

Is it hard to make ends meet? You are not alone.

Many hardworking VT families qualify for 3SquaresVT!

What is 3SquaresVT?

- 3SquaresVT is a federal nutrition program that stretches your family's food budget.
- 3SquaresVT makes your children automatically eligible for free school meals.
- Using 3SquaresVT can help your school offer more meal programs for all children.

Do you use child care so you can work, look for a job, or go to school?

When you apply for 3SquaresVT, you can deduct all of your out-of-pocket child care costs. This may give your family more food money each month!

Does your family get EITC (the Earned Income Tax Credit) or Reach-Up?

EITC and Reach-Up make you automatically eligible for 3SquaresVT.

Do you have other people living in your home, like a parent, a housemate, a cousin, or a friend's child?

If you share food, they may count as a household member, and may increase your benefit amount.



The best way to make sure you are receiving the right deductions, and getting connected to other programs, is to get help filling out the application.

Dial 2-1-1 to be connected with someone near you who is trained to help you.

If you already take part in 3SquaresVT, call **1-800-479-6151** to find out if you may be able to receive a higher benefit by claiming more child care costs.

For a spoken language interpreter, call **1-855-247-3092**.

3SquaresVT

Nutritious Food for your Family

3SquaresVT is a nutrition program that can help you buy more food!

- Monthly benefits come on a debit card you can use at many local stores and farmers markets to buy food, so you have privacy and flexibility when you shop.
- Many Vermont families are eligible and don't know it!
- 9 out of 10 households get at least \$50 each month.
- You may be eligible for more benefits by claiming child care expenses (*find out more on the front*).



Household Size	Gross Monthly Income Limit
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.

- Visit www.vermontfoodhelp.com to learn more, request a paper application, or apply online. Use the "How Much Can I Get?" calculator to estimate your benefit amount.
- Call **1-800-479-6151** to request an application.
- To connect to a spoken language interpreter, call **1-855-247-3092**.
- For help filling out your application, dial **2-1-1** to connect with local assistance.



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