

# 3SquaresVT for College Students

## What is 3SquaresVT?

- It is a federal nutrition program that can help you buy more healthy food.
- Monthly benefits come on an EBT card that you use at many grocery stores and farmers markets, so you have privacy and flexibility when you shop.

## Am I eligible?

You may be eligible for 3SquaresVT if you are attending an institution of higher education at least half time and if you answer “yes” to the following two questions:



**1**

**Is your income below the limit for your household size?**

Household Size	Gross Monthly Income Limit
1	\$1,832
2	\$2,470
3	\$3,108
4	\$3,746
5	\$4,385
6	\$5,023
7	\$5,663
Each Additional Member	Add \$642

**2**

**Is at least one of the following true for you?**

- Participating in federally funded work study
- Are employed or self-employed an average of 20 hours per week
- Caring for a dependent household member (specific rules apply)
- Receiving Reach-Up/PSE
- Participating in an on-the-job training program
- Are age 17 or younger, or 50 or older
- Are physically or mentally unfit for employment
- Are a single parent and full time student responsible for the care of a dependent child under 12
- Assigned or placed in a higher education institution through Work Force Investment Act, Employment & Training Program, or Trade Act Program

# Frequently Asked Questions

## How much can I get?

It depends on a couple of different factors including income, household size, and expenses. A single eligible person could get up to \$194 a month to put towards groceries.

## Where can I use 3SquaresVT? Can I use these benefits to buy a meal plan on campus?

You can use 3SquaresVT anywhere EBT and 3SquaresVT benefits are accepted including many grocery stores, convenience stores, farmers markets, and co-ops. Benefits can be used in any state. However, they cannot be used to purchase a meal plan on campus or to purchase hot prepared foods.

## Can I get 3SquaresVT benefits if I live in a dorm?

If you live on campus and eat more than half of your meals from a student meal plan on campus, you do not qualify for 3SquaresVT.

## Does my financial aid count as income when I'm applying for 3SquaresVT?

Federal financial aid (Perkins and Stafford Loans, Pell Grants) do not count as income. Any non-federal aid used for anything other than living expenses is also excluded and not counted towards income.

## I live with roommates, can I get 3SquaresVT?

You can apply for 3SquaresVT on your own if you have roommates but you purchase and prepare your meals separately. If you purchase and prepare most of your meals with your roommates, you have to apply for 3SquaresVT with your roommates and they must also meet eligibility guidelines.

## Can I get 3SquaresVT if I live at home with my parents?

If you are 18-22 you can apply for 3SquaresVT with your family but you cannot apply on your own, even if you purchase and prepare meals separately. If you are 22 or older and purchase and prepare meals on your own, you can apply separately for 3SquaresVT.

# How to Apply

## Submit an application. You can apply in three different ways:

- **Apply online** at [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov) *or*
- **Apply in person** at your local district office & bring your documentation with you (find your local district office by dialing 2-1-1) *or*
- **Fill out a paper application** (make a copy for your records) and send it to:

DCF/Economic Services Division  
Application and Document Processing Center  
280 State Drive, Waterbury, VT, 05671-1020

To get an application, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call **1-800-479-6151**. For help filling it out, call your local **Community Action Agency** or dial **2-1-1** for local application assistance.



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