

Help Your Neighbor Put More Food on the Table *(157 words)*

The economy is struggling and times are tough. Many Vermonters worry that they must choose between heating their homes and putting food on the table. 3SquaresVT (formerly called Food Stamps), may be able to help.

3SquaresVT helps low-income households buy food. More than 80,000 Vermonters currently get benefits, averaging over \$230 a month per household. Many more are in need. The program expanded in January 2009, making thousands more eligible in Vermont.

Hunger is a reality in our state, with Vermonters of all ages going without enough healthy food. Now is the time to reach out to your neighbors. If you know someone struggling to make ends meet, encourage them to apply for 3SquaresVT. Remind them that benefits are spent at local grocery stores and support the local economy. This friendly support can make the difference for a household in need. You can also help by spreading the word. More information about the program is at www.vermontfoodhelp.com.