

# 3SquaresVT

## Putting Healthy Food on your Table

**Can you, a neighbor, or a friend use more money to keep healthy food on the table?**

### *3SquaresVT is here for you because you earned it*

- 3SquaresVT is a federal nutrition program that can help you buy more food.
- 3SquaresVT can serve **everyone** who qualifies.
- Monthly benefits come on a debit card you can use at many local stores and farmers markets to buy food, so you have privacy and flexibility when you shop.
- Or, if everyone in the household is 65+ or receives SSI, benefits are deposited into your bank account.

### *The whole community benefits when we use 3SquaresVT*

- Benefits are spent in your community. This brings in millions of federal dollars to help local farmers and businesses every month! Every dollar you spend creates nearly \$2 in economic activity.
- Poverty is devastating to health and 3SquaresVT is one of our state's best remedies to help fight hunger and improve the health of Vermonters.
- With more healthy food on the table, children are more likely to grow up healthy and do better in school.

### *Vermonters in many different situations qualify*

- Many Vermonters are eligible and don't know it!
- Benefits are based on household income, expenses, and household size.
- Individuals, families, older Vermonters, people who are working, and people with disabilities can qualify.
- If a household includes an older Vermonter or person with a disability, or gets the VT Earned Income Tax Credit, special rules make it easier to qualify.

**9 out of 10 3SquaresVT households get at least \$50 each month, and even the minimum amount of \$15 per month helps with grocery bills!**



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October 2019*



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## Important Things to Know

### *Maximize your benefits*

- Be sure to claim allowable expenses such as deductions, like child care, or for some people, many medical expenses. This will help you get a higher benefit.
- 3SquaresVT benefits stretch your budget for other expenses like rent, heat, medical bills, and transportation.
- When you receive 3SquaresVT benefits, your children automatically qualify for free school meals.
- You may also be able to get help with your phone bill and heating costs.

### Income Limits

Household Size	Gross Monthly Income Limit (185% FPL)
1	\$1,926
2	\$2,609
3	\$3,290
4	\$3,971
5	\$4,653
6	\$5,334
7	\$6,015
Each Additional Member	Add \$683

\*Federal Poverty Level

These limits are for October 1, 2019- September 30, 2020.

### *How to Apply?*

- Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) to learn more, request a paper application, or apply online.
- Call **1-800-479-6151** to request an application.
- To connect to a spoken language interpreter, call **1-855-247-3092**.
- For help filling out your application, dial **2-1-1** to connect with someone near you.
- If you are 60 or older or have a disability, call the Vermont HelpLine at **1-800-642-5119** for help with your application.



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