

3SquaresVT: Know Your Rights

3SquaresVT is a program that provides money for you to buy more nutritious food. You have the right to make the best decision for yourself and your family about whether to participate.

**Laws about immigrants and public benefits have not changed.
Getting 3SquaresVT will not hurt your immigration status.**

Even if you cannot get 3SquaresVT because of your immigration status, your children or others in your family may be eligible for benefits. DCF will not report you to immigration authorities if you are applying for benefits for your children or other household members.

**Get more information about 3SquaresVT and
how to apply at www.vermontfoodhelp.com**

If you do not want to give information about your status, you will not get benefits, but your family members may still be able to get them. Once you tell DCF that you do not want to give them this information, they will stop asking you about your status.

Things may change in the future, but right now there is no advantage to stopping your 3SquaresVT or other benefits. **If you already receive 3SquaresVT, consider staying in the program—it is here for you and helps you and your family stay healthy.**

**If you have any questions, call
Vermont Legal Aid at 1-802-383-2208.**

