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**Subject:** september 2025  
**Date:** October 4, 2025 at 12:10 PM  
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[vlanguagejustice.org](http://vlanguagejustice.org)

# SEPTEMBER 2025

## Seven New Videos this Month!

Changes to 3SquaresVT/SNAP. Food Programs and Resources for All. Having a baby at UVMHC. Getting help from the Poison Center. The Unemployment Adjudication and Appeals Process. Recycling in Chittenden County. Legal Rights for people on an H2A Visa and Migrant Seasonal Farmworkers.

Here is our newsletter for this month, crammed with so much information! (I am happy you are here to absorb it all. We have seven new videos to share. Thanks so much to Hunger Free Vermont, The Family Room and the UVMHC Midwives, the Northern New England Poison Center, the Department of Labor and CSWD for their collaboration.

Please check out our video on [Autism](#) which we produced in collaboration with Dr Andrea Green, MD Professor of Pediatrics at The Robert Larner College of Medicine at UVM.

AND .. don't forget to share our videos and our new app with your service users and communities you work with.

Enjoy the colors that fall brings and please be in touch with any questions that you have. My email address is changing, and moving forward I can be reached [here](#)

## New Videos from VLJP

HUNGER FREE VERMONT

VERMONT .VT.  
5150 0123 4501 2345

Vermont Language Justice Project

### Changes to 3SquareVT/SNAP starting October 1<sup>st</sup> 2025

Supplemental Nutrition Assistance Program

Arabic, Burmese, Dari, English, French, Haitian Kreyol, Kirundi, Maay Maay, Mandarin, Nepali, Pashto, Somali, Spanish, Swahili, Tigrinya, Ukrainian

The thumbnail features a blue background with a Vermont landscape image at the top. It includes logos for 'HUNGER FREE VERMONT', 'VERMONT .VT.', and 'Vermont Language Justice Project'. The main title is 'Changes to 3SquareVT/SNAP starting October 1st 2025'. Below the title is an illustration of a person with a prosthetic leg pushing a shopping cart, with a child standing next to it. The SNAP logo is prominently displayed. At the bottom, a list of languages is provided.

### In 16 Languages

What you need to know about the changes in SNAP benefits starting October 1st and which personal information the State of Vermont chose to send to the Federal Government. Made in collaboration with Hunger Free Vermont.

THE University of Vermont MEDICAL CENTER

Family Room

VERMONT DEPARTMENT OF HEALTH

Vermont Language Justice Project


### Preparing to have your baby at the University of Vermont Medical Center

ARABIC ♦ BURMESE ♦ ENGLISH ♦ FRENCH  
MAAY MAAY ♦ NEPALI  
PASHTO ♦ SOMALI ♦ SPANISH ♦ SWAHILI


The thumbnail has a yellow background. It features logos for 'THE University of Vermont MEDICAL CENTER', 'Family Room', 'VERMONT DEPARTMENT OF HEALTH', and 'Vermont Language Justice Project'. The main title is 'Preparing to have your baby at the University of Vermont Medical Center'. Below the title is a photograph of a healthcare provider in a green scrubs examining a patient's abdomen in a hospital room. At the bottom, a purple banner lists 10 languages: ARABIC, BURMESE, ENGLISH, FRENCH, MAAY MAAY, NEPALI, PASHTO, SOMALI, SPANISH, and SWAHILI.


### In 10 Languages

Made in collaboration with the Family Room and UVMC midwives this video is a step by step journey of pretty much **everything** you need to know when having a baby at the UVM Medical Center.



Northern New England  
**Poison Center**




**Get Help from  
the Poison  
Center** 


ARABIC ♦ BOSNIAN ♦ BURMESE ♦ ENGLISH  
FRENCH KIRUNDI ♦ MAAY MAAY ♦ MANDARIN  
NEPALI ♦ SOMALI ♦ SPANISH ♦ SWAHILI  
♦ VIETNAMESE

**In 13  
Languages**

Made in Collaboration with the Northern New England Poison Center with the generosity of Donors from the UVM Medical Center Fund this video focuses on what are poisons and what to do should you need help.



**THE  
UNEMPLOYMENT  
ADJUDICATION  
AND APPEALS  
PROCESS**



ARABIC ♦ ASL ♦ BOSNIAN ♦ BURMESE ♦ DARI  
ENGLISH ♦ FRENCH ♦ HAITIAN KREYOL  
KIRUNDI ♦ MAAY MAAY ♦ MANDARIN ♦ NEPALI  
PASHTO ♦ SOMALI ♦ SPANISH ♦ SWAHILI  
TIGRINYA ♦ UKRAINIAN ♦ VIETNAMESE

**In 19 Languages**

The final video in our series of six videos through a fantastic collaboration with the Department of Labor, a guide explaining the unemployment adjudication and appeals process.





**HOW TO RECYCLE IN  
CHITTENDEN COUNTY, VERMONT**





**Food Programs and  
Resources for All**

ARABIC ♦ ASL ♦ BURMESE ♦ DARI  
ENGLISH ♦ FRENCH ♦ KIRUNDI  
MANDARIN ♦ MAAY MAAY ♦ NEPALI  
PASHTO ♦ SOMALI ♦ SPANISH ♦ SWAHILI  
VIETNAMESE

Arabic, Burmese, Dari, English, French, Haitian Kreyol,  
Kirundi, Maay Maay, Mandarin, Nepali, Pashto, Somali,  
Spanish, Swahili, Tigrinya, Ukrainian

## In 15 Languages

We made this video in partnership with the Chittenden Solid Waste District. I learnt so much when I was making it. If you watch it you will discover that you CAN recycle empty pizza boxes but NOT coffee cups or lids of soda bottles if they are not attached to your bottle! Worth watching and then sharing for folks who are new to Chittenden County and new to recycling.

## In 16 Languages

Following the changes in SNAP benefits for folks we have produced a video in collaboration with Hunger Free Vermont informing folks about the resources that are available in the State of Vermont. The three Hunger Free Vermont Videos have been in part funded by the USDA.



Legal Rights for people on  
an H2A Visa and Migrant  
Seasonal Farmworkers

Legal Rights Fi People Pon  
A H2A Visa and Migrant  
Seasonal Farmworkas

Derechos legales de las  
personas con visa H2A y los  
trabajadores agrícolas  
migrantes de temporada

English ♦ Jamaican Patois ♦ Spanish

## In 3 Languages

The second in our series in collaboration with the Vermont Department on Labor. There will be two further videos on their way, one on housing rights for MSFW and those on H2A visas and one about the Job Center.

**DOWNLOAD OUR FULL VIDEO RESOURCE LIST**

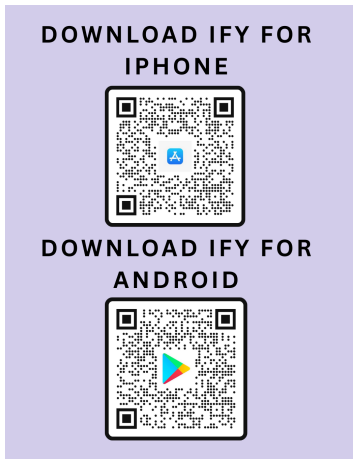


**I remember moving to the USA and  
being overwhelmed and confused**



watching folks celebrate halloween. It made no sense to me at all! This video will be helpful for those new to the tradition.

[Here is the link to the video in 16 languages.](#)



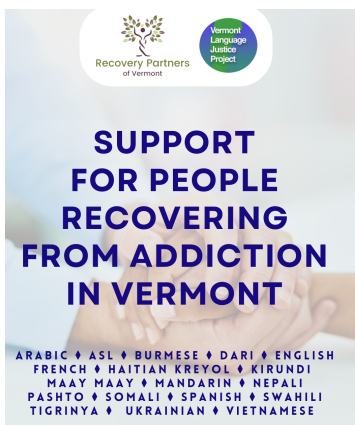
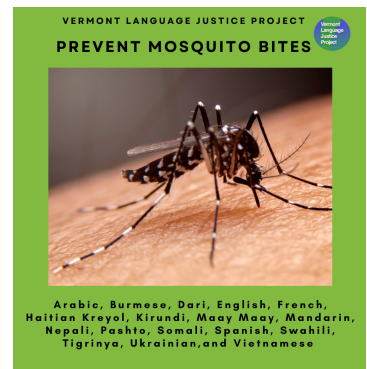
**We have had over 330 downloads of our iFY App! If you have not downloaded it yet, check it out.**

Get VLJP's app, available in 18 languages, where all our videos are arranged on a low-literacy, easy-to-navigate platform.

You can also find multilingual resources on our [website](#) -- handouts to share with clients, posters to put in your workplace, and graphics to share. Help us get the app onto the phones of folks who would benefit from this resource!

Find all our videos on YouTube

# Related & Timely Videos



**In case you missed it:**

- [Preventing Mosquito Bites](#)
- [Cervical Cancer Screenings](#)

- **Welcome to ECHO**
- **Coordinated Service Plan/Act 264 Videos**

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