

Older Vermonters and 3SquaresVT: 6 Myths Busted

Get help paying for healthy food!

3SquaresVT helps over 13,000 Vermont seniors. See how to apply at vermontfoodhelp.com

OR call the Senior Helpline at 1-800-642-5119

Myth

Fact

1

3SquaresVT is only for families with children.

3SquaresVT is for everyone who qualifies, including seniors.



2

I'll only get \$15 a month, so it's not worth applying.

9 out of 10 of those eligible get \$50 or more a month.



3

Other people need 3SquaresVT more than I do.

Everyone who qualifies for 3SquaresVT will get help. By applying, you are not taking benefits away from others.



4

No stores near me accept 3SquaresVT.

Over 700 Vermont grocery stores and farmers markets accept 3SquaresVT to pay for food.



5

It's too hard to apply for 3SquaresVT.

You can apply online, by mail, or in person—and get application help if you need it. Call the Senior Helpline at 1-800-642-5119.



6

If I have resources, I can't apply.

You can still get benefits if you own a car and your home.



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