

# Save money and eat well with the Earned Income Tax Credit and 3SquaresVT



Working Vermonters with Income under **\$53,930** may qualify to get a credit or refund on your taxes. It's called EITC. You can get EITC even if you don't owe taxes.

**Find out if you qualify for the federal and Vermont EITC:**

**Contact the IRS at 1-800-829-1040 or [www.irs.gov](http://www.irs.gov)**

**OR**

**Dial 2-1-1, free from anywhere in Vermont, for information about [free tax help services](#). You can make an appointment and a certified tax preparer will help you claim EITC if you qualify.**

If you receive the Vermont EITC and have children under 18 then you likely qualify for **3SquaresVT**- a nutrition program that helps you buy more food. When kids get 3SquaresVT benefits, they also get **free school meals**.

Apply now! Dial **2-1-1** or visit [vermontfoodhelp.com](http://vermontfoodhelp.com).



*Not sure if you received the Vermont EITC?*

*Check your last tax return or call the VT Tax Department at 1-866-828-2865.*



*This message is funded in part by the USDA.  
This institution is an equal opportunity provider.  
December 2017*

