

# Attention Working Families

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

These expenses may help you get more money to buy food for your children!

**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!**

Out-of-pocket costs include:

- payments you make for child care services
- co-pays you make for subsidized child care
- before and after-school care costs
- summer camp fees
- transportation costs to and from care



**Many hardworking families qualify for 3SquaresVT. Find out if you're one of them!**



- Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) and click on “How Much Can I Get?” to find out if your family might qualify and link to the online application.
- *Or*, call 1-800-479-6151 to request a paper application. For a spoken language interpreter, call 1-855-247-3092.

For help filling out the application, dial 2-1-1 to be connected with local assistance.

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.



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# 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 use at many grocery stores and farmers markets.
- 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 (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



- Visit [www.vermontfoodhelp.com](http://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.
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- For help filling out your application, dial 2-1-1 to connect with local assistance.



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