

# 3SquaresVT Myths Busted

**Older Vermonters:  
Get help paying for  
nourishing food!**

**3SquaresVT helps over 16,000 older Vermonters.**

For more information visit [vermontfoodhelp.com](http://vermontfoodhelp.com)  
or call the Helpline at 1-800-642-5119.

	<b>Myth</b>	<b>Fact</b>
<b>1</b>	3SquaresVT is only for families with children.	<b>3SquaresVT is for everyone who qualifies, including older Vermonters (60+).</b>
<b>2</b>	I'll only get \$23 a month, so it's not worth applying.	<b>9 out of 10 of those eligible get \$50 or more a month.</b>
<b>3</b>	Other people need 3SquaresVT more than I do.	<b>Everyone who qualifies for 3SquaresVT will get help. By applying, you are not taking benefits away from others.</b>
<b>4</b>	No stores near me accept 3SquaresVT.	<b>Over 600 Vermont grocery stores and farmers markets accept 3SquaresVT to pay for food.</b>
<b>5</b>	It's too hard to apply for 3SquaresVT.	<b>You can apply online, by mail, or in person—and get application help if you need it. You may be eligible to apply using the simpler 4-page application! Call the Helpline at 1-800-642-5119.</b>
<b>6</b>	If I have resources, I can't apply.	<b>You can still get benefits if you own a car and your home.</b>