



May 2025

Dear Senior Farm Share Coordinator,

We need your help!

As you know, lower income older adults in Vermont often face challenges to afford nourishing food on their limited budgets, while often balancing high medical costs. Nearly half of Vermonters participating in 3SquaresVT are older adults, but we know *many* more folks are eligible and could benefit from the support. Some do not realize they may be eligible, do not know how to apply, or feel shame or stigma about tapping into the program.

Senior Farm Share participants are likely eligible for 3SquaresVT and could receive a significant monthly benefit to help them buy food each month at over 600 retailers and 40 farmers markets in Vermont. Please help us reach out to them. You can make copies of the attached flyer about 3SquaresVT to share with participants of Senior Farm Share. The best place to direct them for application assistance is the Helpline at 1-800-642-5119 where they will be connected to their local Area Agency on Aging to receive personalized assistance.

When older adults tap into 3SquaresVT, they get extra funds to buy groceries they want and need. They've paid into this program through their taxes and deserve to tap into its support. By enrolling, they will support our local economy by keeping federal dollars in our state every month—about \$13 million each month in fact! They are not taking benefits away from anyone else by enrolling.

Thank you so much for your help in this effort to help older Vermonters thrive. If you have questions about 3SquaresVT or would like additional materials, please contact Ivy at ienoch@hungerfreevt.org.

Best,

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