

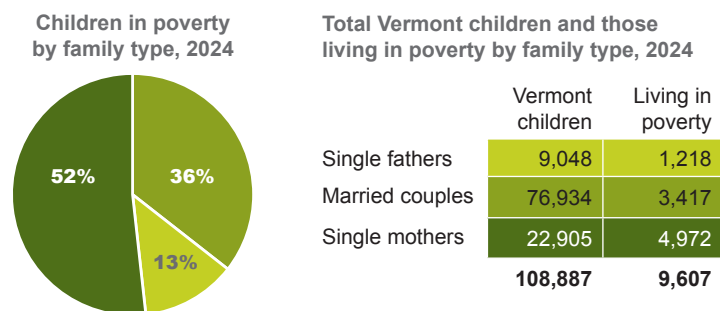
Recent federal cuts harm women and children

The 2025 federal tax and spending bill made unprecedented cuts to federal economic security programs. Millions of Americans are losing access to healthcare and food assistance, including thousands of Vermonters. Many others are facing reduced benefits and new barriers to eligibility. Women who are solo caregivers and their children are more likely to rely on Medicaid and SNAP (known in Vermont as 3SquaresVT), so the gutting of these critical programs disproportionately harms them.

In 2024, 9,607 Vermont children—8.8 percent—were living in poverty. Most kids in Vermont live with married couples, but most kids in poverty—over half—live with just their mothers. That discrepancy reflects the gender gap in wages, the inadequacy of social supports, and the persistent undervaluing of many women-dominated occupations, and of caregiving itself.

A child in poverty in Vermont likely lives only with their mom

Children by poverty status and family type, Vermont, 2024

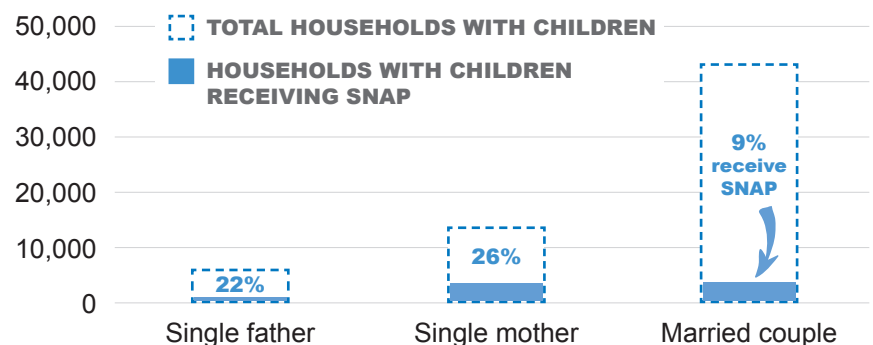


Data source: U.S. Census Bureau, American Community Survey 2024 1-year estimates
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Single mothers are disproportionately affected by changes to SNAP. About one in seven, or 14 percent, of all Vermont families with children receive 3SquaresVT benefits. But for solo mothers that share is nearly double: A quarter rely on SNAP to help their families cover expenses.

Solo-parent households are disproportionately hurt by SNAP changes

Vermont households with children and SNAP usage, 2024



Data source: U.S. Census Bureau, American Community Survey, 2024, 1-yr estimates
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