

## I am not a U.S. citizen. Can I get food stamps? Can my children?

You may get food stamps if you are a legal immigrant. Most legal immigrants must wait 5 years before getting food stamps. There is no wait for children under 18, some elderly and disabled, or for refugees and asylees. Some may get food stamps if they have enough work history. Some may be eligible if they have a military connection. Contact your local office to find out if you qualify as a legal immigrant.

If you yourself are not eligible due to immigration status, your legal immigrant or citizen children may still qualify. You do not have to provide immigration information about yourself when you apply for your legal immigrant or citizen children.

## If I get food stamps, will I be a public charge?

No. You and your family can apply for and receive food stamps without hurting your chances of becoming U.S. citizens.

## What happens if I have a sponsor?

There are special rules if you have a sponsor who signed legal papers of support after December 19, 1997. Your sponsor may have to pay back food stamp benefits given to you. Some of your sponsor's income and resources are counted as yours. This is called "deeming." It does not apply to children. There are other people it does not apply to. Contact your local food stamp office to find out more.

## How can my family eat better?

You want the best for your family. You want everyone to stay well and for your kids to grow and learn. Using food stamp benefits to purchase healthy foods for your family can help make this happen. Ask your food stamp worker for information about eating and shopping for healthy food and getting physical activity for better health.

*Try these tips to help your family eat better and stay healthy:*

- Vary your vegetables...dark green, orange, peas and beans.
- Focus on fruits. Choose fresh, frozen, canned, or dried fruit.
- Eat at least 3 ounces of whole-grain cereal, breads, crackers, rice, or pasta every day.
- Choose lean meats and milk products that are lower in fat.
- Make physical activity a regular part of your day.



For more information on healthy eating visit:  
[www.mypyramid.gov](http://www.mypyramid.gov).



## Where can I get more information?

Call your local food stamp office.

Call the national food stamp information line:

1-800-221-5689

Visit: [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp)



# Food Stamps Make America Stronger.

## 1-800-221-5689

[www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp)

Attach contact information label here

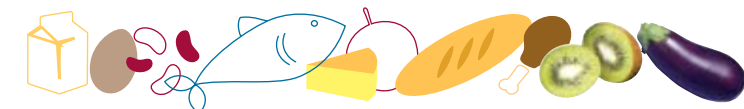
## Food Stamps Make America Stronger.



United States Department of Agriculture  
Food and Nutrition Service  
FNS-313

Revised September 2007

*USDA is an equal opportunity provider and employer.*





## What is the Food Stamp Program?

The Food Stamp Program helps people with little or no income buy nutritious food. Food stamp benefits are not cash. They come on an electronic EBT card that you use like a bank card to buy food. Most grocery stores take food stamp benefits.

## Can I get food stamp benefits?

To get food stamp benefits, your income and other resources have to be under certain limits.

### **Income**

Your total income, before taxes or any other subtractions, is called **gross income**. However, certain subtractions to your gross income, called deductions, are allowed. These can be for things like housing costs, child support payments, monthly medical expenses over \$35 for elderly or disabled people, or child-care costs. The amount left over after these deductions is called **net income**.

**There are two income limits: gross income and net income.** Most households must meet both income limits. If your household has a person who is 60 or older or who is disabled, you only need to meet the net income limit. If everyone in your household receives SSI or TANF, you do not need to meet any income limit. A separate insert with two tables on it has been included with this booklet. Look at the income table to find out what the limits are for food stamp benefits.

### **Resources**

Your resources are things like bank accounts. Most households may have up to \$2,000 in resources 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 TANF or SSI do not count. Your home does not count. In some States, at least one car does not count. Talk to your local food stamp office for more information.

To see if you might be able to get food stamps, visit [www.foodstamps-step1.usda.gov](http://www.foodstamps-step1.usda.gov). Answer the questions. You will find out if you might be eligible and how much you could receive. But to know for sure, you must apply.

## How do I apply for food stamp benefits?

- Call or go to the local food stamp office for an application. Ask them to mail you the application. Or get the application online at [www.fns.usda.gov/fsp/outreach/map.htm](http://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.
- Have an interview. You can also have a friend or relative go with you or in your place. Or you can 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.

After reviewing your application, the local office worker will tell you if you will get food stamps and how much.

## How do I find my local office?

Call **1-800-221-5689** or visit [www.fns.usda.gov/fsp/outreach/map.htm](http://www.fns.usda.gov/fsp/outreach/map.htm). Or look in the phone book in the government pages under “social services” or “human services” for the phone number.



## Do I need a social security number?

Yes, you must get a social security number if you want food stamp benefits. Not all people in the household have to apply. People who do not want food stamp benefits do not have to give a social security number. But they do have to give their financial information.

## Can I get food stamp benefits if I am not working?

Yes. But if you are able to work, you must look for work, take a job, or go to training.

## If I am eligible, how much can I get?

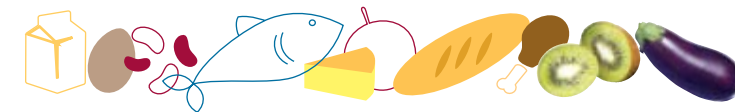
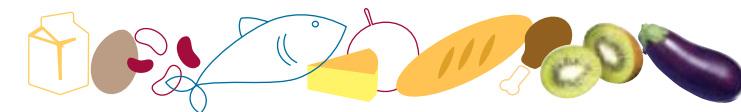
Look at the inserted table to see the most you can get if you have no income. As your income goes up, your food stamp benefits go down.

## If I am approved, what can I expect?

You will get an electronic EBT card to use to buy your groceries at the store.

## If I am denied food stamps, can I ask why?

Yes. Call or visit the food stamp office to ask why. If you wish, you can ask to speak with the food stamp worker’s boss. If you think there is a mistake, ask for a “fair hearing.” This means that a State person will meet with you and the food stamp office to discuss your application. Fair hearings are free but you must ask for one within 90 days of being turned down.



## Is my income under the limit?

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

Effective Oct. 1, 2008 to Sept. 30, 2009		
People in Household	Gross Monthly Income*	Net Monthly Income
1	\$1,127	\$867
2	\$1,517	\$1,167
3	\$1,907	\$1,467
4	\$2,297	\$1,767
5	\$2,687	\$2,067
6	\$3,077	\$2,367
7	\$3,467	\$2,667
8	\$3,857	\$2,967
Each addtl	+ \$390	+ \$300

\*Amounts are higher in Alaska and Hawaii.  
People who receive SSI in California are not eligible.

## If I am eligible, what is the most I can get?

Look at this table to see the most SNAP benefits you can get if you have no income. As your income goes up, your SNAP benefits go down.

Effective Oct. 1, 2008 to Sept. 30, 2009	
People in Household	Maximum Monthly Benefit*
1	\$176
2	\$323
3	\$463
4	\$588
5	\$698
6	\$838
7	\$926
8	\$1,058
Each addtl	+ \$132

\*Larger households can have more income. Amounts are higher in Alaska and Hawaii. People who receive SSI in California are not eligible.

## ¿Están mis ingresos debajo del límite?

El folleto adjunto explica el ingreso neto y bruto. Consulte el siguiente cuadro para ver cuáles son los límites de ingresos brutos y netos para poder recibir beneficios del SNAP. Si su hogar incluye una persona de 60 años de edad o mayor o una persona incapacitada, tendrá que cumplir únicamente con el ingreso neto.

Cifras válidas Oct. 1, 2008 - Sept. 30, 2009		
Personas en el Hogar	Ingreso Mensual Bruto*	Ingreso Mensual Neto
1	\$1,127	\$867
2	\$1,517	\$1,167
3	\$1,907	\$1,467
4	\$2,297	\$1,767
5	\$2,687	\$2,067
6	\$3,077	\$2,367
7	\$3,467	\$2,667
8	\$3,857	\$2,967
Cada adicional	+ \$390	+ \$300

\*Los hogares más grandes pueden tener ingresos más altos. Las cantidades son mayores en Alaska y Hawaii. Recipientes de beneficios SSI en California no son elegibles.

## Si soy elegible, ¿cuánto es lo máximo que puedo recibir?

Consulte el siguiente cuadro para ver lo máximo que podría recibir del SNAP si no tiene ingresos. Al aumentar sus ingresos, sus beneficios del SNAP se reducen.

Cifras válidas Oct. 1, 2008 - Sept. 30, 2009	
Personas en el Hogar	Beneficio Mensual Máximo*
1	\$176
2	\$323
3	\$463
4	\$588
5	\$698
6	\$838
7	\$926
8	\$1,058
Cada adicional	+ \$132

\* Las cantidades son mayores en Alaska y Hawaii. Recipientes de beneficios SSI en California no son elegibles.

Where can I get more information about SNAP  
in my State?

¿Dónde puedo encontrar mas información sobre  
SNAP en mi estado?

Alabama	334-242-1700
Alaska	907-465-3347
Arizona	800-352-8401
Arkansas	800-482-8988
California	800-952-5253
Colorado	800-536-5298
Connecticut	800-842-1508
Delaware	800-372-2022 or 302-255-9500
Washington, DC	202-724-5506
Florida	866-762-2237
Georgia	800-869-1150
Guam	671-735-7245
Hawaii	808-643-1643
Idaho	211 or 800-926-2588
Illinois	800-843-6154
Indiana	800-622-4932
Iowa	877-937-3663
Kansas	888-369-4777
Kentucky	800-931-9112
Louisiana	225-342-2541
Maine	800-452-4643
Maryland	800-332-6347
Massachusetts	866-950-3663
Michigan	800-481-4989
Minnesota	800-657-3698
Mississippi	800-948-3050
Missouri	<a href="http://www.dss.mo.gov/fsd/fstamp/index.htm">www.dss.mo.gov/fsd/fstamp/index.htm</a>
Montana	800-332-2272
Nebraska	800-430-3244
Nevada	800-992-0900 x40500
New Hampshire	800-852-3345 x4238
New Jersey	800-792-9773
New Mexico	888-473-3676
New York	
Upstate NY	800-342-3009
NYC	877-472-8411
North Carolina	800-662-7030
North Dakota	800-755-2716
Ohio	866-244-0071
Oklahoma	405-521-3444
Oregon	211 or 800-723-3638
Pennsylvania	800-692-7462 or 800-451-5886 (TDD)
Puerto Rico	800-981-5822
Rhode Island	401-462-5300
South Carolina	800-768-5700
South Dakota	877-999-5612
Tennessee	866-311-4287
Texas	211
Utah	866-526-3663
Vermont	800-287-0589
U.S. Virgin Islands	340-774-2399
Virginia	800-552-3431
Washington	888-436-6392
West Virginia	800-642-8589
Wisconsin	800-362-3002
Wyoming	800-457-3659

As of October 1, 2008,  
**Supplemental Nutrition  
Assistance Program  
(SNAP)** is the new name  
for the Federal Food Stamp  
Program. Your State may  
use a different name, but it  
is still the same program.



The new name reflects changes that make it  
easier to qualify for nutrition benefits and an  
increase in benefit amount.

To find out how to apply for SNAP and to help  
you understand this insert better, please read  
the enclosed brochure first.

A partir del primero de  
octubre de 2008, el programa  
Federal de Cupones para  
Alimentos cambió su nombre  
a **Supplemental Nutrition  
Assistance Program  
(SNAP)**.



Su estado puede usar otro nombre, pero es el  
mismo programa.

El nuevo nombre refleja los cambios que hacen  
mas fácil calificar para los beneficios nutritivos  
y un aumento en la cantidad de beneficio.

Para saber cómo solicitar el SNAP y para  
ayudarle a entender mejor este anexo, por  
favor lea primero el folleto adjunto.



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Food and Nutrition Service  
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USDA es un proveedor y empleador que ofrece oportunidad  
igual para todos.*