



New Food Stamp Rules! You May Now Be Eligible!

There are new rules that can help keep your family healthy and may make you eligible for food stamps, even if you were not before. If you have children under 18 in your home and your income meets the federal guidelines, you may now get food stamps no matter how much you have in savings, retirement account or property. The maximum income guidelines will also go up on October 1st.

What if I've been denied before?

Even if you have been denied for food stamps before, you may be eligible with these new rules.

I make more than minimum wage but have high childcare costs. Could I be eligible?

If you have receipts for childcare or adult care costs, the food stamp office can use these to help you get more food stamps if you are eligible.

How can I use my food stamp benefits?

To use your food stamps, you will use a plastic card – similar to a debit card – to buy food. You can use these at grocery stores, farmers' market, or flea market where food stamps are accepted.

How much in food stamps can I get?

Look at the table below to see how much you may get in food stamps each month.

For example: If there are 3 people in your household you could get up to \$526 each month. The benefit level a household receives is based on its income. Households with the least net income qualify for the most benefits.

Household Size	New <u>Maximum</u> Monthly Benefit
1	\$200
2	\$367
3	\$526
4	\$668
5	\$793
6	\$952
7	\$1,052
8	\$1,202
Each extra person	+ \$150

This material was adapted by the *Network for a Healthy California* of the California Department of Public Health with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. For important nutrition information visit: www.cachampionsforchange.net. For food stamp information in California, call 877-847-3663 or visit: www.myfoodstamps.org.



Apply for food stamps now. To learn how, call 1-877-847-3663 or go to www.myfoodstamps.org.

Note: This chart shows maximum amount for households in the lower 48 States and the District of Columbia.