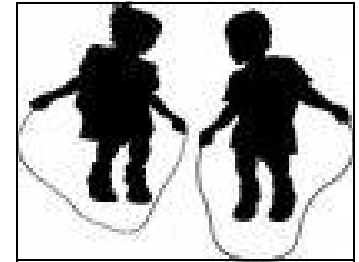


# Attention Working Moms & Dads

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Do you use child care so you can work, look for a job, or go to school?



Do you wish you had more money to buy good food for your children?

**Now you can deduct all of your out-of-pocket child care costs when you apply for 3SquaresVT (formerly Food Stamps). This could give your family a bigger food benefit.**

Some out-of-pocket costs include:

- payments you make for child care services
- co-pays for subsidized child care
- before and after-school care costs
- summer camp fees
- transportation costs to and from care

Use the form on the back to write down your costs.

**3SquaresVT also has higher gross income limits now, so more working Vermonters qualify for the program.**



For a 3SquaresVT application,  
call 1-800-479-6151 or  
visit [vermontfoodhelp.com](http://vermontfoodhelp.com)

For help filling out the application, **dial 2-1-1** and ask to be connected to the Community Action Agency nearest you.

If you already take part in 3SquaresVT, call your district office to find out if you could receive a higher benefit by claiming more child care costs.