

3SquaresVT

Sample Articles

Sample Article #1 [generic]: (124 words)

We all deserve to eat nourishing foods. 3SquaresVT can help.

In these tough times, many of us worry about being able to afford the things they need. 3SquaresVT may be able to help.

On average, 70,000 people in Vermont shop with 3SquaresVT at over 600 retailers and 40 farmers markets across the state. Many people in Vermont qualify but don't know it!

If you or a neighbor you know could use a food budget boost, learn more about 3SquaresVT. You can also help by spreading the word about this important program that not only relieves hunger, but supports our local businesses, farmers, and growers by keeping more than \$10 million in our economy every month. For more information about the program, visit vermontfoodhelp.com, text 'VFBSNAP' to 85511, or call 1-800-479-6151. For a language interpreter, call 1-855-247-3092. People can apply online!

Sample Article #2 [target audience: families]: (225 words)

Boost your budget with 3SquaresVT.

Vermonters are a hardworking people, but the high costs of food, fuel and other necessities can make it hard on the budget. Thanks to 3SquaresVT, more Vermonters are able to buy nourishing food for their children. A family of four earning up to \$4,625 a month may be able to get benefits.

Everyone needs and deserves nourishing food, and 3SquaresVT is here to help anyone and everyone who qualifies. By enrolling, you are not taking money away from others in need. Everyone who qualifies can get benefits. Plus, applying for these benefits not only helps you buy healthy food for your kids so they can grow and learn, but it supports the economy by bringing over \$10 million federal dollars into the state each month. 3SquaresVT is good for you and good for Vermont.

1 in 10 Vermonters get 3SquaresVT. Have you applied yet? For more information, visit vermontfoodhelp.com, text 'VFBSNAP' to 85511 or call 1-800-479-6151. For a language interpreter, call 1-855-247-3092. You can even apply online!



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Sample Article #3 [target audience: Older VTers] (285 words)

Boost your budget with 3SquaresVT.

Access to nourishing food is important for all, especially older Vermonters. It helps us stay active and prevent sickness. The high costs of food, fuel and health care are making it hard for many older Vermonters to put nourishing food on the table. 3SquaresVT can help.

3SquaresVT helps you stretch your budget to buy more food. It comes as a monthly dollar benefit either on a debit card called an EBT card or as cash directly deposited into your bank account. Older Vermonters who take part are not taking money away from others in need. Anyone who qualifies can receive benefits; there is enough for everyone. Plus, spending benefits in Vermont adds money to our economy, so you are helping support local grocers and farmers. It's good for you and good for Vermont.

Older Vermonters with gross incomes at or below 185% of federal poverty levels do not have a resource limit, so savings don't count. If your income is over these numbers, you could still be eligible. If so, you do have a resource limit, but your house, car, and retirement savings do not count as resources. Your 3SquaresVT benefit will not count as income either, so your eligibility for other programs like Medicare will not be at risk.

Many Vermonters are facing challenges right now, but 3SquaresVT is here to help. 1 in 10 Vermonters take part, including thousands of older community members. As an older Vermonter, you've worked hard all your life and have earned the help you can get now.

For more information or an application, visit www.vermontfoodhelp.com or call the HelpLine at 1-800-642-5119.



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Sample Article #4 [target audience: people with disabilities] (229 words)

Shop for the food that is right for you with 3SquaresVT.

Hunger among older Vermonters, people with disabilities and the Deaf has a significant impact on health and well-being. The health impacts of hunger make it more difficult for an older person or person with a disability to remain independent and living in their home.

Of the nearly 70,000 Vermonters who currently receive 3SquaresVT food benefits, many more are eligible or could be receiving more and don't know it. To help get more benefits, as an older Vermonter or person living with a disability, be sure you are claiming all your out-of-pocket medical expenses, such as over the counter supplies and transportation costs to the doctor or pharmacy.

Is there someone you know who could benefit from 3SquaresVT? There's enough money for everyone who is eligible, so it's worth it to find out more. Visit vermontfoodhelp.com or dial 2-1-1 for more information. Older Vermonters and their families may also call the HelpLine at 1-800-642-5119.



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