

3SquaresVT Sample Articles

Sample Article #1 [generic]: (123 words) **Help Your Neighbor Put More Food on the Table**

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

3SquaresVT, formerly called food stamps, helps people with a limited income buy more food, like fresh veggies, fruits, and whole grains. More than 93,000 Vermonters get benefits, but many more qualify and don't know it. The income limit for one person is \$1679 per month; it's \$3446 for a family of 4.

Vermonters of all ages are going without enough healthy food. If you know someone struggling to make ends meet, encourage them to apply for 3SquaresVT. You can also help by spreading the word. For more information about the program visit www.vermontfoodhelp.com or call 1-800-479-6151. People can even apply online!

Sample Article #2 [target audience: troublesome times] (244 words) **Stretch Your Budget and Put More Food on Your Table with 3SquaresVT**

Vermonters have faced many challenges in 2011, from the ongoing recession, to the spring floods, to Tropical Storm Irene. In these troubling times, 3SquaresVT can help. 3SquaresVT is a federal nutrition program that gives Vermonters extra money each month to buy food. A 3SquaresVT benefit can help free up money for other bills like heating costs in the winter or the cost of repairing your home from flooding.

If you have experienced any household changes like losing a job or having your hours cut, losing your home or being temporarily displaced due to household damage, you may be newly eligible for the program, even if you weren't in the past. More than 93,000 Vermonters currently get benefits, but many more are eligible and don't know it. Eligibility is based on household income, and benefit amounts are based on income and expenses like child care and utility bills. It's worth it to apply and find out.

3SquaresVT is much more than just food. Getting benefits qualifies your children for free school meals. It also qualifies you for phone assistance. Plus, applying for these benefits not only helps you buy more nutritious food for your family, but it supports your local economy by bringing over \$11 million federal dollars into the state each month. 3SquaresVT is good for you, and good for Vermont.

1 in 6 Vermonters get 3SquaresVT. Have you applied yet? For more information, visit www.vermontfoodhelp.com or call 1-800-479-6151. You can even apply online!

Sample Article #3 [target audience: families]: (208 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 3SquaresVT, formerly called food stamps, more working Vermonters are able to buy healthy food for their children. A family of four



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earning up to \$3,446 a month (\$41,352/year) may be able to get benefits. Plus, resources such as savings accounts do not count to qualify.

3SquaresVT is much more than just food. Getting benefits means your children can get free school meals, too. It also qualifies you for phone assistance. These added benefits mean money freed up to pay other bills and less 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. Everyone who qualifies can get benefits; there is enough for everyone. Plus, applying for these benefits not only helps you buy healthy food for your kids, but it supports the economy by bringing over \$11 million of federal money into the state each month. 3SquaresVT is good for you, and good for Vermont.

1 in 6 Vermonters get 3SquaresVT. Have you applied yet? For more information, visit www.vermontfoodhelp.com or call 1-800-479-6151. You can even apply online!

Sample Article #4 [target audience: seniors] (286 words) **Put More Healthy Food on Your Table with 3SquaresVT**

For older Vermonters, good nutrition is very 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 seniors to put good food on the table. 3SquaresVT can help.

3SquaresVT helps you stretch your food budget and buy more food. It comes as a monthly dollar benefit either on a debit card called an EBT card or as cash directly deposited into your bank account.

Older Vermonters who take part are not taking money away from others in need. Anyone who qualifies can receive benefits; there is enough for everyone. Plus, spending benefits in Vermont adds money to our economy, so you are helping support local grocers and farmers. It's good for you, and good for Vermont.

Elders with gross incomes below 185% of federal poverty levels do not have a resource limit, so savings don't count. The 185% income limit is \$1,679 for a single person or \$2,268 for a couple. If your income is over these numbers, you can still be eligible. If so, you do have a resource limit, but your house, car, and retirement savings do not count as resources. Your 3SquaresVT benefit will not count as income either, so your eligibility for other programs like Medicare will not be at risk.

Many Vermonters are facing challenges right now. You are not alone. Everyone needs access to healthy food, and 3SquaresVT is here to help. 1 in 6 Vermonters take part, 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 or call the Senior Helpline at 1-800-642-5119.



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