

No one should have
to choose between

*textbooks
& food.*



This institution is an equal opportunity provider.

3SquaresVT is here for you! It's like financial aid for groceries.

3SquaresVT is a program that provides monthly benefits on an EBT card which looks and works just like a debit card. **With an EBT card, you can purchase foods at grocery and convenience stores, co-ops, and farmers markets!**

As a college or graduate student, you may be eligible for 3SquaresVT. Participating in work study or working at least 20 hours/week can help you qualify for 3SquaresVT.

You could get up to \$291 every month as an individual. It's worth it to apply!

To learn more about 3SquaresVT
and to access resources for college students visit
vermontfoodhelp.com. If you need help applying,
dial **855-855-6181** or text **VFBSNAP** to **855-11**.



You may be eligible for 3SquaresVT if...

1. If at least one of the following are true for you:

- Participating in work study
- Are employed or self-employed an average of 20 hours per week
- Caring for a dependent household member (specific rules apply)
- Receiving Reach-Up/PSE
- Participating in an on-the-job training program
- Are age 17 or younger, or 50 or older
- Have a physical or mental condition that prevents you from working.
- Are a single parent and full time student responsible for the care of a dependent child under 12
- Assigned or placed in a higher education institution through Work Force Investment Act, Employment & Training Program, or Trade Act Program

2. Your income is at or below the income limit for your household size.

Please note: '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.**

Household size	Gross monthly income limit
1	\$2,248
2	\$3,041
3	\$3,833
4	\$4,625
5	\$5,418
6	\$6,210
7	\$7,003
For each additional member add \$793	

Income limits are based on 185% Federal Poverty Level.
These limits are for October 1, 2023 - September 30, 2024.