

Save for Retirement Save for Your Child's Education And Still Get Food Assistance!



The Rules Have Changed

Now you can have retirement and education savings accounts and still get 3SquaresVT, Vermont's Supplemental Nutrition Assistance Program (formerly Food Stamps) benefits, even if you have been denied before.

3SquaresVT supplemental nutrition assistance, is an important federal nutrition program that helps make sure people have enough food to be active and healthy. Households that participate can also receive other benefits like *free school meals* and *phone bill assistance!*

For a 3SquaresVT application, call 1-800-479-6151 or visit www.vermontfoodhelp.com.

For help with your application, dial **2-1-1**, free from anywhere in Vermont, and ask to be connected to your nearest Community Action Agency.

If you are a senior, call the **Senior Helpline** at **1-800-642-5119**.



Vermont Campaign to
End Childhood Hunger

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 **VERMONT**
DEPARTMENT FOR CHILDREN AND FAMILIES
ECONOMIC SERVICES DIVISION