



Food is energy
for your body;
**POWER UP
YOUR FOOD
BUDGET WITH
3SQUARESVT.**



**Get help paying your grocery bills,
because no Vermonter should have to
choose between feeding their family
and paying their utilities this winter.**

With 3SquaresVT, eligible Vermonters get money every month to buy food at grocery stores, farmers markets, and now, even online. So you can shop for the food you want, when you want it.

3SquaresVT Helps Vermonters and Vermont's Economy

Signing up for 3SquaresVT helps boost the Vermont economy and powers up your food budget. There are enough benefits for everyone who is eligible and enrolling never takes away from anyone else. 3SquaresVT is here for all of us when we need help. You've earned these benefits just like you've earned your social security benefits.

Get Started

The first step to accessing 3SquaresVT benefits is to determine if you are eligible. Call **855-855-6181** to learn if you qualify, for more information visit **www.vermontfoodhelp.com**.

