An easier way for Vermonters who are older or disabled to get and keep 3SquaresVT – a program that helps put healthy foods on the table.

✓ Apply for 3SquaresVT using a simpler, shorter application.

✓ Keep your benefits for three years with no additional paperwork.

You may use this simplified process if EVERYONE applying is:

1. At least 60 years old or getting disability benefits, AND

2. Not earning income from a job or self employment.
To get benefits, you will have to meet 3SquaresVT eligibility:

- Gross household income equal to or less than 185% of the Federal Poverty Level.

If your application is approved:

- You will get money every month that you can use to buy food.
- You will get it as either cash in the bank or on an EBT card that works like a debit card.

If you have any questions or need help applying:

- Call our Benefits Service Center at 1-800-479-6151.
- If you are age 60 or older, call the Helpline at 1-800-642-5119.
- If you have a hearing or speech disability, dial 7-1-1 for the relay service.

http://3Squares.vt.gov/SNAP