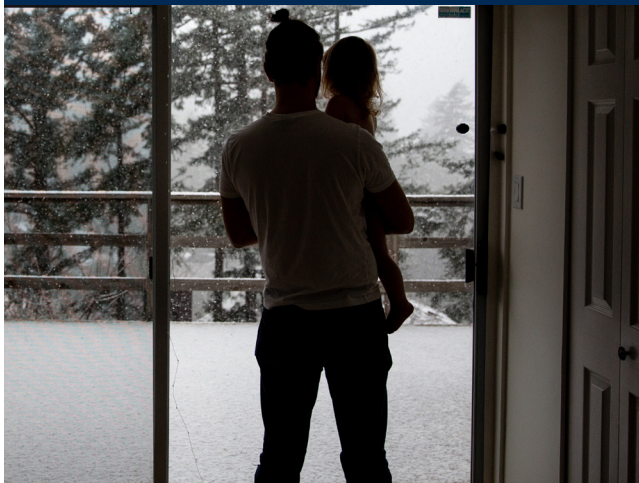


**Heating costs can put a burden on our budgets, but the Seasonal Fuel Assistance Program is here to help!**



**The Seasonal Fuel Assistance Program can help pay some of your heating and energy bills, whether you own or rent your home, pay utilities separately, or they are included in your rent.**

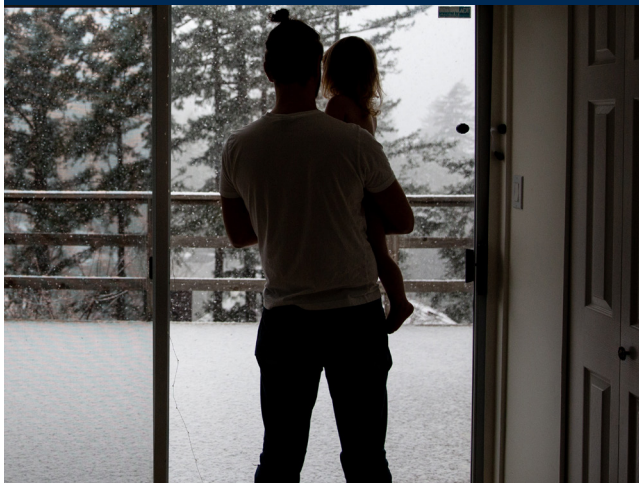
If you meet the income requirements, you may qualify for assistance. The Fuel application is just two pages long and can be completed online, by mail, or in-person. If you have questions about the application or would like help applying, you can

- **Dial 2-1-1 to be connected to an organization local to you.**
- **If you are 60 or older, call the Helpline at 1-800-642-5119 for personalized assistance.**
- **For translation and interpretation services, call 1-800-479-6151 and ask for an interpreter.**

Additional information including income guidelines can be found at:

[dcf.vermont.gov/benefits/fuel](https://dcf.vermont.gov/benefits/fuel)

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**Stretch your budget  
even further with  
3SquaresVT!**



If you receive Fuel Assistance, you likely qualify for 3SquaresVT, which helps tens of thousands of people in Vermont buy more food. 3SquaresVT is a program known nationally as SNAP. 3SquaresVT gives people who qualify benefits every month to buy groceries at over 600 retailers and more than 40 farmers markets in Vermont—and anywhere in the U.S. that accepts SNAP.

Many people qualify for 3SquaresVT and don't know it! To learn more, visit [vermontfoodhelp.com](https://vermontfoodhelp.com), text 'VFBSNAP' to 85511 or call 2-1-1 to be connected to an organization local to you.

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