

# Give yourself a raise with the Vermont Earned Income Tax Credit and 3SquaresVT



If your household income is under **\$48,000** contact the IRS at 1-800-829-1040 or visit [www.irs.gov](http://www.irs.gov) to see if you qualify for the Earned Income Tax Credit.

*EITC income guidelines are based on tax filing status (married or single) and number of dependent children in the household.*

If you qualify you may also be able to get  
3SquaresVT to help pay for food.

- Call 1-800-479-6151 or visit [vermontfoodhelp.com](http://vermontfoodhelp.com) for more information and a 3SquaresVT application.
- Dial 2-1-1, free from anywhere in Vermont, for information about free tax help services.

**3SquaresVT** is an important federal nutrition program that helps Vermonters have enough food to learn and grow.

Households that participate can also receive other benefits like **free school meals** for their children.

1 in 8 Vermonters participate - apply now!



Vermont Campaign to  
End Childhood Hunger

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 **VERMONT**  
DEPARTMENT FOR CHILDREN AND FAMILIES  
ECONOMIC SERVICES DIVISION