

# Attention Vermonters with Disabilities and the Deaf: Important Things to Know About 3SquaresVT

**3SquaresVT is a nutrition program of the U.S. Department of Agriculture that boosts your food budget and helps put more healthy meals on your table.**



*Photo courtesy of Vermont Center for Independent Living*

## Who is Eligible?

- Eligibility is based on household income. Many Vermonters are eligible and don't know it! Everyone who is eligible gets their full benefit.
- There are special rules that make it easier for households that include a person with a disability 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 households get at least \$50 each month.

## How does it work?

- Monthly benefits come on a debit card you use at the grocery store or farmers market, 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.

**Not sure if you can get 3SquaresVT benefits?**

**For more information visit [vermontfoodhelp.com](http://vermontfoodhelp.com) or for help filling out an application: Dial 2-1-1 to connect with local assistance.**



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# 3SquaresVT

## Important Things to Know



### Why is 3SquaresVT important?

- 3SquaresVT is one of America's best medicines to prevent and treat hunger.
- The program helps lower the risk of food insecurity, poor health and hospitalization. Children with access to 3SquaresVT are more likely to grow up healthy and do better in school.
- 3SquaresVT is federally funded, so when you use your benefits in Vermont, you bring money into the state. In fact, 3SquaresVT brings in nearly \$10 million every month! Shopping locally supports your community, neighborhood businesses 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 may be able to claim child care expenses. People who are over 60 or have a disability can claim many different medical expenses. Both of these deductions include transportation expenses.
- Getting 3SquaresVT benefits frees up your money for other expenses like rent, heat, medical bills, and transportation.
- When you receive 3SquaresVT benefits, your children may qualify for free school meals. You may also be able to get assistance with your phone bill.
- 3SquaresVT households may also qualify for fuel assistance.

### How to Apply?

- Call **1-800-479-6151** or visit **[www.vermontfoodhelp.com](http://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 local assistance.



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