

**Do you have a disability or are you over age 60?
Should you get more 3SquaresVT (VT Food Stamps)?**

Type of Expenses	Monthly costs
Medical and dental care	
Hospitalization or outpatient treatments	
Nursing care or nursing home care	
Medical supplies	
Insurance policy premiums	
Medicare premiums	
Medicaid cost sharing or spend down expenses	
Dentures, hearing aids, prosthetics	
Expenses for taking care of your seeing eye or hearing dog	
Eyeglasses	
Paying for transportation or place to stay so that you can get medical services	
Paying for personal care services to help you because of your age or illness	
Prescription and over the counter medications	
TOTAL out of pocket COSTS	
If the total costs are \$35.00 or above, you get the standard deduction of \$138.00→	
If your expenses are more then \$173.00, you can deduct the full amount of your medical expenses →	

Add up all of your monthly expenses. Is it at least \$35.00? Call your DCF worker. Your worker should deduct your expenses from your monthly income to increase your food stamp amount.