Extra 3SquaresVT Food Benefits in April and May

Waterbury, VT— The Department for Children and Families (DCF) announced today that many 3SquaresVT households will get a higher benefit in April and May to help them through the current health crisis. This extra help is part of the federal Coronavirus Relief Bill.

This will not permanently change a household’s monthly benefit. It is a temporary increase to help during the COVID-19 health crisis. Households already getting the maximum 3SquaresVT benefit or a zero benefit will not get an increase. Everyone else will receive an increase equal to the difference between their original benefit and the maximum benefit for their household size.

- 1 person = $194
- 2 people = $355
- 3 people = $509
- 4 people = $646
- 5 people = $768
- Each additional person = +$146

“Vermonters are facing economic hardship and food insecurity because of the COVID-19 pandemic,” said DCF Commissioner Ken Schatz. “This higher benefit will help make sure they can get the food they need.”

3SquaresVT households don’t need to do anything to get the increased benefit. If eligible, they’ll automatically get it the same way they get their benefits now: on an EBT card, through direct deposit or by check.

If Eligible: Benefit Will Be Available:

In March 2020 On April 21 by EBT, April 22 by direct deposit or when check arrives.
In April 2020 On May 16 by EBT, May 19 by direct deposit or when check arrives.

Learn more about 3SquaresVT at https://dcf.vermont.gov/benefits/3SquaresVT.

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