

# Attention Seniors: Important Things to Know About 3SquaresVT

**3SquaresVT is a nutrition program of the U.S. Department of Agriculture that boosts your food budget to help you stay healthy and independent.**



- About 1 in 8 Vermonters use 3SquaresVT, including over 13,000 Vermonters who are age 60 or over.
- There is **no limit to how many people can receive 3SquaresVT** benefits. By applying for and receiving benefits, you are not taking benefits away from someone else. By law, anyone who qualifies for benefits and applies, gets them. There are enough benefits for everyone who is eligible.
- Nine out of ten senior households get \$50 or more a month.
- **Tell a worker if you spend over \$35 a month on health care costs** like insurance premiums, co-pays, medicine or travel to the doctor. This may help raise your benefit amount.

## **Wonder if you can get 3SquaresVT benefits?**

For more information or help filling out an application call the

**Vermont Senior HelpLine: 1-800-642-5119**

An outreach worker can even come to your house!



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*November 2016*



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- If everyone in your household is 65+ or gets SSI, your benefits may be deposited directly into your bank account as cash.
- Using 3SquaresVT benefits is good for you and good for our economy. The program now brings more than **\$10 million federal dollars each month into Vermont.**
- Seniors **can get benefits for up to two years at a time.** You can report specific changes in your situation anytime in writing or by phone.
- Getting **Fuel Assistance** may raise your benefit amount. Even if heat is included in your rent, you may be eligible to apply for Fuel Assistance.
- Getting 3SquaresVT benefits does not hurt your benefits under SSI or keep you from getting Meals on Wheels or a commodities box. In fact, getting 3SquaresVT may even help you qualify for other services, like assistance with your phone bill!

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