

Are you doubled up, couch surfing or homeless?

If you don't have permanent housing,

3SquaresVT

Can make a difference!



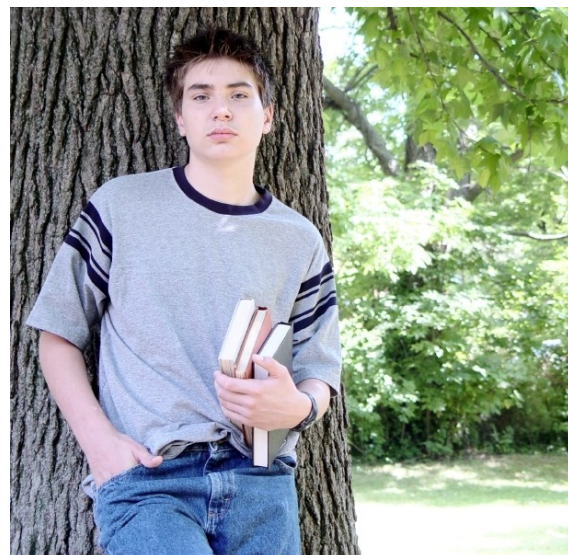
What is 3SquaresVT?

- It is a federal nutrition program 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.

Did you know?

To receive 3SquaresVT Benefits:

- You need a reliable place to get mail such as a friend or family's address, a shelter, or general delivery at a post office.
- You can be staying in a shelter that provides food.
- You do not need to have a place to cook.
- You do not need a photo ID (but some kind of proof of identity is required).
- If you are under 22 and not living with your parents, you can apply on your own. Your parents' income does not count if you do not live with them.
- You may be able to receive benefits whether or not you are working.



Need food fast?

You may be able to get 3SquaresVT benefits within 7 days if:

- Your income was LESS than \$150 in the past 30 days, or
- you pay more in expenses than you earn.

Be sure to answer **Question #4** on the application and send it in right away.

For more information and the application, visit www.vermontfoodhelp.com or call 1-800-479-6151.

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

For help with the application, dial 2-1-1 to find your local agency.



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