



3SquaresVT in a SNAP!

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>

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