

# 3SquaresVT, Seeds, & Plants



Use your 3SquaresVT benefits to buy seeds and plants to grow your own fruits and vegetables!

## What can I buy?

- 3SquaresVT benefits may be used for seeds and plants that grow fruit and vegetables.
- 3SquaresVT benefits may not be used for flower seeds or flower plants.

## Why buy seeds & plants?

- Growing some of your own food can be an empowering and affordable way to put fresh food on your table.

## Where do I buy seeds & plants?

- Seeds and plants can be purchased at any retailer or farmers market that accepts 3SquaresVT.
- Call 2-1-1 or visit [vermontfoodhelp.com](http://vermontfoodhelp.com) to find a store or market near you.

## How can I learn more about gardening & where can I plant?

- The Vermont Garden Network has great resources to help people learn to garden on a budget and where community garden spaces are in your community. Visit [vtgardens.org](http://vtgardens.org) to learn more.

Can you, a neighbor, or a friend use more money to keep healthy food on the table? Find out if you are eligible for 3SquaresVT! Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) to learn more, request a paper application, or apply online. Or, call 1-800-479-6151 to speak with a Benefits Specialist or to request an application.

Help is available! To get help applying dial 2-1-1 or text 'VFBSNAP' to 855-11. If you are 60 or older, call the Helpline at 1-800-642-5119 for personalized assistance.

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