



Eat healthy and live strong with help from 3SquaresVT!

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

If you meet income guidelines, you'll get money every month that you can use to buy food. You'll either get it as cash in the bank or on an EBT card that works like a debit card.

- ➔ **You are not taking benefits away from anyone else by getting 3SquaresVT.**
- ➔ **You may qualify even if you have money in the bank or own your home.**
- ➔ **You can apply by mail, in person or online.**



3SQUARESVT FOR OLDER VERMONTERS



How much could I get?

That depends on things such as your household size, income and expenses. You could get a higher benefit if you:

- ➔ Also get Fuel Assistance
- ➔ Spend over \$35 a month on out-of-pocket medical costs (age 60+)

The average monthly benefit for a senior living alone is about \$160.

Have any questions?

Call 1-800-479-6151.

Want help applying?

Call the Vermont Senior Helpline at 1-800-642-5119. They can help you apply from the comfort of your own home.

[dcf.vermont.gov/
benefits/3SquaresVT/60plus](https://dcf.vermont.gov/benefits/3SquaresVT/60plus)

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