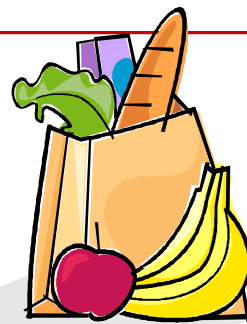


3SquaresVT

Nutritious Food for Good Health



What is 3SquaresVT?

- It is a federal nutrition program (formerly called food stamps) that can help you buy more healthy food.
- Monthly benefits come on a debit card you use at the grocery store or farmers' market, so you have privacy and flexibility when you shop.
- For those 65 or older or getting SSI, benefits are directly deposited into your bank account.

Who is Eligible?

- 3SquaresVT is open to everyone who qualifies, including individuals, families, seniors and people with disabilities. Eligibility is based on household income.
- Income limits went up in 2009. Many Vermonters qualify and don't know it.
- Special rules make it easier for households that get the Vermont Earned Income Tax Credit or that include a senior or person with a disability to be eligible.

How Much Can People Get?

- Monthly benefits are based on income, expenses and household size.
- Benefits can be as high as \$200 a month for a single person or \$668 a month for a family of four.
- The program looks at your monthly expenses as well as your income to determine the benefit amount.

How to Apply?

- Call **1-800-479-6151** or visit **www.vermontfoodhelp.com** for information, a link to the online application, or to request a paper application in the mail.
- For help filling out your application, contact the local Community Action Agency or dial **2-1-1** to get connected.
- If you are 60 or older, call **1-800-642-5119** for the Vermont Senior Helpline.

(more on reverse)



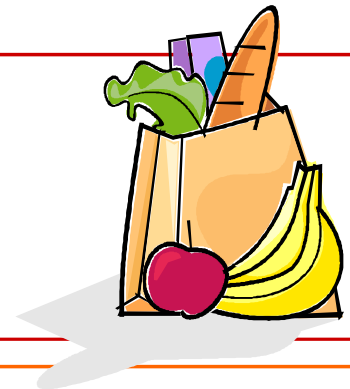
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3SquaresVT

(formerly food stamps)

Important Things to Know



Why is 3SquaresVT important?

- 3SquaresVT is one of America's best medicines to prevent and treat hunger.
- The program helps lower the risk of food insecurity, poor health and hospitalization. Children are more likely to grow up healthy and do better in school.
- 3SquaresVT benefits are all federal dollars, so when you spend them in Vermont, you bring money into the state. Shopping locally supports your community, neighborhood businesses and farmers.

Maximize your benefits

- Often, your resources don't count to qualify. You can get 3SquaresVT even if you have savings in the bank, a retirement account, or if you own a car or house.
- Claim all the deductions you can. Families can claim all kinds of child care. People who are over 60 or have a disability can claim many different medical expenses. Both these deductions include transportation expenses.
- Getting 3SquaresVT benefits frees up your money for other expenses. The average household benefit is about \$250 a month.
- There are benefits beyond food. When you get 3SquaresVT, your children automatically qualify for free school meals. You may also be able to get phone assistance.

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