

# Food Stamp Benefits



The Food Stamp Program helps people with little or low income buy nutritious food. Food stamp benefits help stretch the household's dollars at the grocery store. Food stamps can be used to purchase foods for human consumption, seeds and plants which produce food for consumption by food stamp households. Food Stamps cannot buy any nonfood items such as: pet foods, soaps, paper products, household supplies, grooming items, cosmetics, alcoholic beverages, tobacco, vitamins, medicines, any food that will be eaten in the store, hot foods that are ready to eat, or any food marketed to be heated in the store. Households whose gross monthly income is within 130% of the federal poverty guidelines, whose monthly net adjusted income is within 100% of the poverty level after all allowable expenses (allowable expenses are: dependent care costs; legally-obligated child support; shelter costs such as rent, mortgage, property taxes, gas and electric; medical expenses for individuals 60 years of age or older or who are considered disabled), and whose resources (cash, savings, stocks, etc.) do not exceed \$2000 (\$3000 if a person is at least 60 years old or disabled) may qualify for benefits. The income and resource limits do not apply if each person in the household assistance group receives income from any of the following programs: Supplemental Security Income (SSI), Ohio Works First (OWF), or Ohio's Disability Assistance program (DA). Resources of an SSI or OWF household member are excluded. Vehicles and your home do not count as resources. Food stamp benefits are issued onto a plastic card that you use like a bank card to buy food. Some individuals (able-bodied adults without dependent children, or adults without children over the age of 5) must participate in a work program to be eligible to receive food stamps benefits. Look at the table below to find out what the gross and net income limits are for food stamp benefits. The numbers in this table are good from October 1, 2009 through September 30, 2010.

People In Household	Gross Monthly Income	Net Monthly Income
1	\$1,174	\$ 903
2	1,579	1,215
3	1,984	1,526
4	2,389	1,838
5	2,794	2,150
6	3,200	2,461
7	3,605	2,773
8	4,010	3,085

One way to see if you might be able to get food stamps is to go to [www.foodstamps-step1.usda.gov](http://www.foodstamps-step1.usda.gov) on the internet. But to find out for sure, you must apply at your local food stamp office at: Morrow County Job & Family Services, 619 West Marion Road, Mt. Gilead, Ohio 43338 (entrance B at the Community Services Building—take the elevator to the ground floor). If you would like an application mailed or have additional questions, please call (419) 947-9111 or (800) 668-6458.

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