

Changes to 3SquaresVT

Last updated: 10/21/25



Federal changes to 3SquaresVT will impact people in Vermont.

Here is what we know now:

- Changes to 3SquaresVT went into effect on October 1st, 2025. This may have impacted your monthly benefit amount or eligibility for 3SquaresVT.
 - Did your benefit go up? This may have been because of automatic annual changes to 3SquaresVT that occur to reflect adjustments in cost of living.
 - Did your benefit go down? This may have been because of a change to 3SquaresVT by the federal government that adjusted what ESD counts as your utility cost, or because someone in your household does not meet non-citizen eligibility anymore.
 - Did your case close? This may have been because you no longer qualified for a benefit amount based on changes to 3SquaresVT by the federal government related to how utility costs are counted, or non-citizen eligibility.
- If you think you qualify for 3SquaresVT, it's worth it to learn more.
- You have a right to [appeal](#) changes or decisions about your case.



3SquaresVT Eligibility for Immigrants

Eligibility for immigrants will be limited to certain lawful permanent residents, Cuban and Haitian entrants, Amerasians, Hmong or Highland Laotian Tribal Members, and [COFA citizens](#). Refugees, people granted asylum, and other previously eligible non-citizens will no longer qualify. Children or other eligible household members may still qualify even if their parents or household members no longer qualify. **For multilingual videos about these changes, [click here](#).**



3SquaresVT Work Rules

Some adults on 3SquaresVT without disabilities have to report work to keep benefits for more than 3 months, unless they meet an exemption. DCF-ESD calls this the "Time Limited Benefit Work Requirement." **This rule was expanded to more people who will need to report to DCF-ESD if they are meeting the work rule or meet an exemption:**

- Adults 18-64
- Adults living with children 14 and older
- Veterans
- People experiencing homelessness
- People under 25 who were in foster care at age 18

continue for more information...

No one is at risk of losing 3SquaresVT because of work rules until February 2026, but it's important for people to let DCF-ESD know if they are exempt, because it may help them keep benefits for longer. Learn more about work rules [here](#)



3SquaresVT Utility Expenses

Everyone used to get an automatic utility deduction (Standard Utility Allowance), which simplified paperwork and often provided a higher benefit amount. Now, only households with an older or disabled member automatically get the utility deduction.

For all other households, this deduction is available if you pay any amount of heating or cooling, and it may give you a higher benefit amount.