

# Attention Seniors, Family Members, and Caregivers



## Did you know...?

- Over 6,000 Vermont seniors—60 and over—use food stamps every month.
- Vermonters who are 65 and over or disabled can get food stamps in the form of cash deposited right into your bank account.
- Food stamps help you stay healthy by adding money to your food budget.
- If you also have health care costs, you may be able to get even more food stamp benefits.
- If you are 60 or older or have a disability, you can get food stamps without going to the food stamp office.

If you are a senior citizen, family member or caregiver and want to learn more about Food Stamps, call today:

*The Senior Helpline*  
**1-800-642-5119**

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

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