

# 3SquaresVT

## Helps Stretch Your Food Budget!

**The minimum monthly benefit for 3SquaresVT is \$16.  
What is \$16 worth at the grocery store? It may be more than  
you think!**

### **\$16 could buy:**

- 1 quart of milk
- loaf of whole grain bread
- 1 can of light tuna
- 1 lb. of carrots
- 1 bunch of celery
- 1 banana
- 1 lb. frozen green beans
- 1/2 lb. chicken breast



### **How can I increase my benefit?**

If someone in your household is age 60 or older or has a disability, your benefit may go up if you list all your out-of-pocket medical costs, such as insurance premiums and transportation costs to the pharmacy and medical appointments.

If you pay for child or adult day care so that you can work, look for work, or attend school, you can claim the cost of care and transportation to care.

Also, make sure to report any change in your income.

***See back for information about other resources***



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*November 2016*



# Resources for Vermonters

## Meals for Kids

A family getting a 3SquaresVT benefit can get free school meals without filling out the school meal application form. You may enroll any time during the school year. Kids may also be able to eat free meals at child care, after school programs, and during the summer. For more information, dial 2-1-1 or visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com).

## Telephone Lifeline Assistance

You may be eligible for a discount off your monthly phone bill. Call 1-800-479-6151 for an application. For a spoken language interpreter, call 1-855-247-3092.

## Food Shelves, Community Meals, and Meals on Wheels

To find a food shelf, meal site, or meals on wheels in your area, dial 2-1-1.

## Fuel Assistance

You can apply for fuel assistance at the same time as 3SquaresVT. Call 1-800-479-6151. For a spoken language interpreter, call 1-855-247-3092.



## WIC

The Health Department provides WIC nutrition and health services, including nutritious food, to women who are pregnant or had a baby within the past six months, breastfeeding women, infants, and children up to age five. For more information, call 1-800-649-4357.

## CSFP

The Commodity Supplemental Food Program provides nutrition information and nutritious foods to eligible seniors, age 60 or older. For more information or to apply, call 1-800-214-4648.

## For Help with these Programs and Others

Older Vermonters can call the Vermont Senior HelpLine at 1-800-642-5119. Others can dial 2-1-1 to find out about more resources, or call the Benefits Service Center at 1-800-479-6151.



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