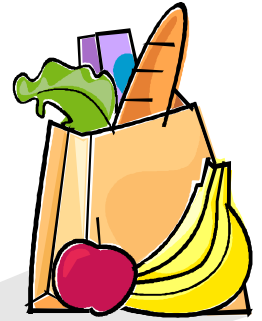


Are you doubled up, couch surfing or homeless post- Irene?

If you don't have permanent housing, and need help paying for food:



3SquaresVT Can make a difference!

DID YOU KNOW?

- ◆ You need a mailing address, but you do not need a home to get 3SquaresVT.
- ◆ You may get 3SquaresVT even if you are staying in a shelter that provides food.
- ◆ You do not need to have a place to cook to get 3SquaresVT.
- ◆ You do not need a photo ID to get 3SquaresVT (but some kind of proof of identify is required).
- ◆ If you are under 22 and not living with your parents, you can apply for 3SquaresVT on your own. Your parents' income does not count if you do not live with them.
- ◆ You can get 3SquaresVT whether you are working or not.

NEED FOOD FAST?

You may be able to get 3SquaresVT benefits within 7 days if:

- ⇒ you earned LESS than \$150/month in the past 30 days, or
- ⇒ you pay more in rent and utilities than you earn

Be sure to answer Question #4 on the application and send it in asap.

For more information and the application, go to
www.vermontfoodhelp.com or call 1-800-479-6151.
For help with the application, dial 2-1-1 to connect with a local agency.



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