

Food Stamps Can Help Make Ends Meet



Did you know?

- Only 30% of eligible older adults are enrolled in food stamps
- If you are age of 60 or older, you may be eligible
- If you are disabled but live with family, you may still be eligible
- The average older adult living alone receives \$45 per month in Food Stamps
- You can have up to \$3000 in assets (like a car) and still be eligible

Ask at your local Food Bank, Senior Center or Department of Family and Children Services how to enroll

Food Stamp assistance can help you live a longer, healthier life!

Income Limits

Household size	Gross monthly income	Net monthly income
1	\$973	\$749
2	1,313	1,010
3	1,654	1,272
4	1,994	1,534
5	2,334	1,794
6	2,674	2,057
7	3,014	2,319
8	3,354	2,580
Each additional member	+341	+262

Net income means gross income minus deductions.

Deductions include:

- Standard deduction of \$134
- Medical expenses over \$35/month for elderly or disabled
- A percentage of shelter costs

Households CAN use food stamp benefits to buy:

1. Foods for people in your house to eat, such as:

- › breads and cereals
- › fruits and vegetables
- › meats, fish and poultry
- › dairy products

2. Seeds and plants that produce food

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