

Attention Older Vermonters

Important Things to Know About 3SquaresVT

3SquaresVT is a nutrition program that boosts your food budget to help you stay healthy and independent.

- About 1 in 8 Vermonters use 3SquaresVT, including over 13,000 Vermonters who are age 60 and over.
- There is **no limit to how many people can receive 3SquaresVT benefits**. By applying for and receiving benefits, you are not taking benefits away from someone else. By law, anyone who qualifies for benefits and applies will get them. There are enough benefits for everyone who is eligible.
- **9 out of 10 households get \$50 or more a month.**
- **Tell a worker if you spend over \$35 a month on health care costs** like insurance premiums, co-pays, medicine or travel to the doctor. This may help raise your benefit amount.



Wonder if you can get 3SquaresVT benefits?

For more information or help filling out an application call the

Vermont Senior HelpLine: 1-800-642-5119

An outreach worker can even come to your house!



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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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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	\$1,860
2	\$2,505
3	\$3,149
4	\$3,793
5	\$4,439
6	\$5,082
7	\$5,726
Each Additional Member	Add \$646

*Federal Poverty Level
 These limits are for October 1, 2017- September 30, 2018.

How to Apply?

- Visit 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 Senior HelpLine at **1-800-642-5119** for help with your application.



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