

No one should have to choose between buying

 **textbooks**  
or food. 

## 3SquaresVT can help college students buy groceries every month.

The financial burden of having to pay for tuition, rent, utilities, and food is hard. **You may be able to get up to \$291 a month to buy groceries with 3SquaresVT.**

3SquaresVT is a federal program that **gives people money each month to buy food** at grocery and convenience stores, co-ops, and farmers markets. The money is automatically loaded onto a swipe card that looks and works like a debit card.

Find out more today! If you need help applying,

- text VFBSNAP to 85511
- call 855-855-6181 or
- email [3svt@vtfoodbank.org](mailto:3svt@vtfoodbank.org).

For more information visit [vermontfoodhelp.com](http://vermontfoodhelp.com).

## As a college student you may be eligible for 3SquaresVT if...

1. Your monthly income is at or below the income limit for your household size. 'Household' is defined as the number of people in your house with whom you purchase and prepare food. Housemates or roommates qualify as additional household members only if you buy, cook, and eat meals together.

and...

2. If you meet at least one of the following:
  - Participate in work study (any number of hours)
  - Employed for an average of 20 hours/week
  - Participate in an on-the-job training program
  - Care for a dependent child under 12
  - Receive Reach-Up or PSE
  - Are younger than 17 or older than 50
  - Have a physical or mental condition that prevents you from working
  - In school through WIOA, E&T, or TAP

Household size	Gross Monthly Income Limit	Maximum Monthly 3SquaresVT benefit
1	\$2,248	\$291
2	\$3,041	\$535
3	\$3,833	\$766
4	\$4,625	\$973
5	\$5,418	\$1,155
For each add'l member:	+\$793	+\$211

These limits are for October 1, 2023 - September 30, 2024

October 2023

