



# 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 17,000 people who are 60+.
- There is no limit to how many people can get 3SquaresVT. By enrolling, you are not taking benefits away from someone else. 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, called 3SquaresVT in a SNAP.
- Getting Fuel Assistance may increase your benefit amount.
- Getting 3SquaresVT benefits does not hurt your benefits under SSI or keep you from getting Meals on Wheels or a commodities box.
- Getting 3SquaresVT may even help you qualify for other services, like assistance with your phone bill.