

## Tell Your Neighbors: Nutrition Assistance Programs Can Help

Include these short announcements in school newsletters, church bulletins, electronic updates or mailings to your customers and partners.

### *School Meals: For Parents of All Students*

**Sign Up for Free or Reduced Price School Meals!** You can sign up for free or reduced-price school meals at any time during the school year. You can download the short application online at: <http://www.vtnohunger.org/schoolmealapplication.pdf>, or contact your child's guidance counselor or food service director for more information. All information is confidential.

### *School Meals: For Parents of High School Students*

**Sign Up for Free or Reduced Price School Meals!** You can sign up for free or reduced-price school meals at any time during the school year. You can download the short application online at: <http://www.vtnohunger.org/schoolmealapplication.pdf>, or contact your child's guidance counselor or food service director for more information. Students who receive free or reduced price meals can receive a voucher for **free SAT/ACT testing and reduced college application fees.** All information is confidential.

### **3SquaresVT**

**Apply now for 3SquaresVT! 3SquaresVT (formerly the Food Stamp program) is new and improved, and can help take the pressure off of your family's food budget.** The average monthly benefit is \$232. New changes to the program mean that families at 185% of the poverty level are eligible (that's \$39,220 for a family of four) and that savings are not counted against you. Phone interviews are available and benefits come on a debit-style card. For more information visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call 1-800-287-0589.

### *3SquaresVT: For Seniors*

**Seniors: Call today to learn more about 3SquaresVT.** 3SquaresVT provides monthly resources to help you pay for food – the average monthly benefit for senior households is \$158. Seniors may be able to get benefits deposited as cash in their bank accounts. **Applying is easier than ever – savings and retirement accounts don't count against you and you can have your interview over the phone.** 3SquaresVT help our local grocery stores and food producers by bringing additional dollars into our local economy. Do your part by applying for 3SquaresVT today. Call 1-800-642-5119 for more information today.

### **All Programs**

Having trouble paying for food and other monthly expenses? There are programs that can help! **Apply today for 3SquaresVT (formerly the Food Stamp program).** New changes to the program make even more people eligible, and the average monthly benefit is \$232. Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) for more information. **Families with children can apply for free or reduced price school meals at anytime during the school year.** Download the short application online at: <http://www.vtnohunger.org/schoolmealapplication.pdf>, or contact your child's school. All information is confidential. You can also **visit your local food shelf.** Find out about hours and locations in your community by calling the helpline at 2-1-1.



**Vermont Campaign to End Childhood Hunger**  
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