Do I Qualify for Assistance?

You may be eligible for the following programs based on your monthly income (before taxes):

Some programs consider more than just income - Call and share your full household situation to learn if you're eligible!

2025-26 Eligibility Requirements by Household Monthly income:

Assistance Programs - Organizations	Household Size				
	1	2	3	4	5
Fuel Assistance - GMP, SEVCA, & VT Gov	2,412	3,262	4,109	4,956	5,805
Vermont Crisis Fuel - VT Gov, SEVCA	2,608	3,526	4,442	5,358	6,276
Fuel Tank Replacement - VT Gov	<$75,000 (annual income)				
Weatherization (WAP) - SEVCA	5,215	5,960	6,705	7,450	8,046
Energy Star - Efficiency Vermont	8,344	9,536	10,730	11,921	12,874
504 Repair Loan - US Gov	2,038	2,329	2,621	2,631	3,144
Weatherization - COVER	3,500	4,000	4,500	5,000	5,400

This guide was updated in October 2025 by:

vital COMMUNITIES

The Energy Justice Clinic at Dartmouth

Vermont Resources

Efficiency Vermont Help Line

888-921-5990

M-F:8am-5pm

GMP Energy Assistance

888-835-4672

M-F:7am-6pm, Emergencies 24/7

After Hours Crisis Fuel

866-331-7741

M-F:5pm-7am, Weekend: 8:30am-4pm

Fuel Assistance

For Windham and Windsor counties, contact SEVCA:

802-722-4575

For Washington, Orange, and Lamoille counties, contact CAPSTONE:

Bradford Office: 802-222-5419

Randolph Office: 802-728-9506

VT Economic Services Division

800-479-6151

Vermont 2-1-1

211 (Available 24/7)

Vermont Senior Helpline

800-642-5119

Reach out to your Community Action Agencies*:

These nonprofits help Vermonters meet basic needs and become self-sufficient.

Southeastern VT Community Action (SEVCA):

For Windsor and Windham counties

Main office: 802-722-4574, Website: sevca.org

Capstone Community Action:

For Orange, Washington and Lamoille counties

Randolph office: 802-728-9506

Bradford office: 802-222-5419

Website: capstonevt.org

Upper Valley Energy Savings Programs

For Vermont Residents

2025-26

Local and state programs to lower your short and long term energy costs

Stay warm and save money this season!

Weatherization

Weatherization Assistance Program (WAP)

Save fuel and money by improving the energy efficiency of your home – at no cost to you!

Services include state-of-the-art energy audits, insulation, and air sealing, heating system improvements, and other energy-saving measures.
To learn more and apply:

- Call your local Community Action Agency*
- Visit dcf.vermont.gov/benefits/weatherization

COVER Weatherization and Home Repair

COVER, a local nonprofit, makes weatherization affordable by providing volunteer-assisted labor for homes within a 45-minute drive from White River Junction. During the winter, they seal homes against drafts and clean furnaces to improve home warmth.

- Call 802-296-7241 ext. 6 to apply
- Visit coverhomerepair.org

Home Performance with Energy Star (HPwES)

Work with an approved contractor to weatherize your home, and Efficiency Vermont will pay 75-90% of your project cost up to $9,500 for income-eligible residents!
To get the rebate:

- Choose an approved contractor online at efficiencyvermont.com/find-contractor-retailer
- Call Efficiency Vermont's helpline at 888-921-5990

Fuel Assistance

Seasonal Fuel Assistance

Are you keeping warm this winter? Vermont's fuel assistance program may be able to pay a portion of your heating bills. There are many ways to apply:

- Call the VT Benefits Center at 800-479-6151 to have a paper application mailed to you.
- To Apply Online, visit dcf.vermont.gov/esd/applicants/mybenefits

Crisis Fuel Assistance

Are you facing a heating emergency or worried about utility disconnection? Your local Community Action Agency* may be able to help pay for and schedule an emergency fuel delivery or furnace repair/replacement.

- Call your local Community Action Agency* for an appointment
- Visit dcf.vermont.gov/benefits/crisis-fuel

LISTEN Heating & Housing Helpers

LISTEN Community Services, a local nonprofit, can help pay for fuel or prevent electric service disconnections. Help is available year-round for those who need it, with no income limits! Must reside within their service area and can only use once every 12 months.

- Call LISTEN at 603-448-4553
- Visit listencs.org/heating-helpers
- LISTEN also has a "Housing Helpers" program accessible once every 5 years: Learn more at listencs.org/housing-helpers

Other Assistance

Energy Assistance (GMP)

You may be able to get a 20-25% discount on your Green Mountain Power (GMP) or natural gas bill based on income eligibility! To apply:

- Call 800-775-0516 to request an application
- Visit dcf.vermont.gov/benefits/eap

Green SavingSmart

Access free financial energy coaching to build towards personal money management and a greener VT. Income eligibility limits are expanded for BIPOC, New American, and single parent head-of-households.

- Call your local Community Action Agency* and ask about getting connected with a coach
- Visit greensavingssmart.org/connect-with-a-coach

USDA 504 Home Repair Grants & Loans

Need a home repair before weatherization can begin? Eligible Vermonters can receive a grant or low interest loan for home repairs. To learn more:

- Call USDA Rural Development's Housing Programs for VT & NH at 603-223-6035
- Visit rd.usda.gov/vt

HeatSquad Energy Audits

NeighborWorks of Western VT provides low-cost energy audits that can provide an estimate of energy savings, project costs, incentives, and project recommendations.
(Serves Windsor/Windham Counties)

- Call 802-438-2303
- Visit heatsquad.org/schedule-energy-audit

We know applying for programs can sometimes be stressful and hard to navigate, so we have included only the most basic information in this pamphlet.
Visit ***vitalcommunities.org/energyhelp*** to access more detailed information!