

# 3SquaresVT Income Limits

3SquaresVT helps you put more food on your table.

## Income Limits

Household Size	Gross Monthly Income Limit (185% FPL*)
1	\$1,860
2	\$2,505
3	\$3,149
4	\$3,793
5	\$4,439
6	\$5,082
7	\$5,726
Each Additional Member	Add \$646

\*Federal Poverty Level

These limits are for October 1, 2017- September 30, 2018.

**Can you, a neighbor, or a friend use more money to keep healthy food on the table? Find out if you are eligible!**

Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) to learn more, request a paper application, or apply online.

Or, call **1-800-479-6151** to request an application.

For help filling out your application, dial **2-1-1** to connect with someone near you.

If you are 60 or older, call the Vermont Senior HelpLine at **1-800-642-5119**.

To connect to a spoken language interpreter, call **1-855-247-3092**.



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