

Dear Veterans

3SquaresVT:

Benefits you have earned



3SquaresVT boosts the grocery budgets of more than 70,000 people every month, including many Veterans. It's a program that we all have paid into with our tax dollars, and we deserve to tap into it when we need support.



3SquaresVT is a federal program for eligible people that gives you, your family, and fellow Veterans food benefits

every month to buy food at over 600 stores and 40 farmers markets in Vermont, and anywhere in the U.S. where EBT is accepted.

No Veteran is subject to the 3SquaresVT work requirement, regardless of discharge reasons or disability status.

If you are a Veteran living with a disability, you may be eligible to receive benefits for a longer period of time through 3SquaresVT in a SNAP.

It's worth it to apply! You served our country.
Let 3SquaresVT serve you!



To learn more:

Visit vermontfoodhelp.com

Text "VFBSNAP" to 85511

If you are 60+ call The Helpline at 1-800-642-5119



*This message is funded in part by the USDA.
This institution is an equal opportunity provider.*

October 2023

