



April 2026

Dear Senior Farm Share Coordinator,

We need your help!

As you know, many lower income older adults in Vermont face challenges to afford nourishing food on their limited budgets, and often have to choose between paying for medical costs, rent, or groceries. Nearly half of people who get 3SquaresVT benefits are older adults, but *many* more qualify 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 monthly benefit to help cover the cost of groceries at more than 600 retailers and 40 farmers markets statewide. 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 people tap into 3SquaresVT, they get extra money to buy groceries they want and need. They've paid into this program through their taxes and deserve to tap into its support. They are not taking benefits away from anyone else by enrolling. They will support our local economy by shopping with 3SquaresVT. More than \$12 million in federal dollars flow to our grocery stores from people shopping with 3SquaresVT.

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 Sophie Springer at [sspringer@hungerfreevt.org](mailto:sspringer@hungerfreevt.org)

Best,

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