



Attention older Vermonters:

Important things to know about 3SquaresVT



Wonder if you can get 3SquaresVT benefits?

For more information or help filling out an application call the HelpLine:

1-800-642-5119

An outreach worker can even come to your house!

3SquaresVT is a nutrition program that boosts your food budget to help you stay healthy and independent.

- About 1 in 10 people in Vermont are enrolled in 3SquaresVT, including over 16,000 people who are 60+.
- There is no limit to how many people can receive 3SquaresVT benefits. By enrolling, you are not taking benefits away from someone else. Anyone who qualifies for benefits and applies will get them. There are enough benefits for everyone who is eligible.
- If you spend over \$35 a month on health care costs like insurance premiums, co-pays, medicine or travel to the doctor, you may be eligible for a higher benefit amount.
- If everyone in the household is 65+ or receives SSI, your benefits are deposited directly into your bank account as cash.
- Using 3SquaresVT benefits is good for you and good for our economy. The program brings millions of federal dollars into Vermont each month.
- If everyone in the household is 60+ or receives SSI and doesn't earn money from a job, you may be eligible to apply using a simpler application, and receive benefits for 3 years at a time--this is called 3SquaresVT in a SNAP.
- Getting Fuel Assistance may raise your benefit amount. Even if heat is included in your rent, you may be eligible to apply for Fuel Assistance.
- Getting 3SquaresVT benefits does not hurt your benefits under SSI or keep you from getting Meals on Wheels or a commodities box. In fact, getting 3SquaresVT may even help you qualify for other services, like assistance with your phone bill.