

# 3SquaresVT in a SNAP

is an easy way for older  
Vermonters and people  
living with disabilities to  
apply for 3SquaresVT  
benefits.

**Vermonters with 3SquaresVT get money every month to buy food at grocery and convenience stores, co-ops, farmers markets, and anywhere that accepts 3SquaresVT.**

**There are a number of benefits to 3SquaresVT in a SNAP, including:**

- A dedicated Benefit Specialist who you can contact directly
- A simple and short 3SquaresVT and Fuel Assistance application
- A 3 year certification period with no annual reviews

**3SquaresVT in a SNAP is for Vermont households where everyone is:**

- 60+ or getting disability benefits
- Purchasing and preparing meals together
- Not earning income from a job

To qualify for 3SquaresVT, a person or family needs to meet income limits based on the number of people in the household.



**If you don't qualify for 3SquaresVT in a SNAP, you may still apply for 3SquaresVT.**

Did you know that over 14,000 Vermonters who are 60 or older use 3SquaresVT? 3SquaresVT benefits help the entire community by stretching our food budgets while keeping millions of dollars in Vermont each month. Shopping with 3SquaresVT helps our economy and supports our farmers, growers, and grocers.

Everyone who qualifies has a right to get 3SquaresVT benefits, and there are enough benefits for everyone who is eligible. By applying for and receiving benefits, we aren't taking benefits away from anyone else. Anyone who qualifies for benefits and applies will get them.

**For more information or help filling out an application call:**

**HelpLine: 1-800-642-5119**

**Vermont Foodbank:  
Toll-free at 1-855-855-6181**

**Or visit [vermontfoodhelp.com](https://vermontfoodhelp.com)**



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