



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 Vermonters use 3SquaresVT, including over 14,000 Vermonters who are age 60 and over.
- There is no limit to how many people can receive 3SquaresVT benefits. By applying for and receiving benefits, you are not taking benefits away from someone else. By law, anyone who qualifies for benefits and applies will get them. There are enough benefits for everyone who is eligible.
- 9 out of 10 households get \$50 or more a month.
- Tell a worker if you spend over \$35 a month on health care costs like insurance premiums, co-pays, medicine or travel to the doctor. This may help raise your 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.
- Upon the successful completion of an interim report, older Vermonters can get benefits for up to two years at a time. You can report specific changes in your situation anytime in writing or by phone.
- 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.