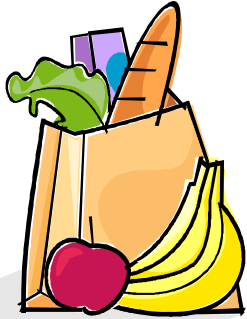


# Attention Seniors

## Family Members and Caregivers



- ◆ Over 8,000 Vermont seniors use 3SquaresVT to help pay for food. The average benefit for a senior living alone in Vermont is more than \$150 a month.
- ◆ Vermonters who are 65 and over or receive SSI can get cash benefits deposited right into a bank account.
- ◆ If you have health care costs, you may get more benefits.
- ◆ You can have your interview on the phone.

Learn more about 3SquaresVT:

Call The Senior Helpline 1-800-642-5119

or visit: [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com)

3SquaresVT Assistance  
Seniors: (800)-642-5119  
[vermontfoodhelp.com](http://vermontfoodhelp.com)

3SquaresVT Assistance  
Seniors: (800)-642-5119  
[vermontfoodhelp.com](http://vermontfoodhelp.com)

3SquaresVT Assistance  
Seniors: (800)-642-5119  
[vermontfoodhelp.com](http://vermontfoodhelp.com)

3SquaresVT Assistance  
Seniors: (800)-642-5119  
[vermontfoodhelp.com](http://vermontfoodhelp.com)

3SquaresVT Assistance  
Seniors: (800)-642-5119  
[vermontfoodhelp.com](http://vermontfoodhelp.com)

3SquaresVT Assistance  
Seniors: (800)-642-5119  
[vermontfoodhelp.com](http://vermontfoodhelp.com)

3SquaresVT Assistance  
Seniors: (800)-642-5119  
[vermontfoodhelp.com](http://vermontfoodhelp.com)