

Are you homeless or staying with friends because you have no other place to live?

3SquaresVT

*Vermont's Supplemental Nutrition Assistance Program
(formerly Food Stamps)*

Can make a difference!

You need a mailing address, but you do not need a home to get 3SquaresVT Benefits.

You can get 3SquaresVT benefits even if you are staying in a shelter with meals.

You do not need to have a place to cook to get 3SquaresVT benefits.

You do not need a photo ID to get 3SquaresVT benefits.

If you are a homeless young person, you can apply for 3SquaresVT benefits on your own. Your parents' income does not count if you do not live with them.

You can get 3SquaresVT even if you are not working right now.

For more information or to get an application, call:

Economic Services Division at 1-800-479-6151

-or visit-

www.vermontfoodhelp.com

If you need help filling out the application, call **2-1-1** toll-free in Vermont and ask to be connected to your nearest **Community Action Agency**.



Vermont Campaign to
End Childhood Hunger

*This message is funded in part by the USDA,
an equal opportunity provider and employer.*

9/22/09

 **VERMONT**
DEPARTMENT FOR CHILDREN AND FAMILIES
ECONOMIC SERVICES DIVISION