Grand Isle	Champlain Island Food Shelf	Wednesday	1:00PM – 4:00PM	Grand Isle United Methodist Church 8 Hyde Rd. Grand Isle, VT	Rail City Nutrition	Frozen meals are delivered every other Wednesday. 802-318-4704
Richford	Richford Food Shelf (BERMA)	Monday, Wednesday & Friday	Mon: 5PM – 7PM Wed: 2PM – 4PM Fri: 9AM – 12PM	NOTCH Partnering Project Building 53 Main St. Richford, VT	Vixen's Hot Chili	Frozen meals are delivered every other Wednesday. 802-848-3815
St. Albans	Community College of Vermont	N/A	N/A	97 N. Main St., Ste. 200 St. Albans	The Drake	Closed to the public; for students only.
St. Albans	Four Winds	N/A	N/A	145 North Elm St. St. Albans	Santini Catering	Closed to the public. For residents only.
St. Albans	Martha's Kitchen	Wednesday & Thursday	11:00AM – 1:00PM	139 Lake St. Albans, VT	Santini Catering, The Dairy Center, The Drake	Open to the public. 802-524-9749
St. Albans	NorthWest Family Foods	Wednesday, Thursday & Friday	12:00PM – 1:00PM	5 Lemnah Dr. St. Albans, VT	The Dairy Center, Rail City Nutrition, The Clean Spoon	Open to the public. 802-527-7392



Everyone Eats Meal Distribution Sites Continued (Available Through March 31, 2023)

Town	Site	Day	Time	Address	Caterer	Contact
St. Albans	Samaritan House	Wednesday	11:30AM – 5:00PM	20 Kingman St., #1 Albans, VT	The Clean Spoon	Open to the public. Meal deliveries at 11:30AM. 802-527-0847
St. Albans	Spectrum Youth Drop-In Center	Friday	12:00PM – 6:00PM	223 Lake St. St. Albans, VT	Rail City Nutrition	Open to the public.
Sheldon	Sheldon Interfaith Food Shelf	Tuesday, Thursday, Friday & Saturday	Tues: 10AM – 1PM Thurs: 4PM – 7PM Fri: 1PM – 4PM Sat: 12PM – 3PM	Sheldon Methodist Church 53 Church St. Sheldon, VT	Vixen's Hot Chili	Open to the public. frozen meals delivered every other Wednesday. 802-933-4487
Swanton	Abenaki Center	Wednesday	9:00AM – 4:00PM	100 Grand Ave. Swanton, VT	Santini Catering	Open to the public. 802-868-6255

Everyone Eats Localvore Digital Voucher Program: Participating Restaurants (Available Through March 31, 2023)

NOTE: See program information on page 5. Meal program days, times and availability may be subject to change. Call for availability. Download the app to get started. See instructions below.

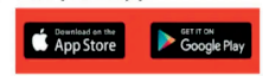
Town	Restaurant	Address	Contact
Richford	Mokah's	14 Province St. Richford, VT	802-848-3393
St. Albans	Grazers	133 N. Main St. St. Albans, VT	802-782-8703
St. Albans	The Main Squeeze	36 S. Main St. St. Albans, VT	802-393-4488
St. Albans	Nourish	54 N. Main St. St. Albans, VT	802-528-1026
South Hero	Wally's Place	54 Community Ln. South Hero, VT	802-372-4666

LOCALVORE App Download Instructions

1 Use the form at EveryoneEatsVT.com to verify your eligibility.

2 You will then be prompted to choose a password for your account.

3 Download the Localvore Passport App



4 Login and see what meals are available near you.





Franklin / Grand Isle Commodity Supplemental Food Program Pick-Up Sites (See page 5 for program details)

Town	Site	Address
Alburgh	Amadeaus Parish Hall	75 N. Main St. Alburgh, VT
Alburgh	Pine Manor Apartments	6 Lake St. Alburgh, VT
East Fairfield	East Fairfield Community Center	124 School St. East Fairfield, VT
Enosburg Falls	St. John the Baptist	2 Missisquoi St. Enosburg Falls, VT
Grand Isle	Round Barn Homestead	29 Faywood Rd. Grand Isle, VT
Montgomery	Montgomery Food Shelf	St. Joseph's Church 2176 Main St. Isle Lamotte, VT
Richford	Missisquoi Manor	70 Liberty St. Richford, VT
Richford	All Saints Church	152 Main St. Richford, VT
St. Albans	Holy Angels Apartments	246 Lake St. St Albans City, VT
St. Albans	Four Winds Apartments	145 North Elm St. St. Albans, VT
St. Albans	American Legion	100 Parah Dr. St. Albans City, VT
St. Albans	Hawk's Nest	110 Hawks Nest St. Albans, VT
St. Albans	Beth-El Court	53 Federal St. St. Albans, VT
Swanton	School Apartments	31 Church St. Swanton, VT
Swanton	Swanton Meadows	20 Meadow Ln. Swanton, VT
Swanton	Swanton Village Apartments	39 Platt St. Swanton, VT
Swanton	Church of Nativity	65 Canada St. Swanton, VT



Vermont Food Programs

3SquaresVT (SNAP)

For individuals and households to help stretch their budgets by helping buy food from grocery and convenience stores, farmers markets, and co-ops across the state. 3SquaresVT benefits are deposited each month on an EBT card, which works like a debit card. For more information or application support, visit www.vermontfoodhelp.com/apply-now or text **VFBSNAP** to **85511**.

See page 7 for income eligibility guidelines.

For application support:

- Call **2-1-1**
- Text **VFBSNAP** to **85511**
- Send an email to 3SVT@vtfoodbank.org

For people 60 or older, call the Helpline at 1-800-642-5119 for personalized assistance.

Call 1-800-479-6151 to speak with a Benefits Specialist at DCF-ESD.

Meals for Kids

This school year, meals are free for all kids. For information on area school meal programs, contact the school administrator, or call **2-1-1**.

If a child is in childcare, ask the provider if they participate in the **Child and Adult Care Food Program**, or if they offer meals and snacks through a different program.

WIC

For pregnant individuals, or a caregiver or parent with a child under five. WIC provides access to healthy foods, nutrition education and counseling, breastfeeding support, and community referrals. Most services are being done by phone appointment. For more information, call **2-1-1** or text **VTWIC** to **85511**.

Programs for Older Adults and People Living with Disabilities

Meals on Wheels

Older Vermonters and people living with disabilities or other qualifying conditions can have free meals delivered to their home through Meals on Wheels. Some people may also be eligible for assistance with grocery shopping. For more information about meals for older adults and people living with disabilities, call the Senior HelpLine at **1-800-642-5119**.

Community Meal Programs

Age Well offers a variety of meal programs for older adults living in northwestern Vermont. Contact Laura Need, Age Well Nutrition Coordinator at **802-662-5264** or Ineed@agewellvt.org for information. **See page 7 for expanded program details.**

Commodity Supplemental Food Program (CSFP)

For people aged 60 or older and who meet income guidelines, they can receive a free box of food every month through the CSFP. For more information and to apply, go to vtfoodbank.org/share-food/csfp or call **1-800-214-4648**. **See page 4 for a list of CSFP locations in Franklin / Grand Isle.**

Can't access a grocery store?
3SquaresVT benefits can be used with programs like Instacart, DoorDash and Hannaford. Contact **3SquaresVT** to learn more.

Food Assistance through the Vermont Foodbank Network

The Vermont Foodbank supports Vermonters during all times of need. For resources and service information visit vtfoodbank.org/gethelp or call **1-800-585-2265**.

VT Everyone Eats

Providing healthy meals from local restaurants to anyone whose access to food has been affected by COVID. 25% of all ingredients come from local farmers and food producers. To find an Everyone Eats meal site in your area, call **2-1-1** or visit: www.vteveryoneeats.org/find-a-meal. **See pages 2-3 for a list of current meal sites in Franklin / Grand Isle counties.**

Everyone Eats Localvore Digital Voucher Program

Powered by the Localvore Passport app, this voucher program allows people to pick-up free meals from participating restaurants for themselves, other members of their household, or people they are supporting using a smartphone app to track their redemptions. To sign-up, visit everyoneeatsvt.com. For questions, contact Christine Porcaro at cporcaro@nrpcvt.com. **See page 3 for a list of participating restaurants and instructions on how to get the Localvore Passport app.**

Other Food Programs

Crop Cash

Triple 3SquaresVT benefits with Crop Cash at a Farmers Market that accepts 3SquaresVT/SNAP benefits through April 30th, 2023. Customers receive \$20 in Crop Cash by spending \$10 in 3SquaresVT benefits, for a total of \$30 to buy veggies, fruit and edible plants. Contact 3SquaresVT for more information at www.vermontfoodhelp.com or text **VFBSNAP** to **85511**.

Farm To Family

Farm To Family coupons may be used to buy locally-grown, fresh fruits, fresh vegetables and fresh-cut herbs at participating farmers markets and farm stands. Call the Franklin / Grand Isle Community Action for application information for 2023 at **802-527-7392**.

Farm Stand Match

3SquaresVT customers will automatically save 50% on fresh fruits, vegetables, culinary herbs, and culinary plant seeds and when they spend their benefits at participating farm stands. There is no limit and no application process.

Senior Farm Share Program

The Senior Farm Share Program helps limited-income seniors living in participating housing sites to access fresh locally-grown fruits and vegetables from their local farmer during the growing season. Contact Johanna Doren at farmshare@nofavt.org or **802-434-7162**.

NOFA-VT Farm Share

The Farm Share Program assists hundreds of income-eligible individuals and families in accessing a season's worth of fresh farm products by partially subsidizing the cost of shares. For information about upcoming enrollment and eligibility requirements, contact farmshare@nofavt.org or call **802-434-7162**.



3SquaresVT (SNAP) Income Limits and Benefits Information

3SquaresVT is a food program that is available to everyone who qualifies, for as long as they qualify. People in many different situations qualify for 3SquaresVT such as individuals, working families, older Vermonters, homeowners, people experiencing homelessness, college students, and people with disabilities, just for a few examples.

Monthly benefits amounts are based on household income, expenses, and size.

Income Eligibility Guidelines

Household Size	Gross Monthly Income Limit (185% FPL*)
1	\$2,096
2	\$2,823
3	\$3,552
4	\$4,279
5	\$5,006
6	\$5,735
7	\$6,462
Each Additional Member	\$729

Monthly Benefits Amounts

Household Size	Maximum Monthly Benefit
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116
6	\$1,339
Each Additional Member	\$211

*Federal Poverty Level

These limits are for October 1, 2022 - September 30, 2023

70,000 people in Vermont get money every month from 3SquaresVT but many more qualify.

Find out if you're eligible!

Ways to apply:

- Call **2-1-1**
- Text **VFBSNAP** to **85511**
- Send an email to **3SVT@vtfoodbank.org**
- Call **1-800-479-6151** to speak with a Benefits Specialist at DCF-ESD.

3Squares in a SNAP

3Squares in A SNAP is an easier way for older adults and disabled Vermonters to access 3SquaresVT. You may use this simplified process if EVERYONE applying in your household is:

- At least **60 years old** or **getting disability benefits**,
- **Not earning income** from a job or self employment, and
- Buying food and making meals **together**.

If you DON'T meet all the criteria above, you must use the regular process to apply for 3SquaresVT.

For people 60 or older, call the Senior HelpLine at **1-800-642-5119** for personalized assistance with your application.

Franklin / Grand Isle Meal Programs for Older Adults

Grab & Go Meal Schedule

Available to individuals 60+ years of age and their spouse of any age. All meal recipients must register with Age Well once a year.

Advanced reservations only – please register one week in advance.

Age Well can only provide one meal per person but you are welcome to sign up to pick up meals at multiple sites.

Contact: Laura Need, Nutrition Coordinator
Phone: 802-662-5264
Email: Ineed@agewellvt.org

Weekly Schedule and locations:

Monday:

Maquam Bay of Missisquoi
12:00PM – 1:00PM
100 Grand Ave.
Swanton, VT

Tuesday:

Sheldon Interfaith Food Shelf
11:00AM – 12:00PM
52 Church St.
Sheldon, VT

Thursday:

Highgate Library
12:00PM – 12:30PM
17 Mill Rd.
Highgate Center, VT

Friday:

Church of the Rock
11:00AM – 12:00PM
1091 Fairfax Rd.
St. Albans, VT

Richford Food Shelf
11:00AM – 12:00PM
NOTCH Partnering Project Building
53 Main St.
Richford, VT

Community Meal Events

Age Well hosts community meals at over 70 locations. Programs vary from small rural gathers, to senior centers, to an ever-growing array of restaurants.

Contact Laura Need, Nutrition Coordinator at [802-662-5264](tel:802-662-5264) or Ineed@agewellvt.org for information about upcoming scheduled community meal events.

Restaurant Ticket Program

Older adults can make a \$5 donation to receive a ticket to dine at one of the participating regional establishments.

Tickets available at the Age Well office at 875 Roosevelt Hwy., Ste. 210 in Colchester or you can call **802-662-5200** for more information.

Participating Restaurants in Franklin / Grand Isle Counties:

The Abbey Restaurant

Tuesday – Sunday, 11:30AM – 5:00PM
6212 VT 105
Sheldon, VT

The Dairy Center

Contact directly for scheduled meals
Phone: 802-933-2030
2445 Sampsonville Rd.
Enosburg Falls, VT

Greenwood Bakery & Deli

Contact directly for scheduled meals
Phone: 802-848-9000
101 Main St.
Richford, VT

Wally's Place

Wednesday – Friday, 11:00AM – 2:00PM
54 Community Ln.
South Hero, VT

Upon arrival present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act Guidelines. All other members of your party will select from the regular menu at regular prices. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price. Gratuity not included, tickets only cover the cost of the meals.



Franklin / Grand Isle Resources

Economic Services Division - District Office

Administers several benefits programs including **3SquaresVT**, **Essential Person**, **Fuel Assistance** and **Reach Up**.

27 Federal St., Ste. 400

St. Albans, VT 05478

Hours: 7:45AM – 4:30PM, Monday – Friday, except holidays

ESD Benefits Service Center

Phone: 1-800-479-6151

ESD Call Center Hours: 8:00AM – 6:00PM and Friday, from 8:00AM – 4:15PM. Automated system available outside of business hours, on weekends and on state holidays.

For those who are deaf or hard of hearing: Dial 7-1-1 to reach the Vermont Relay Service (VRS). Ask the operator to call 1-800-479-6151.

Translation services available.

Franklin / Grand Isle Community Action

Provides a wide range of important services to the low-income residents including housing assistance, emergency fuel and utility assistance, emergency food shelves, transportation assistance, food stamp outreach, and other locally based services.

5 Lemnah Dr., Ste. 5

St. Albans, VT 05478

Phone: 802-527-7392

Hours: 8:30AM – 4:30PM, Monday – Friday, except holidays

Vermont Senior Helpline

A resource of Age Well for people 60 and older that provides information on a wide range of programs and services, including Meals on Wheels and other food, health and wellness programs.

Phone: 1-800-642-5119

Hours: 8:30AM – 4:30PM, Monday – Friday (leave a message after hours.)

Vermont 2-1-1

The Vermont 211 database contains information about programs and services available to Vermonters that are provided by local community groups, social service and health-related agencies, government organizations, and others. Services listed include:

- Basic Needs
- Consumer Services
- Criminal Justice and Legal Services
- Education
- Environment/Public Health/Public Safety
- Health Care
- Income Support and Employment
- Individual and Family Life
- Mental Health and Substance Abuse Services
- Organizational/Community Services

Search the database online at www.vermont211.org.

There are several ways to contact Vermont 2-1-1:

1. Dial 2-1-1 – a local call from anywhere in Vermont
2. Call 1-866-652-4636 – toll free in Vermont
3. Call 802-652-4636 – from outside of Vermont
4. Text your zip code to 898211

The 211 contact center is available 24/7. Texting is only available Monday – Friday from 8:00AM – 10:00PM.

Other Community Resources

Find Local Food - Northwestern Healthy Roots Collaborative

Find farm-fresh produce and meats, restaurants, farms stands and food purveyors in Franklin and Grand Isle. Visit www.healthyrootsvt.org for more information.

SNAP Education (SNAP-Ed)

SNAP-Ed is an evidence-based program teaches people to shop for and cook healthy meals and lead active lives. SNAP-Ed can help people learn how to make their SNAP dollars stretch, and understand the changes to their SNAP benefits. Learn more online at

<https://snaped.fns.usda.gov/>.

University of Vermont Extension's Expanded Food and Nutrition Education Program (EFNEP)

A free program that empowers Vermonters to lead healthier lives through hands-on nutrition education. Programs serve income eligible parents, caregivers and expecting mothers, as well as children and teens. Learn more at www.uvm.edu/extension/efnep.

Social Media Groups

There are social media groups dedicated to helping community member in need. Following are several local Facebook groups. This list is not inclusive of all groups available and will be updated periodically.

Helping Others ❤️ (private group)

Helping others Vermont (public group)

Helping others in VT (public group)

Vermonts #1 Helping Others Site! (private group)



#helpingothers

Help Me Grow Vermont

For households with children in the home, Help Me Grow Vermont provides access to a range of family support services to promote the healthy development of children.

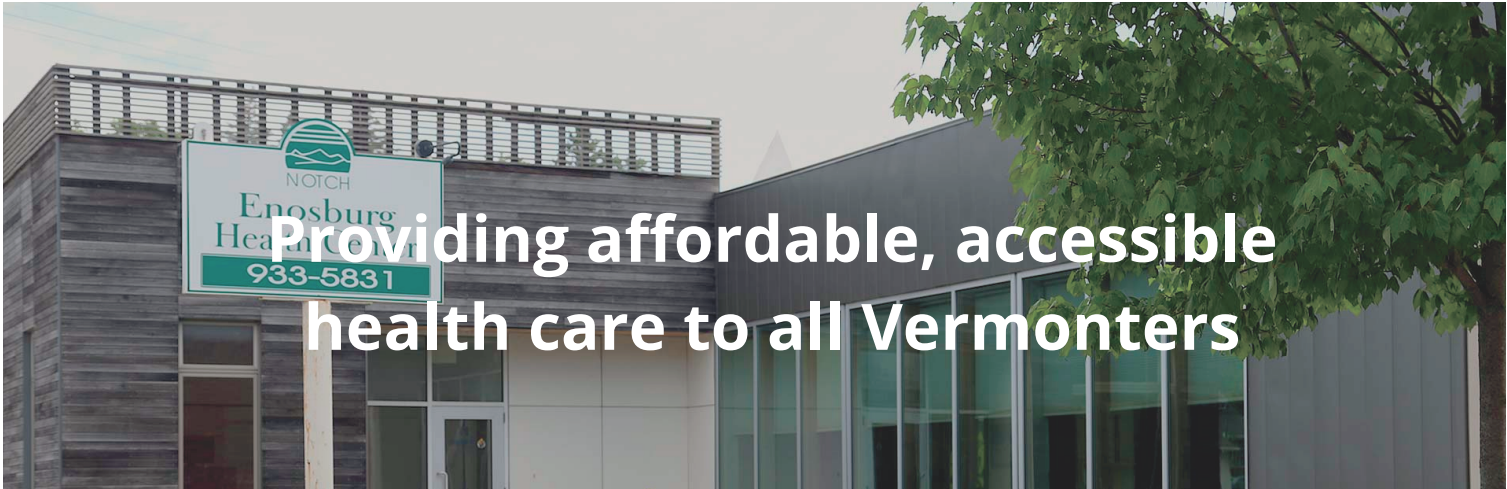
Phone: 2-1-1 x 6

Text: HMGVT to 898211

Email: info@helpmegrowvt.org

Website: www.helpmegrowvt.org

Hours: 8:00AM – 5:00PM, Monday – Friday (leave a message after hours.)



Providing affordable, accessible health care to all Vermonters

NOTCH Locations

Alburg Health Center

64 Industrial Park Rd.
Alburg, VT 05440
Phone: 802-796-4414

Enosburg Health Center

382 Main St.
Enosburg Falls, VT 05450
Phone: 802-933-5831

Fairfax Health Center

1199 Main St.
Fairfax, VT 05454
Phone: 802-849-2844

Fairfax Pharmacy

997 Main St.
Fairfax, VT 05454
Phone: 802-849-2101

Georgia Health Center

4178 Highbridge Rd.
Fairfax, VT 05454
Phone: 802-528-2600

Richford Health Center

44 Main St., Ste. 200
Richford, VT 05476
Phone: 802-255-5500

Richford Dental Clinic

44 Main St., Ste. 400
Richford, VT 05476
Phone: 802-255-5520

NOTCH Pharmacy

44 Main St., Ste. 201
Richford, VT 05476
Phone: 802-255-5530

St. Albans Health Center

Doctors Office Commons
3 Crest Rd.
St. Albans, VT 05478
Phone: 802-524-4554

St. Albans Pharmacy

3 Crest Rd.
St. Albans, VT 05478
Phone: 802-527-6700

NOTCH Primary Care

12 Crest Rd.
St. Albans VT, 05478
Phone: 802-524-4554

Swanton Health & Dental Center

26 Canada St.
Swanton, VT 05488
Phone: 802-868-2454

Swanton Rexall

13 York St.
Swanton, VT 05488
Phone: 802-868-3338

NOTCH Departments

NOTCH Administration
Phone: 802-255-5560

NOTCH Billing Department
Phone: 802-255-5580

NOTCH Care Coordination and Outreach
Phone: 802-255-5570

About NOTCH

Northern Tier Center for Health (NOTCH) is a mission driven primary care practice with a focus on quality and continuity of care. We are a not-for-profit corporation governed by a community-based Board of Directors whose mission is to provide high-quality care in Vermont's Franklin and Grand Isle counties.

NOTCH's team of compassionate and devoted health care professionals and support staff develop long-term relationships with patients, often serving multi-generational families. The organization offers a full spectrum of health care services, including family medicine, internal medicine, behavioral health, pharmacy, lab, and general dentistry.



The information within this resource guide was compiled by the Northern Tier Center for Health (NOTCH) and is provided as a public service to our community. NOTCH does not guarantee the information in the resource guide is accurate or current. NOTCH is not responsible for any special, indirect, incidental, or consequential damage that may arise from using the resource guide. Some organizations and/or programs and service may have been excluded to keep the size of the resource guide manageable and to avoid frequent updates.

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