

## 3SquaresVT Sample Articles

**Sample Article #1 [generic]:** (124 words)

### **Help Your Neighbor Put More Food on the Table**

In these tough times, many Vermonters worry about being able to afford the things they need. 3SquaresVT may be able to help.

3SquaresVT helps people with a limited income buy more food, like fresh veggies, fruits, and whole grains. Over 77,000 Vermonters get benefits, but many more qualify and don't know it. The income limit is \$1,860 per month for one person; it's \$3,793 for a family of 4.

Vermonters of all ages are going without enough healthy food. If you know someone struggling to make ends meet, encourage them to apply for 3SquaresVT. You can also help by spreading the word. For more information about the program, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call 1-800-479-6151. For a language interpreter, call 1-855-247-3092. People can even apply online!

**Sample Article #2 [target audience: families]:** (225 words)

### **Put More Healthy Food On Your Table With 3SquaresVT**

Vermonters are a hardworking people, but the high costs of food, fuel and other necessities make it tough to get by. Thanks to 3SquaresVT (formerly food stamps) more Vermonters are able to buy healthy food for their children. A family of four earning up to \$3,793 a month may be able to get benefits. Getting the VT Earned Income Tax Credit also makes families income eligible. Resources such as savings accounts do not count to qualify.

3SquaresVT is much more than just food. Getting benefits means your children can get free school meals, too. It also qualifies you for phone assistance. These added benefits mean money freed up to pay other bills and less stress in your life.

Everyone needs access to healthy food, and 3SquaresVT is here to help. Families who take part are not taking money away from others in need. Everyone who qualifies can get benefits. Plus, applying for these benefits not only helps you buy healthy food for your kids so they can grow and learn, but it supports the economy by bringing over \$9 million federal dollars into the state each month. 3SquaresVT is good for you and good for Vermont.

1 in 8 Vermonters get 3SquaresVT. Have you applied yet? For more information, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call 1-800-479-6151. For a language interpreter, call 1-855-247-3092. You can even apply online!



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**Sample Article #3 [target audience: seniors] (285 words)**  
**Put More Healthy Food on Your Table with 3SquaresVT**

For older Vermonters, good nutrition is very important. It helps you stay active and helps prevent sickness. The high costs of food, fuel and health care are making it hard for many seniors to put good food on the table. 3SquaresVT can help.

3SquaresVT helps you stretch your food budget and buy more food. It comes as a monthly dollar benefit either on a debit card called an EBT card or as cash directly deposited into your bank account.

Older Vermonters who take part are not taking money away from others in need. Anyone who qualifies can receive benefits; there is enough for everyone. Plus, spending benefits in Vermont adds money to our economy, so you are helping support local grocers and farmers. It's good for you and good for Vermont.

Elders with gross incomes below 185% of federal poverty levels do not have a resource limit, so savings don't count. The 185% income limit is \$1,860 for a single person or \$2,505 for a couple. If your income is over these numbers, you could still be eligible. If so, you do have a resource limit, but your house, car, and retirement savings do not count as resources. Your 3SquaresVT benefit will not count as income either, so your eligibility for other programs like Medicare will not be at risk.

Many Vermonters are facing challenges right now. Everyone needs access to healthy food, and 3SquaresVT is here to help. 1 in 8 Vermonters take part, including thousands of senior citizens. As an elder, you've worked hard all your life and you have earned the help you can get now.

For more information or an application, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call the Vermont Senior HelpLine at 1-800-642-5119.

**Sample Article #4 [target audience: people with disabilities] (229 words)**  
**Put More Healthy Food on Your Table with 3SquaresVT**

Vermonters are an honest and hardworking people, but many still struggle with the high costs of housing, fuel, and food. Hunger among the elderly, people with disabilities and the Deaf has a significant impact on health and well-being. They are more likely to be diabetic, suffer from depression and have limited daily activities. Further, the health impacts of hunger make it more difficult for a senior or person with a disability to remain independent and living in their home.

Over 77,000 Vermonters, 25% of whom are adults or children with disabilities, currently receive 3SquaresVT food benefits. However, many more are eligible or could be receiving more and don't know it. 92% of households that include a person with a disability receive at least \$50 or more in monthly benefits and the average monthly benefit for these households is



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\$229, so it's worth it to apply. To help get more benefits, as a senior or person living with a disability, be sure you are claiming all your out-of-pocket medical expenses, such as over the counter supplies and transportation costs to the doctor or pharmacy.

Is there someone you know who could benefit from 3SquaresVT? There's enough money for everyone who is eligible, so it's worth it to find out more. Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or dial 2-1-1 for more information. Seniors and their families may also call the Senior HelpLine at 1-800-642-5119.



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