

# Understanding 3SquaresVT Work-Reporting Requirements



## GENERAL WORK REQUIREMENTS

In order to receive 3SquaresVT, everyone who is ages 16 to 59 is required to report work activity unless they meet an exemption. This is called the General Work Requirement.

People who need to meet this requirement will have to: answer yes to at least one of the following:

- Work at least 30 hours per week or make \$935.25 per month and not quit a job or reduce hours below 30 hours per week without good cause.
- Report employment status (whether employed or unemployed) to ESD either on the application or during the interview.
- Not refuse a job offer unless it is not suitable.
- Not quit a job (if working any number of hours) without good cause.

\*For more information about good cause, job suitability, and work-reporting requirements, visit [vermontfoodhelp.com](http://vermontfoodhelp.com)

People do **not** need to meet the general work requirement if they answer yes to at least one of the following:

### Age and Student exemptions

- I am younger than 16 or older than 59.
- I am 16 or 17 and living with my parents or guardians.
- I am a student enrolled at least half-time in a school, training program, or Institution of Higher Education.

### Parental Care exemptions

- I am caring for a child under age 6.
- I am responsible for the care of another household member who needs help caring for themselves.

### Employment and Unemployment exemptions

- I am already employed or self-employed over 30 hours per week or make \$935.25 per month
- I am receiving or have applied for Unemployment Compensation Benefits.
- I am meeting work participation requirements for Reach Up benefits.

### Medical exemptions

- I am a regular participant in a drug or alcohol addiction program.
- I am physically or mentally unable to work.
- I am getting or have applied for disability benefits from any source (disability benefits include, but are not limited to: pensions, worker's compensation, disability insurance, Social Security, Supplemental Security Income, and veterans).

If someone is **not** exempt, and does **not** meet the requirement without good cause may see a decrease or loss of 3SquaresVT benefits based on the following timeline:

- The first time is 1 month.
- The second time is 3 months.
- The third and subsequent times is 6 months.

## TIME LIMITED BENEFITS WORK REQUIREMENT

Everyone who is ages 18 through 50 who is not either pregnant, living with children under 18, or living with disabilities can only get three months of 3SquaresVT benefits in a 3-year period unless they either live in a town that is waived, meet an exemption, or report certain hours in qualifying work activities. This is called the Time Limited Benefits Work Requirement.

People who need to meet this requirement will have to: answer yes to at least one of the following:

- Work, volunteer, or participate in an employment and training (E&T) program at least 20 hours per week or a total of at least 80 hours per month.
- Do a combination of any of the above to meet the weekly or monthly requirement.
- Participate in Workfare by volunteering at any public or private non-profit agency and meeting the hours determined by household's 3SquaresVT benefit and the current state minimum wage.

*To learn more about E&T or Workfare, see below.*

People are **not** subject to the time limited benefits work requirement if they answer yes to at least one of the following:

- I already meet one of the exemptions from the general work requirement.
- I am under the age of 18 or over the age of 50.
- I am pregnant.
- I am a Veteran.
- I am experiencing homelessness.
- I am under 25 and am/was in foster care on my 18th birthday.
- There are children in my 3SquaresVT household under the age of 18.
- I have a physical or mental health issue that stops me from meeting the work reporting requirements at this time.
- I have a personal issue that stops me from meeting the work reporting requirements.
- I live in a town with a geographic exemption.

If someone is **not** exempt, and does **not** meet this requirement, they will only receive 3 months of benefits until November 2025 (the end of Vermont's 3-year period when they'll be eligible for another 3 months) **unless** they newly meet the work reporting requirement or meet an exemption.

**For more information about these rules, or to find help understanding how they may impact people:**

### Call

Economic Services to talk about your case at 1-800-479-6151.

- For relay services, dial 7-1-1.
- For translation and interpretation services, call 1-855-247-3092. You'll be connected to an interpreter who speaks your language. This is a free service.

### Visit

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

### Text

"VFBSNAP" to 85511

### Learn more about ICAN (E&T)

[dcf.vermont.gov/benefits/ican](http://dcf.vermont.gov/benefits/ican)

### Learn more about Workfare

1-800-479-6151.