

**Are you under 22 and not living at home?  
You may be eligible for  
3SquaresVT  
(formerly Food Stamps)**

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**Are you under 22 and living separately from your parents?**

- If you are supporting yourself and are having trouble paying bills, 3SquaresVT can help you stretch your budget.
  - You can get benefits even if you live in a shelter that provides meals.
  - If you're under 18 and live with an adult who is not your parent or guardian, and you want to apply for 3SquaresVT benefits separately, talk with your caseworker about whether the adult you live with really has "parental control."
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**NEED FOOD FAST?**

You may be able to get 3SquaresVT benefits right away if:

- ⇒ **you earned LESS than \$150/month in the past 30 days, or**
- ⇒ **you pay more in rent than you earn**

Be sure to fill out page 2 of the 3SquaresVT application. For more information or to get an application, call:

**Economic Services Division 1-800-479-6151**

-or visit-

**[www.vermontfoodhelp.com](http://www.vermontfoodhelp.com)**

If you need help filling out the application, dial **2-1-1** on your phone and ask to be connected to your nearest **Community Action Agency**.



Vermont Campaign to  
End Childhood Hunger

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