

The 10 Most Important Things You Can Tell People About The Food Stamp Program

1. New rules make it easier to qualify. You may be able to get food stamps now even if you could not in the past. This is especially true for working families, immigrants, people with disabilities, and people who own vehicles.
2. You can now own a car and get food stamps. The rules were changed so that owning a car does not count against you.
3. The Food Stamp Program is a nutrition program. Food stamps can help you pay for nutritious food. Eating right will keep you and your family healthy and reduce your doctor's visits and medical bills.
4. If you get food stamps, you will have more money every month to meet your expenses. Using food stamps to help with food costs can free up money to pay your other bills.
5. Vermont no longer uses food stamp coupons. Food stamps now come on a plastic card that looks and works like other debit cards used in grocery stores. The food stamp card gives you more privacy when you shop.
6. Many Vermonters who are over 65 or disabled do not have to use the food stamp card. Instead, you can get food stamps in the form of cash deposited right into your bank account. You can use cash or a check to buy food.
7. There are enough food stamps for everyone. You aren't taking away from someone else when you apply for food stamps. The Food Stamp Program is an entitlement program which means everyone who qualifies for food stamps can get them.
8. Using food stamps is good for Vermont. When you use food stamps in Vermont, you bring money into the state. If you shop locally or choose to buy local products, you can support jobs in your community, neighborhood businesses, and farmers.
9. There are benefits beyond food. When you get food stamps, your children can get free school meals, and you can get Lifeline (a monthly credit of at least \$13 to help maintain phone service), and Link Up (a credit up to \$30 to pay half the cost of installing a phone line).
10. The new application makes it easier to apply. Call the Department for Children and Families (formerly PATH) at 1-800-287-0589 and ask them to send an application to you. If you have questions about the application, the Department for Children and Families, your Community Action Agency, or your Agency on Aging can help you fill it out.