



Use Your  
3SquaresVT  
EBT Card to buy  
seeds and plants  
to grow your own  
fruits and vegetables!

3SquaresVT food benefits may not be used for flower seeds or flower plants.



To find out more about 3SquaresVT eligibility or using benefits to buy seeds and plants, visit [vermontfoodhelp.com](http://vermontfoodhelp.com).



Use Your  
3SquaresVT  
EBT Card to buy  
seeds and plants  
to grow your own  
fruits and vegetables!

3SquaresVT food benefits may not be used for flower seeds or flower plants.



To find out more about 3SquaresVT eligibility or using benefits to buy seeds and plants, visit [vermontfoodhelp.com](http://vermontfoodhelp.com).