

Give yourself a raise with the  
**Vermont Earned Income Tax Credit (EITC)  
and 3SquaresVT**

Working Vermonters with income under **\$50,000**, may qualify to get up to **\$5,800** as a credit or refund on your taxes. It's called EITC. In addition, you may qualify for 3SquaresVT to help with food costs.



Find out if you qualify for EITC:  
Contact the IRS at  
1-800-829-1040 or [www.irs.gov](http://www.irs.gov).

**OR**

Dial 2-1-1, free from anywhere in VT, for information and to make a FREE appointment with a certified tax preparer who can help you claim EITC if you qualify.

**3SquaresVT** is a federal nutrition program that helps Vermonters buy more food to grow, learn, work, and thrive. If you have children and qualify for EITC, you are also income eligible for 3SquaresVT.

Households that get benefits can also get **free school meals** for their children.

1 in 6 Vermonters participate! Why not apply?

Call 1-800-479-6151 or visit [vermontfoodhelp.com](http://vermontfoodhelp.com) for more information and an application.



*This message is funded in part by the USDA,  
an equal opportunity provider and employer.  
01/03/2012*

