



## **Help Applying for Economic Benefits**

If you need assistance in accessing information for any of the programs listed below, please feel free to contact the Family Center of Washington County's Child Care Support Services at 383 Sherwood Drive, Montpelier, Vermont. Our phone number is 802-262-3292, extensions 119, 120, or 125. We would be happy to help you navigate the systems.

The Economic Services Division, (ESD) helps Vermonters meet their basic needs through programs such as 3SquaresVT (formerly called food stamps), Reach Up, and Green Mountain Care. These programs provide a safety net for individuals and families who may be experiencing unemployment, single parenthood, aging, disability, or other life-changing events.

**3SquaresVT** can help you stretch your food budget and put three square meals a day on your table. Benefits may include:

- A monthly payment to help you buy more and better food
- Free school meals for your school-age children
- Help with your phone bills

For more information about **3SquaresVT**, please visit:  
[www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call 1-800-479-6151

**Reach Up** helps families with children by providing cash assistance for basic needs and services that support work and self-sufficiency. Reach Up provides a temporary financial safety net for you while you prepare to return to the workforce.

For more information about **Reach Up**, please visit:  
[www.mybenefits.vt.gov](http://www.mybenefits.vt.gov) or call 1-800-479-6151. You can even apply online.

**Green Mountain Care** is a family of low-cost and free health coverage programs for uninsured Vermonters. Offered by the state of Vermont and its partners, Green Mountain Care programs provide quality, comprehensive health coverage. Plan eligibility and cost is based on household income and family size. There may be a program for you no matter how much you earn.

For more information about **Green Mountain Care**, please visit:  
[www.greenmountaincare.org](http://www.greenmountaincare.org) or call 1-800-250-8427