



# 3SquaresVT



## Makes You Eligible for More than Just Food

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### **Why should I take part if my food benefit is \$0?**

If your income and expenses make you only qualify for a \$0 benefit, it is still worth applying because it may make you eligible for other important benefits.

### **Enrollment in 3SquaresVT qualifies you for:**

#### ***Free school meals***

Taking part in 3SquaresVT (even if it is for a \$0 food benefit) makes your children eligible for free school meals, both lunch and breakfast. Over a year, this can save you up to \$700 per child!

#### ***Phone assistance***

Taking part in 3SquaresVT makes you eligible for Lifeline (monthly credit of up to \$13.50 to help pay for phone service), as well as a Link Up credit to help pay the cost of installing a local phone line.

#### ***Easier access to more benefits if things change***

If you are enrolled in 3SquaresVT and your financial situation changes, reporting that change may raise your food benefit amount. Let's say your rent goes up, or you have a baby, or your income drops when a family member loses a job or gets sick. If you were not already enrolled in the program, you would have to start the whole application process over to get that higher benefit.

**See back for information about school meals and other resources**

# Resources for Vermonters

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**Enrollment in 3SquaresVT qualifies you for phone assistance and free school meals for your children.**

## **School Meals**

You may apply any time during the school year. A benefit of taking part in 3SquaresVT is that you don't have to fill out the school meal application. For more information, ask the food service director at your child's school or go to **[www.vermontfoodhelp.com](http://www.vermontfoodhelp.com)**, More Food Help.

## **Lifeline and Link Up Phone Assistance**

Once you enroll in 3SquaresVT, you do not need to complete an application form for phone assistance. Simply call the Economic Services Division at 1-800-479-6151 to enroll.

**Other resources also help Vermonters make ends meet.**

## **Food Shelves or Community Meals**

To find a food shelf or meal site in your area, dial 211.

## **Fuel Assistance**

To find out if you qualify for fuel assistance, call 1-800-479-6151.

## **WIC**

The Health Department provides WIC nutrition and health services, including a set of nutritious foods, to women who are pregnant or had a baby in the past six months, breastfeeding women, infants and children up to age 5. For more information, call 1-800-464-4343, extension 7333.

## **Other Types of Help**

Older Vermonters can call the Senior Helpline at 1-800-642-5119. Others can call 211 to find out about more resources.