

# Attention Seniors:

Important Things to Know About

**3SquaresVT**

(formerly Food Stamps)



Good for you.  
Good for Vermont.

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

- More than 1 in 8 Vermonters use 3SquaresVT, including more than 8,000 seniors.
- There is no limit to how many people can receive 3SquaresVT benefits. By law, anyone who qualifies for benefits and applies, gets them.
- There are no “stamps” anymore. The benefits come on a EBT card that looks like other credit or debit cards used at stores.
- If everyone in your household is 65+ or gets SSI, you may be able to have your benefits as cash, deposited directly into your bank account.
- The program expanded in 2009. You may now be eligible at a higher income limit and your resources will not count.
- Using 3SquaresVT benefits is good for you and good for our economy. The program now pumps more than \$9 million federal dollars a month into Vermont stores and family food budgets.

## 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!

*more information on other side*



Vermont Campaign to  
End Childhood Hunger

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

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

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- Nine out of ten elderly households get \$50 or more a month. In fact, the average benefit for a senior living alone is more than \$150 a month.
- Many people do not have to go to the 3SquaresVT office for an interview. They may have their interview on the telephone.
- Seniors can get benefits for up to two years at a time. You can report specific changes in your situation to the office in writing or by phone.
- Tell a worker if you spend at least \$35 a month on health care costs like insurance premiums, co-pays, medicine or transportation to the doctor. This may help raise your benefit amount.
- Getting Fuel Assistance may raise your benefit amount. Even if heat is included in your rent, apply for Fuel Assistance.
- Getting 3SquaresVT benefits does not hurt your benefits under SSI or keep you from getting Meals on Wheels. In fact, getting 3SquaresVT may even help you qualify for other services, like phone assistance!

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