

Dawn's 3SquaresVT Story

Dawn turned 82 on her last birthday. She lives with her husband of 60 years in a small cozy house just outside of White River Junction. With Social Security as their sole source of income, they have to be extra careful about managing their money.

"I was raised during World War II," said Dawn. "I learned how to buy and cook foods economically. I can feed my family well with a grocery cart full of nothing but vegetables."

"I can also make a four-pound roast and some vegetables last for almost a week. I make a roast with vegetables one day, heat everything up for dinner the next day, chop up some of the leftover beef and add potatoes, onions and carrots to make curry after that, then make a nice cottage pie with the rest."

Living on a fixed income can be challenging though, even for someone with Dawn's amazing ability to stretch a dollar!

So about nine years ago, she applied for 3SquaresVT – a federal program that helps eligible Vermonters to put food on the table. She doesn't like computers much, so she filled out all of the required forms on paper. She found the 20-page application a bit hard to understand, so she reached out and asked for help.

"My worker Lisa was incredibly helpful. She worked with me to make sure I sent in everything that was needed."

Dawn's 3SquaresVT benefits are deposited as cash directly into her bank account each month. She uses the money to buy healthy foods to cook for her and her husband. Getting the extra help frees up their limited resources to spend on other things.

After working as a nurse for more than 50 years, Dawn is ready to enjoy her well deserved retirement. 3SquaresVT makes it a little bit easier for her and her husband to do just that.

"It's not charity. We've paid our taxes and worked for it."