**Spring 2022**

**3SquaresVT, Seeds, & Plants**

3SquaresVT is an important nutrition program that supports the food budgets of 67,000 Vermonters! People who sign up for 3SquaresVT get money every month to buy food at grocers, co-ops, farmers markets, and general stores. What many people do not know is that 3SquaresVT benefits can also be used to buy vegetable and fruit seeds and plants at any retailer that accepts EBT! Help us spread the word by sharing the message below on newsletters and your local front Porch Forum.

For more information visit [vermontfoodhelp.com](http://vermontfoodhelp.com/).

If you have any questions about 3SquaresVT or would like additional materials, please contact Ivy at ienoch@hungerfreevt.org.

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**Newsletter and Front Porch Forum Language:**

**Title:** Grow your veggie garden with 3SquaresVT

**Body:**

With signs of spring slowly but surely appearing, many Vermonters are planning their gardens so they can grow food all season long.

Did you know that 3SquaresVT benefits can be used to buy vegetable and fruit seeds and plants at any retailer that accepts EBT? Growing some of your own fruits and veggies can be a rewarding way to put fresh food on your table and an opportunity to stretch your food budget.

Not enrolled in 3SquaresVT? 3SquaresVT is an important program that provides eligible people with money every month to pay for groceries. 3SquaresVT can be used at over 600 retailers and more than 40 farmers markets across the state. Benefits are given to you each month on an EBT (electronic benefits transfer) card, which looks and works just like a debit card. This program is for *everyone* who is eligible.

To find out more about 3SquaresVT eligibility or using benefits to buy seeds and plants, visit vermontfoodhelp.com.

Visit [dcf.vermont.gov/benefits/3SquaresVT](https://dcf.vermont.gov/benefits/3SquaresVT) to apply.

If you need help applying, dial 2-1-1 or text ‘VFBSNAP’ to 85511. If you are 60 or older, call the Helpline at 1-800-642-5119 for personalized assistance.