

## **Hunger Free Vermont | Vermont Foodbank 3SquaresVT Newsletter Blurbs**

### **About this document**

Your organization is an ally in our goal to address food insecurity across Vermont, and we wanted to provide you with accurate and helpful information that you can share in your communications. We are providing the following pieces of copy that you can incorporate into your newsletter communication with your constituents. Feel free to adapt this copy to your formatting needs.

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### **When communicating to Vermont Residents Who May Be Eligible for 3SquaresVT**

#### **3SquaresVT: A Ripple Effect of Good**

Since the beginning of the COVID-19 pandemic, 1 in 3 Vermont residents has experienced hardships buying groceries. 3SquaresVT, known nationally as SNAP, provides monthly monetary benefits that help Vermont residents stretch their food budgets, ensuring everyone has enough nourishing food to eat.

If you meet income eligibility requirements, you will receive monthly benefits on a Vermont EBT card that can be used at many locations where you shop for groceries, including local retailers, convenience stores, and farmers markets. Every time you buy groceries with 3SquaresVT, you not only put nourishing food on your plate, but that money also goes to support the businesses and local retailers that sell food and local farmers who produce it.

When more eligible Vermont residents use 3SquaresVT, our community grows stronger and healthier.

To learn more about how you can benefit from 3SquaresVT, visit [vermontfoodhelp.com](http://vermontfoodhelp.com).



## **When communicating to Families with Children**

### 3SquaresVT: Growing Healthy Vermont Families

Since the beginning of the COVID-19 pandemic, 1 in 3 Vermont residents has experienced hardships buying groceries, including many families with children. 3SquaresVT, Vermont's name for the Federal program SNAP, provides monthly monetary benefits that help Vermont residents stretch their food budgets, ensuring everyone in your family has enough on their plates.

Childhood is a critical time in a person's life for many reasons, so it is important that children eat enough nourishing food to support growth. Eligible residents will receive monthly benefits on a Vermont EBT card that can be used at many locations you shop for groceries.

But the benefits go beyond that. If you receive 3SquaresVT benefits, your children are eligible to receive free breakfast and lunch at school. And if many students at their/your school receive 3SquaresVT benefits, it can help the school offer free meals for every student, helping reduce the burden on families across Vermont.

To learn more about how you can benefit from 3SquaresVT, visit [vermontfoodhelp.com](http://vermontfoodhelp.com).



## **When communicating to Adults 60+ or Those Receiving Disability Benefits**

### 3SquaresVT in a SNAP: A simpler way to get food assistance

Since the beginning of the COVID-19 pandemic, 1 in 3 Vermont residents has experienced hardships buying groceries. 3SquaresVT, Vermont's name for the Federal program SNAP, provides monthly monetary benefits that help Vermont residents stretch their food budgets, ensuring everyone has enough nourishing food to eat.

Households in which everyone is either 60 and over or receive disability benefits may be eligible for 3Squares in a SNAP, a simpler application process that can enroll you in both food assistance and fuel assistance. Your benefits last for a period of three years before you need to enroll again, and there is no annual review process. You also have the choice whether to receive benefits on a Vermont EBT card or as cash deposited directly into your bank account.

To learn more about how you can benefit from 3SquaresVT, visit [vermontfoodhelp.com](http://vermontfoodhelp.com).



## When communicating to Recently Unemployed Vermont Residents

3SquaresVT: Lending a hand in a difficult time

Since the beginning of the COVID-19 pandemic, 1 in 3 Vermont residents has experienced hardships buying groceries. 3SquaresVT, Vermont's name for the Federal program SNAP, provides monthly benefits that help Vermont residents stretch their food budgets, ensuring everyone has enough nourishing food to eat.

If you're working less or between jobs, 3SquaresVT may be able to help you stretch your grocery budget. If you qualify, you'll receive a Vermont EBT card that can be used at many locations where you shop for groceries, including local retailers, convenience stores, and farmers markets. Every time you use your 3SquaresVT benefits, you fill your plate and support the Vermont economy and the businesses of local retailers and local farmers.

The benefits of 3SquaresVT go beyond that. If you receive 3SquaresVT, you are also eligible to receive assistance from the Individual Career Advancement Network, a program that provides support in developing job searching skills and connects job seekers with employers.

To learn more about how you can benefit from 3SquaresVT, visit [vermontfoodhelp.com](http://vermontfoodhelp.com).

