



Eat healthy with help from 3SquaresVT!

3SquaresVT is a nutrition program that helps you put healthy food on the table.

If you qualify for help, you'll get money every month that you can use to buy food at many local stores and farmers markets.

- ➔ **Everyone who qualifies can get help.**
- ➔ **You may qualify whether you're working, unable to work or getting disability.**
- ➔ **You can still get benefits if you own a car or home or have cash in the bank.**



3SquaresVT for Families & Individuals



How much could I get?

That depends on things such as your household size, income and expenses.

If you get 3SquaresVT:

- ➔ You can get free employment & training services. This includes help finding, getting and keeping a job.
- ➔ Your children may qualify for free meals at school and other programs like WIC (available through the Vermont Department of Health).

The best way to find out if you're eligible for 3SquaresVT is to apply!

3Squares.vt.gov
1-800-479-6151

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