

Could you or a friend use more money to put nourishing food on the table?

# 3SquaresVT can help and is here for all of us when we need it.

## What is 3SquaresVT?

3SquaresVT is a federal nutrition program that gives eligible Vermonters money each month to purchase food at grocery and convenience stores, farmers markets, and co-ops.

## How do I use 3SquaresVT?

Monthly benefits come on a card that works the same way as a regular debit card, so a trip to the grocery store with 3SquaresVT benefits looks like any shopper's experience. If everyone in your household is 65+ or receives SSI, benefits can be deposited into your bank account.

## How do I qualify for 3SquaresVT?

Many of us may not know we qualify for 3SquaresVT! Individuals, families, older Vermonters, people who are working, and people with disabilities can qualify. Benefits are based on household size, income, and expenses such as rent and childcare.

## When we use 3SquaresVT, we help the whole community.

Receiving 3SquaresVT benefits does not take away from anyone else. We all pay into programs like 3SquaresVT, so we've earned these benefits when we need them. And when we buy groceries with 3SquaresVT benefits, we bring millions of federal dollars into our local economies to help local farmers and businesses every month!

## Find out if you are eligible for 3SquaresVT!

Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) to learn more, request a paper application, or apply online. Or, call **1-800-479-6151** to speak with a Benefits Specialist or to request an application. Help is available! To get help applying dial **2-1-1** or text **'VFBSNAP'** to **855-11**. If you are 60 or older, call the Helpline at **1-800-642-5119** for personalized assistance.

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You may be eligible for 3SquaresVT if your gross monthly income is at or below the following income limit:

Household size	Gross monthly income limit
1	\$2,096
2	\$2,823
3	\$3,552
4	\$4,279
5	\$5,006
6	\$5,735

For each additional member add \$729

*\*Income limits are based on 185% Federal Poverty Level. These limits are for October 1, 2022- September 30, 2023.*

