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!
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

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross Monthly Income Limit (185% FPL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,926</td>
</tr>
<tr>
<td>2</td>
<td>$2,609</td>
</tr>
<tr>
<td>3</td>
<td>$3,290</td>
</tr>
<tr>
<td>4</td>
<td>$3,971</td>
</tr>
<tr>
<td>5</td>
<td>$4,653</td>
</tr>
<tr>
<td>6</td>
<td>$5,334</td>
</tr>
<tr>
<td>7</td>
<td>$6,015</td>
</tr>
<tr>
<td>Each Additional Member</td>
<td>Add $683</td>
</tr>
</tbody>
</table>

*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.