

Children with Special Health Needs (CSHN) Community Nutrition Network

August 2026

The CSHN Community Nutrition Network connects Vermont families to Registered Dietitians (RDs) who specialize in helping children and youth with special growth, feeding, or dietary needs. Anyone can make a referral — providers, early intervention teams, schools, daycares, or families.

A child who is hungry or not eating well may be irritable, get sick more often, and find it harder to take part in therapy, school, and social activities. Families of children with feeding challenges often need extra support to feel confident — our dietitians and consultants provide that support.

If you need help accessing or understanding this information, contact
AHS.VDHCSHN@vermont.gov or call 802-863-7338.

Who we serve



Our dietitians work with children or youth whose families are concerned about feeding, growth, or nutrition. Common reasons for referrals include:

- Difficulty gaining weight
- Overweight for height
- Eating limited variety of foods
- Problems with digestion
- Challenges feeding or eating
- Not able to safely eat by mouth
- Diagnosis changes to a need for special nutrients

What a CSHN dietitian does



- Asses the child's growth, diet, and feeding skills
- Recommend food and feeding strategies that fit developmental level for at home, childcare, or at school.
- Help families find food they may qualify for.
- Support nutritional goals in Individual Education Plan (IEP) or One Plan
- Work with child's care team



HealthVermont.gov
802-863-7200



Why nutrition matters for growth and development



- Nutrients and calories support brain, muscle, and body growth
- Feeding helps develop oral muscles needed for speech.
- Mealtimes are part of social development
- Good nutrition prevents illness

More information about CSHN Nutrition Services



Who pays

Direct medical nutrition therapy and counseling are billed to Medicaid and other insurance. Nutrition consulting and technical assistance for the CSHN Network, providers, schools, daycares, and early intervention teams is provided through the VDH CSHN Nutrition Program at no cost to those teams.



How to make a referral

Anyone can refer a family to a local pediatric dietitian in the CSHN Community Nutrition Network.

1. Talk with the family about the referral and get their consent.
2. Complete the [CSHN Nutrition Services Referral Form](#) found on our website.
3. Send the form to the CSHN Nutrition Program by email, fax, or mail to the Contact Information found at the end of this Fact Sheet.
4. Our consultants can talk with you before reaching the family or assigning a local dietitian. If a visit includes another provider, the Consultant will coordinate.
5. After the assessment, the referrer receives a copy of the report. Follow-up visits are arranged between the family and the dietitian.



More help for Vermont families

- [Help Me Grow Vermont](#) is a free statewide starting point for early childhood support, including feeding and development.
- [Vermont Early Intervention regional contacts](#) provide in-home developmental and feeding services for infants and toddlers.
- [Vermont WIC](#) also provides nutrition support for eligible pregnant people, infants, and children up to age 5.

Contact information for CSHN Nutrition and submitting Referral Forms:

Email: AHS.VDHCSHNNutrition@vermont.gov

Phone: 1-802-232-2517

CSHN Nutrition Consultants:

Kasey McManmon, RD, CD at email: kasey.mcmanmon@partner.vermont.gov

Kelli Borgman, MS, RD, CD at email: kelli.borgman@partner.vermont.gov

Webpage: <https://www.healthvermont.gov/family/children-special-health-needs/nutrition-services>