

FEEDING YOUR FAMILY

during the Novel Coronavirus/COVID-19 Outbreak.

updated 8/14/20

Keeping yourself and your whole family well nourished is one important way to support your health and our whole community. In this stressful time, no one should be stressed about having enough food at home. Hunger Free Vermont wants you to know that there are a number of food resources available to help you and your neighbors—we're all in this together!

- **3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? Have you recently lost the additional \$600 per week in unemployment benefits? You could be eligible to receive a 3SquaresVT benefit! 3SquaresVT is here for you and your family to help put food on the table. It is a program that can help households buy food from grocery stores, convenience stores, farmers markets, and co-ops. 3SquaresVT benefits are given to you each month on an EBT (electronic benefits transfer) card, which works like a debit card.

If you and your family were receiving the additional unemployment benefit that ended in July you may now be eligible for 3SquaresVT, even if you weren't eligible before. Individuals who are unemployed, or who have experienced a partial or total decrease in their work hours during the COVID-19 outbreak do not need to meet a work or work training requirement. To find out more and get help applying visit www.vermontfoodhelp.com or text **VFBSNAP** to **855-11**.

- **Meals for Kids:** Meals are available at summer meal sites, schools, and some childcare providers throughout the state. Check with your child's school or childcare provider to learn how your child can access meals this fall. To ensure schools are able to continue providing meals for all kids, remember to submit a school meal application! By submitting a school meal application, you are supporting your school and community and increasing food access for all!
- **WIC:** WIC gives you access to healthy foods, nutrition education and counseling, breastfeeding support, and community referrals. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! Vermont WIC is open and most services are being done by phone appointment to align with social distancing efforts. To find out more and get help applying dial **2-1-1** or text **'VTWIC'** to **855-11**.
- **Meal Programs for Older Vermonters:** People age 60 and older are especially encouraged to stay at home in order to protect themselves from COVID-19, but staying well nourished is also critical for your health. To help, you may be able to pick up meals to go or have meals delivered to your home. For more information about meals for older adults, please call the Helpline at **1-800-642-5119**.
- **Food assistance through the Vermont Foodbank network:** The Vermont Foodbank is dedicated to supporting Vermonters during all times of need. To get help during this time of crisis, visit vtfoodbank.org/gethelp or call **1-800-585-2265**.

This message is funded in part by the USDA. This institution is an equal opportunity provider.





SIGN UP FOR 3SQUARESVT AND TAKE THE CENSUS!

Text **VFBSNAP** to **85511** to start the 3SquaresVT process to learn if you qualify to receive money for groceries.

Call **802-598-5203** or visit **my2020census.gov** to take the US Census to fund our roads, hospitals, schools and much more. It takes less than ten minutes!

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SOME HOUSEHOLDS MAY RECEIVE HIGHER EBT AMOUNTS DUE TO COVID-19

You can still get your federal recovery rebate check, even if you do not file taxes. **What you need to know:**

I heard that the government is giving everyone \$1,200. Is that true?

The United States government passed a new law to help people cope with economic hardship due to the coronavirus. The law is called the CARES Act. The CARES Act will give “recovery rebates” of up to \$1,200 per eligible adult and \$500 per eligible child under age 17. The government needs to know who you are and where you are so you can get this money.

I haven't received my check. What do I need to do?

The government will send money automatically to some eligible people:

- **eligible people who filed taxes in 2018 or 2019**
- **people who get a form SSA-1099 (Social Security Disability)**
- **people who get a form RRB-1099 (railroad retirement benefits).**
- **people who receive VA benefits or other SSA benefits**

Check the IRS “Get My Payment” website for more information: **www.irs.gov/coronavirus/get-my-payment**

If you were required to file a tax return in 2018 or 2019 but have not: you must file a tax return in order to get your stimulus payment. You can use an IRS Free File service:

www.irs.gov/filing/free-file-do-your-federal-taxes-for-free. You can also print out a paper tax form: **www.irs.gov/pub/irs-pdf/f1040.pdf**.

If were not required to file, and did not file taxes in 2018 or 2019, and do not receive SSA or VA benefits: you must enter your information using the IRS “non-filer” portal found here:

www.irs.gov/coronavirus/non-filers-enter-payment-info-here

Does getting a recovery rebate affect my eligibility for benefits?

No, getting a recovery rebate does not reduce your eligibility for Reach Up, General Assistance, 3SquaresVT, or other Economic Services Department benefit programs. The benefit is not treated as income, and will not be treated as a resource so long as you spend it within 12 months of receiving your rebate.

For more information call Vermont Legal Aid at **800-889-2047** or visit their website:

vtlawhelp.org/coronavirus-economic-impact-stimulus-payments