

Hunger Free Vermont | Vermont Foodbank
3SquaresVT Organic Social Posts

Posts targeted to Vermont Residents Who May Be Eligible

Facebook:

3SquaresVT is a simple and convenient way to help you make the most of your grocery budget. The average 3SquaresVT participant receives up to \$289 a month to help put food on the table for their family. Learn more and see if you qualify at vermontfoodhelp.com.

Instagram:

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#inittogether

Twitter:

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Facebook:

Everyone needs a hand from time to time, especially with the impact of COVID-19 on our community.

3SquaresVT provides eligible Vermont residents with monthly benefits to help pay for groceries, ensuring individuals and families have resources to access plenty of nutritious meals. And when one person uses 3SquaresVT to help put food on the table for their family, we all benefit. Learn more and see if you qualify at vermontfoodhelp.com.

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Last Updated 2/11/2021

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Facebook:

Need a little help? You're not alone. Since the start of the pandemic, one out of every three Vermont residents has had a difficult time putting food on the table. 3SquaresVT can help make life a little easier. Head to vermontfoodhelp.com to learn more.

Instagram:

Need a little help? You're not alone. Since the start of the pandemic, one out of every three #Vermont residents has had a difficult time putting food on the table. #3SquaresVT can help make life a little easier for anyone who may be in need of some assistance. Head to the Vermont Foodhelp website, available at the link in our profile, to learn more and see if you qualify.

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Facebook:

Did you know? Everyone who is eligible to receive 3SquaresVT benefits will receive them with an approved application. There's no limit or "first come, first served," so there's no need to worry about taking benefits away from someone else in your community. They're available for anyone who needs a helping hand to put food on the table. Get the facts about 3SquaresVT and see if you qualify at vermontfoodhelp.com.



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Twitter:

Food budget need a boost? 3SquaresVT is here for all of us to help put the foods you love on your table. There's no need to worry about taking benefits away from another community member. There are enough benefits for everyone. Find out if you qualify. Learn more: vermontfoodhelp.com.



Posts targeted to Families with Children

Facebook:

Using 3SquaresVT can help you make the most of your grocery budget, ensuring you're able to put enough food on the table so that your children can get the daily nutrition they need to grow up strong at a critical time in their lives. Plus, 3SquaresVT benefits are simple and convenient, allowing you to shop where you want to shop. Learn more and see if you qualify at vermontfoodhelp.com.

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Facebook:

Create a ripple effect of good! When you use 3SquaresVT, you're not only helping to support your health and the health of your family, you're strengthening your community and your schools. 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. Learn more here: vermontfoodhelp.com.

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Posts targeted to Adults 60+

Facebook:

From just born to 100 years young, 3SquaresVT is a simple and convenient way to help you put nourishing food on your table so you can stay healthy and active. Get started with the simplified 3SquaresVT application process online or by calling 1-800-642-5119: vermontfoodhelp.com.

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Facebook:

With a shortened application, a dedicated assistant to help guide your application process, and even more ways to use your benefits, 3SquaresVT is making it easier than ever to ensure everyone at your table has enough food to eat. Learn more and see if you qualify for 3SquaresVT benefits here: vermontfoodhelp.com.

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Posts targeted to the Recently Unemployed

Facebook:

Recently unemployed and in need a little help? You're not alone. Since the start of the pandemic, one out of every three Vermont residents has had a difficult time putting food on the table. 3SquaresVT can help make life a little easier. Head to the Vermont Foodhelp website to learn more: vermontfoodhelp.com.

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Facebook:

One step forward can lead to another: 3SquaresVT benefits will not only help you stretch your grocery budget a little further, it can also help you get back on your feet through the Individual Career Advancement Network (ICAN). ICAN will help get you connected to employers who are hiring, provide assistance with resume building and interviewing skills, assist you in working toward industry certifications, and even provide support for transportation expenses, school supplies and more. Learn more and see if you qualify: vermontfoodhelp.com.

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#3SquaresVT benefits will not only help you stretch your grocery budget it can also help you get back on your feet through the Individual Career Advancement Network (ICAN). Learn more about how 3SquaresVT and #ICAN can help you move forward in #2021: vermontfoodhelp.com. #inittogether

Facebook:

Navigating new obstacles as a result of recent unemployment, the ongoing pandemic and life in general can feel overwhelming at times. 3SquaresVT can help provide your family with an average of \$289 a month to help put food on the table while you're in between employment opportunities, and with a dedicated team member available to help guide you through the application process, it's never been easier to get a hand in moving forward. Learn more and get started here: vermontfoodhelp.com.

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