

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 if you are 60 or older, disabled, or under 18. There is no wait for refugees or asylees or for those with 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.

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



Food Stamps Make America Stronger.

1-800-221-5689

www.fns.usda.gov/fsp

Attach contact label information here

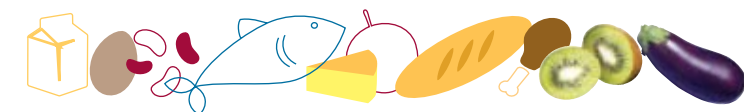
Food Stamps Make America Stronger.



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. 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.
- 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. 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?

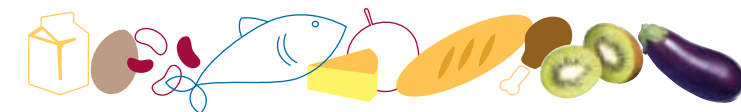
Look at the inserted table to see the most you can get if you have no income. As your income goes up, your food stamp benefits go down.

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.





¿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 de cupones para alimentos. 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.

Personas en el Hogar	Ingreso Mensual Bruto*	Ingreso Mensual Neto
1	\$1107	\$851
2	\$1484	\$1141
3	\$1861	\$1431
4	\$2238	\$1721
5	\$2615	\$2011
6	\$2992	\$2301
7	\$3369	\$2591
8	\$3746	\$2881

*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 para el Programa de Cupones para Alimentos.

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

Consulte el siguiente cuadro para ver lo máximo que podría recibir en cupones para alimentos si no tiene ingresos. Al aumentar sus ingresos, sus beneficios de cupones para alimentos se reducen.

Personas en el Hogar	Beneficio Mensual Máximo*
1	\$162
2	\$298
3	\$426
4	\$542
5	\$643
6	\$772
7	\$853
8	\$975

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

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 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. Amounts are higher in Alaska and Hawaii. People who receive Supplemental Security Income (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 food stamp benefits you can get 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

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

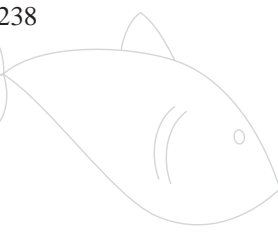
The numbers in the tables are good from October 1, 2007, to September 30, 2008.



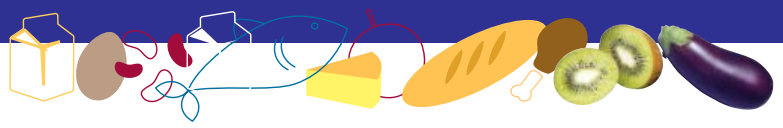
**Where can I get more Information
About Food Stamps in my State?**

**¿Donde puedo encontrar mas información sobre el
Programa de Cupones para Alimentos 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	www.dss.mo.gov/fsd/fstamp/index.htm
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	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



**Food Stamps
Make America Stronger.**



**Please read the enclosed brochure first.
It will help you understand
this insert better.**

**The numbers in the tables are good from
October 1, 2007, to September 30, 2008.**

**To apply for food stamp benefits, get an application
and return it to your local food stamp office.
This insert is not an application.**

**Cupones para Alimentos:
Nuestra Salud, Nuestra Fuerza.**



**Por favor lea primero el folleto adjunto.
Le ayudará a entender mejor este anexo.**

**Las cifras presentadas en estos cuadros
son válidas a partir del 1 de octubre del 2007
hasta el 30 de septiembre del 2008.**

**Para solicitar los beneficios de cupones
para alimentos, obtenga una solicitud y regrésela
a su oficina local de cupones para alimentos.
Este anexo no es una solicitud.**

USDA United States Department of Agriculture
Food and Nutrition Service
FNS-313-Insert
September 2007

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