

3SquaresVT Income Limits

3SquaresVT is a program that can stretch your food budget.

Income Limits

Household Size	Gross Monthly Income Limit (185% FPL*)
1	\$2,248
2	\$3,041
3	\$3,833
4	\$4,625
5	\$5,418
6	\$6,210
7	\$7,003
Each Additional Member	+ \$793

*Federal Poverty Level

These limits are for October 1, 2023- September 30, 2024.

70,000 people in Vermont get money every month through 3SquaresVT but many more qualify.

Find out today if you're eligible!

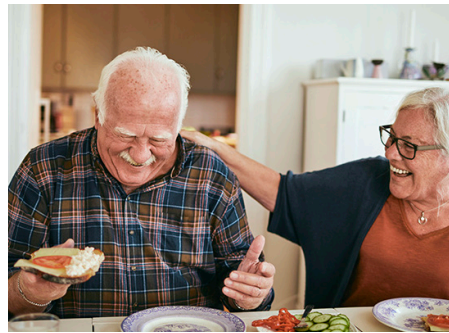
Visit www.vermontfoodhelp.com to learn more, request a paper application, or apply online. Call **1-800-479-6151** to request an application.

For help filling out your application, dial **2-1-1** to connect with someone near you.

If you are 60 or older, call the HelpLine at **1-800-642-5119**.

To connect to a spoken language interpreter, call **1-855-247-3092**.

3SquaresVT Monthly Benefit Amounts



People in many different situations qualify for 3SquaresVT

- 3SquaresVT is available to everyone who qualifies, for however long they qualify.
- Individuals, working families, older Vermonters, people experiencing homelessness, college students, and people with disabilities are just a few examples of who may qualify.
- Monthly benefit amounts are based on household income, expenses, and size.

Household Size	Maximum Monthly Benefit:
1	\$291
2	\$535
3	\$766
4	\$973
5	\$1,155
6	\$1,386
7	\$1,532
8	\$1,751
9	\$1,970
10	\$2,189
Each additional member	+ \$219

These limits are for October 1, 2023 - September 30, 2024.