

Are your new health care premiums more than you can afford?

Food stamps can help.

- Using food stamps to help with food costs can free up money to pay your health care premiums.
- If you are 60 or older or get disability benefits, your health care premiums are deducted from your income when you apply for food stamps. This means you may be able to get food stamps now even if you could not before. It also means you may be able to get more food stamps each month.
- If you are 65 or older, you may be able to get food stamps in the form of cash deposited right into your bank account. You can use this money to pay for food and any of your other expenses, including health care premiums.
- Getting food stamps also means you can get Lifeline (money to help pay for phone service), and Link Up (money to help pay for putting in a phone line), and your kids can get free school meals. That means you'll have more money each month to pay for other things, like your health care premiums.

Times have changed. So have food stamps.

**For an application
Call 1-800-287-0589 or
Go to vermontfoodhelp.com**

- Community Action Agencies and Area Agencies on Aging across the state will help you with the application form and process.

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