



# 3SquaresVT

Vermont's Supplemental Nutrition Assistance Program  
(formerly Food Stamps)

## can link you to more benefits!

**Free School Meals:** If you receive 3SquaresVT benefits and your kids are in school, they will automatically be signed up for free school breakfast and lunch, as long as their school takes part in the federal meal program. You should not need to fill out any additional paperwork. Contact your child's school with questions.

**Lifeline and Link Up:** People who are eligible for 3SquaresVT are also eligible for Lifeline, a monthly credit of at least \$13 to help maintain your telephone service, and Link Up, which provides credit up to \$30 to pay half the cost of installing a phone line. Check "yes" on page 14 of the 3SquaresVT application to sign up.

**VHAP Premiums:** If you are 60 or older or have a disability, your 3SquaresVT worker will consider your health care expenses when determining your benefit amount. This may help you get more in benefits each month.

**Reach Up, Vermont Earned Income Tax Credit, SSI:** If everyone in your household receives any of these benefits, you are eligible for the 3SquaresVT Program no matter what your income or resources. Your 3SquaresVT caseworker will look at your household's net income (income after expenses) to figure out your monthly benefit. Even if you qualify for a \$0 benefit, you are still considered "eligible" for the program and therefore qualify for free school meals and Lifeline/Link Up.

**Fuel Assistance:** Signing up for fuel assistance may help to raise your 3SquaresVT benefit amount! You can pick up an application at your nearest **Community Action Office** or by calling **1-800-479-6151**.

If you are a senior, call the **Vermont Senior Helpline: 1-800-642-5119**

Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) for more information