

Attention Seniors:

Important Things to Know About

3SquaresVT

(formerly Food Stamps)



Good for you.
Good for Vermont.

3SquaresVT is a nutrition program of the USDA that boosts your food budget to help you stay healthy and independent.

- More than 1 in 6 Vermonters use 3SquaresVT, including nearly 10,000 Vermonters who are age 60 or over.
- There is **no limit to how many people can receive 3SquaresVT** benefits. By law, anyone who qualifies for benefits and applies, gets them.
- Nine out of ten elderly households get \$50 or more a month. In fact, the average benefit for a senior living alone **is more than \$150** a month.
- Tell a worker if you spend over \$35 a month on health care costs like insurance premiums, co-pays, medicine or travel to the doctor. Keep your receipts to document your costs. This may help raise your benefit amount.

Wonder if you can get 3SquaresVT benefits?

For more information or help filling out an application call the

Vermont Senior HelpLine: 1-800-642-5119

An outreach worker can even come to your house!

more information on other side...



*This message is funded in part by the USDA,
an equal opportunity provider and employer.
11/17/2011*

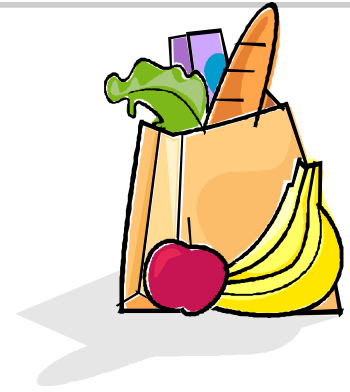


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- If everyone in your household is 65+ or gets SSI, your benefits are deposited directly into your bank account as cash.
- Using 3SquaresVT benefits is good for you and good for our economy. The program now pumps more than **\$11 million federal dollars each month into Vermont.**
- Seniors can get benefits for up to two years at a time. You can report specific changes in your situation anytime in writing or by phone.
- Getting **Fuel Assistance** may raise your benefit amount. Even if heat is included in your rent, apply for Fuel Assistance.
- Getting 3SquaresVT benefits does not hurt your benefits under SSI or keep you from getting Meals on Wheels. In fact, getting 3SquaresVT may even help you qualify for other services, like **phone assistance!**

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