

WHAT IS THE FOOD STAMP PROGRAM?

The Food Stamp Program helps people with little or no income to buy nutritious food. Food stamp benefits come on an Electronic Benefit Transfer (EBT) card that you can use to choose foods that help you stay healthy.

EBT

The Food Stamp Program is often under-utilized, but there are enough federal funds to serve all those persons who qualify.

HOW DO I APPLY FOR FOOD STAMP BENEFITS?

Call or go to the local food stamp office for an application. Ask the office to mail you the application. Or get the application online at

www.fns.usda.gov/fsp/outreach/map.htm. Fill out the application as much as you can. Put your name and address on it and sign it.

- Return the application to the local office online, by mail or fax, or by taking it to the local office or having someone take it there for you.
- Have an interview. You can also have a friend or relative go with you or in your place. You might also be able to do your interview over the phone.
- Show the local office papers like pay stubs, rent or mortgage payments, utility bills, child or elder care bills, and child support court orders. The local office can tell you exactly what papers and other information you will need to show your income and expenses.

HOW DO I FIND MY LOCAL OFFICE?

Call **1.800.221.5689** or visit www.fns.usda.gov/fsp/outreach/map.htm.

Your Doctor, Registered Dietician, friends, family or local library can also help you find a Food Stamp office near you.

HOW WILL THOSE FOOD STAMPS HELP MY COMMUNITY?

Every dollar in federal food stamp benefits helps to generate nearly two dollars in economic activity in your neighborhood.

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**FOOD
STAMPS**
MAY HELP
YOU OBTAIN THE
NUTRITION
YOU NEED



association of nutrition services agencies
food as medicine



HOW CAN FOOD STAMPS HELP ME BATTLE ILLNESS?

Food stamps can pay for groceries that you need to fight illness or maintain good health. It can help you stretch your monthly budget so you have money for more nutritious food and medicines. You can use food stamps to purchase the types of foods that you, your Doctor and/or your Registered Dietician determine are best for you.

WHAT IF I CAN'T GO OUT TO APPLY OR SHOP?

There are special rules that allow you to apply for benefits without going to a food stamp office in person. You may be able to apply by mail, telephone, fax or the internet. If it would be difficult to travel to a food stamp office, you can schedule an interview over the telephone. You also may authorize a representative to apply for you and/or to use your EBT card to shop for you.

1.800.221.5689

www.fns.usda.gov/fsp/outreach/map.htm

IS MY INCOME UNDER THE LIMIT?¹

Look at this table to find the gross and net income limits for food stamp benefits. If your household has a person who is 60 or older or disabled, only the net income limit must be met.

People in Household	Gross Monthly Income*	Net Monthly Income
1	\$1107	\$851
2	\$1484	\$1141
3	\$1861	\$1431
4	\$2238	\$1721
5	\$2615	\$2011
6	\$2992	\$2301
7	\$3369	\$2591
8	\$3746	\$2881

** Larger households can have more income. Income limits are higher in Alaska and Hawaii. People who receive Supplemental Security Income (SSI) in California are not eligible for food stamp benefits. The numbers in the table are good from October 1, 2007 to September 30, 2008 and are adjusted annually by the U.S. Department of Agriculture Food and Nutrition Service.*

¹ United States Department of Agriculture Food and Nutrition Service. FNS-313-Insert, September 2007.

IF I AM ELIGIBLE, WHAT IS THE MOST I CAN RECEIVE IN SUPPORT?²

Look at this table to see the maximum amount of food stamp benefits you can receive if you have no income. As your income goes up, your food stamp benefits go down.

People in Household	Maximum Monthly Benefit*
1	\$162
2	\$298
3	\$426
4	\$542
5	\$643
6	\$772
7	\$853
8	\$975

** Benefit levels are higher in Alaska and Hawaii. People who receive SSI in California are not eligible. The numbers in the table are good from October 1, 2007 to September 30, 2008 and are adjusted annually by the U.S. Department of Agriculture Food and Nutrition Service.*

² United States Department of Agriculture Food and Nutrition Service. FNS-313-Insert, September 2007.

TANF

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES

AM I ELIGIBLE FOR FOOD STAMP BENEFITS?

To get food stamp benefits, your income and other resources have to be under certain limits. However, certain subtractions to your gross income, called deductions, are allowed. These can be for things like housing costs, child support payments, medical expenses over \$35 for elderly or disabled people, or child-care costs. Look at the enclosed income table to find out what the limits are for food stamp benefits. Most households may have up to \$2,000 in resources like bank accounts and still qualify. If your household has a person who is 60 or older or disabled, you may have up to \$3,000 in resources. The resources of people who receive Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI) do not count. Your home does not count. In many States, at least one car does not count.

HOW CAN I FIND OUT IF I WOULD LIKELY QUALIFY FOR BENEFITS?

To see if you might be eligible for food stamps, visit www.foodstamps-step1.usda.gov or call **1.800.221.5689**.