

# 3SquaresVT

Vermont's Supplemental Nutrition Assistance Program  
(formerly Food Stamps)

**\*More Vermonters Are Now Eligible\***

**Income limits have increased!**

**Savings no longer count against you!**

- \* More Vermonters at higher incomes can now receive benefits (see income guidelines on reverse). A family of four earning up to \$3,269/month may still be eligible for benefits.
- \* There is *no limit* to the money you may have in the bank to be eligible (for most households). You are encouraged to save for the things you need and still receive extra help.

For more information and an application  
Call: **Economic Services 1-800-287-0589**  
Visit: **[www.vermontfoodhelp.com](http://www.vermontfoodhelp.com)**

## ***Remember:***

- \* 3SquaresVT benefits make your children eligible for free school meals, a monthly savings of up to \$85 per child.
- \* Households that include someone aged 60+ or with a disability have no income limit, but may have to meet a resource limit in some cases.
- \* If you receive the Vermont Earned Income Tax Credit, SSI, or Reach Up you may be eligible for benefits no matter what your income or resources.

For more help call **2-1-1** to be connected to your nearest **Community Action Agency**  
If you are a senior, call the **Vermont Senior Helpline** at **1-800-642-5119**.