



3SquaresVT in a SNAP!

An easier way for older & disabled Vermonters to access 3SquaresVT – a program that helps you put healthy foods on the table.

- ✓ **Apply for 3SquaresVT using a simpler, shorter application.**
- ✓ **Keep your benefits for three years with no additional paperwork.**

You may use this simplified process if EVERYONE applying is:

1. At least 60 years old or getting disability benefits, AND
2. Not earning income from a job or self employment.

To get benefits, you must meet the income guidelines:

- ➔ Gross household income equal to or less than 185% of the Federal Poverty Level.

If your application is approved:

- ➔ You'll get money every month that you can use to buy food.
- ➔ You'll get it either as cash in the bank or on an EBT card (which works like a debit card).

If you have questions or need help applying:

- ➔ Call our Benefits Service Center at 1-800-479-6151. We accept all relay calls.
- ➔ If you are age 60 or older, call the Helpline at 1-800-642-5119.

8/22 • web