

## Did you know?



- 9,000 Vermont seniors (60+) use 3SquaresVT (formerly food stamps) every month to stay independent and healthy.
- If everyone in your household is 65+ or gets SSI, you can have your 3SquaresVT benefits in the form of cash that is directly deposited into your bank account.
- There are enough benefits for everyone who qualifies.
- Your application interview can be done over the phone. You do not have to go to the 3SquaresVT office.
- You may still qualify for benefits even if you have money in the bank or you own a home or car.

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**Times have changed, so take a fresh look at 3SquaresVT!**

For more information about 3SquaresVT (formerly food stamps)  
or help filling out an application, visit

**www.vermontfoodhelp.com**

or call

**Vermont Senior Helpline**

**1-800-642-5119**



Eat better and support Vermont's food economy!



*This message is funded in part by the USDA,  
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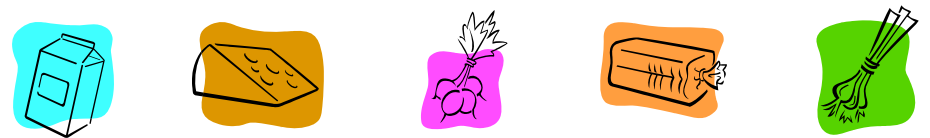
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