

Improve your Health with 3SquaresVT!

For more information about 3SquaresVT
or help filling out an application, visit

www.vermontfoodhelp.com

or call

Vermont Senior HelpLine

1-800-642-5119



Eat better and support Vermont's food economy!



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Did you know?

- Stay independent and healthy with 3SquaresVT. Over 13,000 Vermont seniors (60+) use 3SquaresVT every month.
- You may be able to get your 3SquaresVT benefits directly deposited as cash into your bank account.
- There are enough benefits for everyone who qualifies.
- Your application interview can be done over the phone. You do not have to go to the 3SquaresVT office.
- You may still qualify for benefits even if you have money in the bank or you own a home or car.

