

Extra 3SquaresVT is Ending

Here's what you need to know:

What is changing?

The extra 3SquaresVT payment, officially called Emergency Allotments, will end after the last allotment is issued in March 2023. **Starting in April, you will only get your regular 3SquaresVT payment loaded to your EBT card on the 1st of the month.** There will be no second payment later in the month.

What should I do?

You do not need to take action. If you already receive the maximum benefit you do not need to report new changes until your interim Report or Recertification. Without the extra allotment, your benefit amount is based on your income and the expenses the program allows you to report.

Make sure Economic Services (ESD) has up-to-date information.

You can complete a Change Report Form (bit.ly/3GDvWpq) & upload it using the Document Uploader online (bit.ly/3kUPNbf).

1. Your Address. Why?

You may miss important updates if ESD does not have your current address.

2. Your income and the income of others in your 3SVT household. Why?

If you are earning less, you may qualify for a higher monthly benefit.

3. Your expenses and other allowable deductions. Why?

Your monthly benefit amount is based on your income AND your monthly expenses.

- **Are you paying more for child care?**
- **If you are 60+ or have a disability, do you pay more than \$35 in medical expenses per month?** Providing proof of these expenses may help you qualify for a higher benefit.
- **Did your rent, mortgage, or property taxes increase?** In some cases, reporting this may help you qualify for higher benefits.

See next page for how to report changes and tips to prepare for this change.

Reporting any of the following changes *may* increase your benefit.

- Report new out-of-pocket medical expenses if 60+ or living with disabilities (this will help you claim the “Medical Expenses Deduction”). If you’re not already receiving this deduction, you’ll need to provide proof of medical expenses of \$35.01 per month. If you already receive this deduction, and spend more than \$191 in expenses, provide proof of all of those expenses.
- Report increases in rent, mortgage, property tax or insurance.
- Report increases in out-of-pocket childcare or child support expenses.
- Report increase in household size or decrease in income.

There are people across the state to support you in understanding this change!

If you are 60+ call The Helpline for assistance: 1-800-642-5119

- Call (toll-free) 855-855-6181 or Email 3SVT@vtfoodbank.org for assistance from a Vermont Foodbank service provider.
- Visit your local ESD District Office in person. Look up your local office here: dcf.vermont.gov/esd/contact/districts

Additional Resources:

- Stretch your 3SquaresVT benefit by getting an additional \$20 in Crop Cash for fruits and vegetables at a local farmers market. Find a market near you here: bit.ly/3X9dDhv
- If you are pregnant or have kids under the age of 5 and receive 3SquaresVT, you qualify for WIC. Learn more here: www.healthvermont.gov/family/wic or call 800-464-4343.
- If you are 60+ you can get a box of food monthly through the Vermont Foodbank. Call 1-800-214-4648 or email csfp@vtfoodbank.org to learn more.
- Visit vermontfoodhelp.com to learn more about 3SquaresVT



February 2023

This institution is an equal opportunity provider.

This message is funded in part by the USDA.

