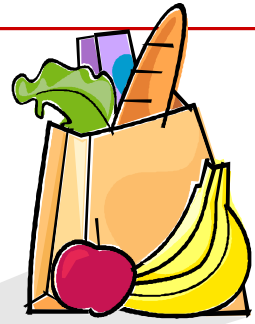


3SquaresVT

(formerly food stamps)

Nutritious Food for Good Health



What is 3SquaresVT?

- It is a federal nutrition program that can help you buy more healthy food.
- Monthly benefits come on a debit card to be used at the grocery store or farmers' market.
- For those 65 or older or getting SSI, benefits are directly deposited into your bank account.

Why is 3SquaresVT Important?

- 3SquaresVT is one of America's best medicines to prevent and treat hunger.
- National research studies found that the program helps lower the risk of food insecurity, poor health and hospitalization. Children are more likely to grow up healthy and do better in school.

Who is Eligible?

- 3SquaresVT is open to everyone who qualifies, including individuals, families, seniors and people with disabilities. Eligibility is based on household income.
- Income limits went up in 2009. Many Vermonters qualify and don't know it.
- Special rules make it easier for households that get the Vermont Earned Income Tax Credit or that include a senior or person with a disability to be eligible.

How Much Can People Get?

- Monthly benefits are based on income, expenses and household size.
- As of October of 2009, the benefit can be as high as \$200 a month for a single person or \$668 a month for a family of four.
- The program looks at your monthly expenses as well as your income to determine the benefit amount.

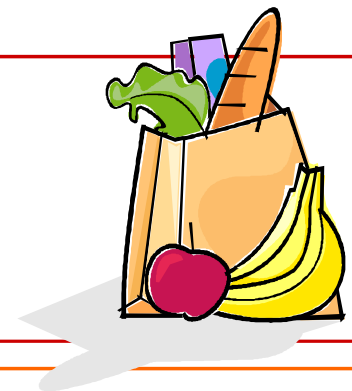
How to Apply?

- Call 1-800-479-6151 or visit www.vermontfoodhelp.com to get an application.
- For help filling out your application, contact the local Community Action Agency or dial 2-1-1 to get connected.
- If you are 60 or older, call 1-800-642-5119 for the Vermont Senior Helpline.

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Important Things to Know



- New rules make it easier to qualify for 3SquaresVT. The income limits went up. You may be able to get benefits now even if you could not in the past.
- You can get 3SquaresVT even if you have savings in the bank or if you own a car or house.
- There are no more paper coupons. The benefits come on a card that looks and works like other debit cards used at stores. The 3SquaresVT card gives you more privacy and flexibility when you shop.
- Getting 3SquaresVT benefits frees up your money for other expenses. The average household benefit is about \$250 a month.
- There are benefits beyond food. When you get 3SquaresVT, your children qualify for free school meals. You also can get Lifeline (a monthly credit of at least \$13 to help maintain phone service), and Link Up (a credit up to \$30 to help cover the cost of installing a phone line)
- 3SquaresVT benefits are all federal dollars, so when you spend them in Vermont, you bring money into the state. Shopping locally or and buying local products supports your community, neighborhood businesses and farmers.
- Maximize your benefits by claiming all the deductions you can. Families can claim all kinds of child care. People who are over 60 or have a disability can claim many different medical expenses.
- Applying for Fuel Assistance, even if heat is included in your rent, is another way you may be able to increase your 3SquaresVT benefits.

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**Vermont Campaign to
End Childhood Hunger**

*This message is funded in part by the USDA,
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 **VERMONT**
DEPARTMENT FOR CHILDREN AND FAMILIES
ECONOMIC SERVICES DIVISION