

No one should have to choose between buying

 **textbooks**
or food. 

3SquaresVT can help college students buy groceries every month.

COVID-19 has impacted all of us in so many ways. The financial burden of having to pay for tuition, rent, utilities, and food is hard, especially if you have lost your job or work study position. Now, thanks to the recent covid relief bill, it has never been easier for college students to qualify for 3SquaresVT. **You can get up to \$234 a month per person to buy groceries.**

3SquaresVT is a federal program that **gives people money each month to buy food** at grocery and convenience stores, co-ops, and farmers markets. The money is automatically loaded onto a swipe card that looks and works like a debit card.

Find out more today! If you need help applying, text VFBSNAP to 85511, call 855-855-6181, or email 3svt@vtfoodbank.org. For more information visit vermontfoodhelp.com.

As a college student you may be eligible for 3SquaresVT if...

1. Your monthly income is at or below the income limit for your household size. 'Household' is defined as the number of people in your house with whom you purchase and prepare food. Housemates or roommates qualify as additional household members only if you buy, cook, and eat meals together.

and...

2. If you meet at least one of the following:
 - You are eligible* for federal or state-funding work study programs during the regular school year
 - You have an expected family contribution (EFC) of \$0 based on your FAFSA during the current academic year.

**A student does not need to be actively participating in a work study position; they just need to have been eligible for a work study position.*

Household size	Gross Monthly Income Limit	Maximum Monthly 3SquaresVT benefit
1	\$1,969	\$234
2	\$2,659	\$430
3	\$3,349	\$616
4	\$4,041	\$782
5	\$4,731	\$929
For each add'l member:	+\$692	+\$176

These limits are for January 1, 2021 - June 30, 2021.

During the COVID-19 emergency, everyone who gets 3SquaresVT benefits is receiving the maximum benefit, which has increased by 15% until June 30, 2021.

