

# 3SquaresVT Time **Limited Benefits**



This rule is for people who are 18-54 and aren't disabled, pregnant, or caring for kids under 18.

To get more than 3 months of benefits, you need to report work or be exempt/excused from work.

## EXEMPTIONS SCREENING

This section will help determine if someone is exempt from the time limit. If they ARE exempt, they can get 3SquaresVT for as long as they meet eligibility requirements. Verification may be required.

- I am under the age of 18.
- I am over the age of 54 or will be this month.
- I am under 25 and am/was in foster care on my 18th birthday.
- I have a physical or mental health issue that stops me from meeting the work reporting requirements.
- **I have a personal issue that stops me from meeting the work reporting requirements at this time.\***
- I am a Veteran.
- I am experiencing homelessness.
- I meet a General Work Requirement exemption. See [vermontfoodhelp.com/work-reporting-requirements](http://vermontfoodhelp.com/work-reporting-requirements) for more information.
- I live in a 3SquaresVT household with a child under age 18 (this can be your own child, sibling, or any other child in your 3SquaresVT household).
- I am pregnant (any stage of pregnancy).
- I am enrolled in an institution of higher ed or certificate training for at least half-time (additional student rules may apply).
- I work over 30 hours per week or earn \$935.25 per month.

**If none of the above apply, you will need to meet a work requirement (see backside) OR only receive 3 months of 3SquaresVT benefits within a 3 year period.**

**\*Many personal issues qualify. To learn more, see the backside of this flyer.**

## MEETING THE WORK REQUIREMENT

To meet the work requirement you must work, volunteer, or participate in certain employment and training activities for at least 80 hours per month. People who need to meet this requirement will have to do 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.



If you aren't excused from the work requirement, Economic Services can help you understand how to meet the work requirement. Otherwise, you may only receive 3 months of benefits within a 3 year period until you meet or are newly exempt from the work requirement.

**If you have question about this information and/or would like help exploring your options, there are a number of people you can contact for support!**

- **Call**
  - 2-1-1 to be connected to a service provider local to you.
  - Economic Services to talk to a Benefits Specialist 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/useful-contact-information](https://vermontfoodhelp.com/useful-contact-information) to find a service provider local to you.
- **Text:** VFBSNAP to 85511