3SquaresVT for College Students

**What is 3SquaresVT?**

- It is a federal nutrition program that can help you buy more healthy food.
- 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.

**Am I eligible?**

You may be eligible for 3SquaresVT if you are attending an institution of higher education at least half time and if you answer “yes” to the following two questions:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross Monthly Income Limit</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.

- Participating in federally funded work study
- Are employed or self-employed an average of 20 hours per week
- Caring for a dependent household member (specific rules apply)
- Receiving Reach-Up/PSE
- Participating in an on-the-job training program
- Are age 17 or younger, or 50 or older
- Have a physical or mental condition that prevents you from working.
- Are a single parent and full time student responsible for the care of a dependent child under 12
- Assigned or placed in a higher education institution through Work Force Investment Act, Employment & Training Program, or Trade Act Program

This message is funded in part by the USDA. This institution is an equal opportunity provider.

October 2019
Submit an application. You can apply in three different ways:

- **Apply online** at www.mybenefits.vt.gov or
- **Apply in person** at your local district office & bring your documentation with you (find your local district office by dialing 2-1-1) or
- **Fill out a paper application** (make a copy for your records) and send it to:
  
  DCF/Economic Services Division
  Application and Document Processing Center
  280 State Drive, Waterbury, VT, 05671-1020

To get an application, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call 1-800-479-6151. For help filling it out, call your local **Community Action Agency** or dial 2-1-1 for local application assistance.