



BUILDING A STRONGER, HEALTHIER VERMONT WITH 3SQUARESVT

Get help buying groceries and support your local community.

1 IN 3 VERMONT RESIDENTS HAVE HAD A HARD TIME BUYING GROCERIES SINCE THE BEGINNING OF THE COVID-19 PANDEMIC.

Yet only 1 in 10 are enrolled in 3SquaresVT, Vermont's name for the Federal Supplemental Nutrition Assistance Program (SNAP). 3SquaresVT provides eligible Vermont residents with monthly benefits to help pay for groceries, ensuring individuals and families have the resources to access plenty of nourishing meals.

Why apply for 3SquaresVT benefits?

- Stretch your food budget—Bring federal money to our state that can help you more comfortably afford all the food you and your family need
- Shop where and when you want to shop—You will receive a Vermont EBT card that can be used like a debit card at participating local grocery stores, convenience stores, and farmers markets
- Start a ripple effect in your community—Every time you spend 3SquaresVT benefits on groceries you send those dollars to local food retailers who create jobs in the community and local farmers who produce food for our community

Visit Vermont Food Help to learn more about 3SquaresVT and to see if you qualify [VERMONTFOODHELP.COM](https://www.vermontfoodhelp.com)

CLEARING UP MISPERCEPTIONS

Everyone who is eligible to receive 3SquaresVT benefits will get them with an approved application.

You will not be taking benefits away from anyone else if you apply. In fact, when you use 3SquaresVT, you help our whole state's economy.

It's your money that you've earned. You've paid into 3SquaresVT through your taxes and you're eligible to receive it to pay for your groceries. We can all use a hand from time to time. That is what it's there for.



3SQUARESVT FOR FAMILIES WITH CHILDREN

Ensure you and your children have nourishing food throughout the day. When you receive 3SquaresVT benefits, your children also receive free breakfast and lunch at school.

If many students at their/your school receive 3SquaresVT benefits, it can help the school offer free meals for every student, helping reduce the burden on families across Vermont.

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