



# Stretch your monthly food budget with 3SquaresVT!

**The minimum monthly benefit for 3SquaresVT is \$23.**

**What is \$23 worth at the grocery store?**

**It may be more than you think!**

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For every \$3 change in your net monthly income, your benefit amount may change by \$1. Enrolling in 3SquaresVT, even at the minimum benefit amount will allow you to report any decrease in income, or increase in expenses, which may result in a higher benefit amount.

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## How can I increase my monthly benefit?

**If someone in your household is 60 or older or has a disability**, your benefit may go up if you list all your out-of-pocket medical costs, such as insurance premiums and transportation costs to the pharmacy and medical appointments.

**If you pay for child or adult day care so that you can work, look for work, or attend school**, you can claim the cost of care and transportation to care.

**Also, make sure to report any change in your income or household expenses.** This may increase your monthly benefit!

*See back for information about other resources*



# Other Food Resources

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## School Meals for Kids

School meals are an important resource to fuel children for learning and can help families save time and money. School Meals are free for all students in Vermont public schools and some private schools! Kids may also eat free meals in early childhood programs, after-school programs, and during the summer. For more information, **dial 2-1-1**.

## Telephone Lifeline Assistance

You may be eligible for a discount off your monthly phone bill. Call your landline or mobile phone provider to find out more.

## Food Shelves, Community Meals, and Meals on Wheels

To find a food shelf, meal site, or Meals on Wheels in your area, **dial 2-1-1** or visit **vtfoodbank.org**.

## Fuel Assistance

You can apply for fuel assistance at the same time as 3SquaresVT! Call **1-800-479-6151**. For a spoken language interpreter, call **1-855-247-3092**.

## WIC

The Health Department provides WIC nutrition and health services, including nutritious food, to women who are pregnant or had a baby within the past six months, breastfeeding women, infants, and children up to age five. For more information, call **1-800-649-4357**.

## CSFP

The Commodity Supplemental Food Program provides nutrition information and nutritious foods to eligible Vermonters, age 60 or older. For more information or to apply, call **1-800-214-4648**.

## To Learn More

Older Vermonters can call the Vermont HelpLine at **1-800-642-5119**. Others can **dial 2-1-1** to find out about more resources; call the Benefits Service Center at **1-800-479-6151**; or visit **vermontfoodhelp.com**.