

# 3SquaresVT

## Nutritious Food for Good Health



### What is 3SquaresVT?

- It is a federal nutrition program, formerly known as food stamps, that can help you buy more healthy food.
- Monthly benefits come on a debit card you use at many grocery stores and farmers markets, so you have privacy and flexibility when you shop.
- If everyone in the household is 65+ or gets SSI, benefits are directly deposited into your bank account.

### Who is Eligible?

- 3SquaresVT is open to everyone who qualifies, including individuals, families, seniors and people with disabilities. Eligibility is based on household income. Many Vermonters are eligible and don't know it!
- There are special rules that make it easier for households that include a senior or person with disability, or that get the VT Earned Income Tax Credit to be eligible.

### How Much Can People Get?

- Benefits are based on monthly income, expenses and household size.
- Even the minimum amount of \$16 per month can help with grocery bills!
- 9 out of 10 3SquaresVT households get at least \$50 each month.

### How to Apply?

- Call **1-800-479-6151** or visit **www.vermontfoodhelp.com** for information, a link to the online application, to download and print an application, or to request a paper application in the mail.
- For a spoken language interpreter, call **1-855-247-3092**.
- For help filling out your application, dial **2-1-1** to connect with someone near you.
- If you are 60 or older, call the Vermont Senior HelpLine at **1-800-642-5119** for help with your application. *(more on reverse)*



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## Important Things to Know



### Why is 3SquaresVT important?

- 3SquaresVT is one of America's best medicines to prevent and treat hunger.
- The program helps Vermonters put healthy food on their table. Children with access to 3SquaresVT are more likely to grow up healthy and do better in school.
- 3SquaresVT benefits are all federal dollars, so when you spend them in Vermont, you bring money into the state. In fact, 3SquaresVT brings in over \$10 million every month! Shopping locally supports your community, local stores, and farmers.

### Maximize your benefits:

- You may get 3SquaresVT even if you have savings in the bank, a retirement account, or if you own a car or house.
- **Claim all the deductions you can.** Families can claim child care expenses. People who are 60 or older or have a disability can claim many different medical expenses. Both of these deductions include transportation expenses.
- Getting 3SquaresVT benefits stretches your budget for other expenses like rent, heat, medical bills, and transportation.
- When you receive 3SquaresVT benefits, your children automatically qualify for free school meals. You may also be able to get help with your phone bill.

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