

## 3SquaresVT Sample Articles

**Sample Article #1 [generic]:** *(140 words)*

### **Help Your Neighbor Put More Food on the Table**

In these tough economic times, many Vermonters worry about being able to afford the things they need. 3SquaresVT may be able to help.

3SquaresVT, the new Food Stamp Program, helps people with limited income buy more food, like fresh veggies, fruits, and whole grains. More than 80,000 Vermonters currently get benefits, but many more are eligible and don't know it. The program expanded in 2009, so Vermonters at higher incomes and those with assets may now be eligible.

Vermonters of all ages are going without enough healthy food. Now is the time to reach out to your neighbors. If you know someone struggling to make ends meet, encourage them to apply for 3SquaresVT. This friendly support can make the difference. You can also help by spreading the word. For more information about the program go to [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call 1-800-479-6151.

**Sample Article #2 [target audience: families]:** *(217 words)*

### **Put More Healthy Food On Your Table With 3SquaresVT**

Vermonters are a hardworking people, but many struggle with the high costs of food, fuel and other necessities. Thanks to changes in 3SquaresVT, formerly the Food Stamp Program, more working Vermonters are able to buy nutritious food for their children. Income limits increased in 2009 so that a family of four earning up to \$3,401 a month (\$40,812/year) may now be eligible for benefits. In addition, resources such as savings accounts do not count towards being eligible.

3SquaresVT is much more than just food. Enrolling in the program qualifies your children for free school meals. It also qualifies you for phone assistance. These added benefits mean money freed up to pay other bills and less financial stress in your life.

Everyone needs access to healthy food, and 3SquaresVT is here to help. Families who take part are not taking money away from others in need. Congress made it an entitlement program to assure there would be benefits for everyone. Plus, applying for these benefits not only helps you buy more nutritious food for your children, but it supports your local economy by bringing more federal money into the state. There is no reason not to apply.

1 in 8 Vermonters get 3SquaresVT. Have you applied yet? For more information or an application, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call 1-800-479-6151.

## 3SquaresVT Sample Articles

### Sample Article #3 [target audience: seniors] (304 words)

#### Put More Healthy Food on Your Table with 3SquaresVT

For a senior citizen, good nutrition is extremely important. It helps you stay active and helps prevent sickness. The high costs of food, fuel and health care are making it hard for many elders to put good food on the table. 3SquaresVT can help.

3SquaresVT helps you stretch your food budget and put three square meals a day on your table. It comes as a monthly dollar benefit either on a debit-like card called an EBT card or as cash directly deposited into your bank account.

As a program of the US Department of Agriculture, 3SquaresVT was created to support local businesses and farmers. Elders who take part are not taking money away from others in need. Congress made it an entitlement program to assure there would be benefits for everyone. Just like Social Security, 3SquaresVT is a benefit you are entitled to if eligible – there is no reason not to apply. Spending benefits in Vermont adds federal dollars to the state's economy.

There is no gross income limit for elders 60 and over to be eligible. And elders with gross incomes below 185% of federal poverty levels do not have a resource limit. The 185% income limit is \$1,671 for a single person or \$2,248 for a couple. If your income is over these numbers, you may still be eligible but have a resource limit instead. But remember, your retirement savings do not count as resources.

Many Vermonters are facing challenges right now. You are not alone. Everyone needs access to healthy food, and 3SquaresVT is here to help. More than 1 in 8 Vermonters participate, including thousands of senior citizens. As an elder, you've worked hard all your life and you have earned the help you need.

For more information or an application, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call the Senior Helpline at 1800-642-5119.