

**Finances can be tight when you're raising a child.  
It can be difficult to make ends meet.**



You work and you have bills to pay. You have to find time to help with homework, do laundry, read bedtime stories—let alone make sure there is healthy food in the fridge and cupboards for your family.

When food is expensive and it is difficult to meet the nutritional needs of everyone in your family, SNAP, (formerly the Food Stamp Program) can help. It gives low-income individuals and families assistance each month to buy food.



With SNAP benefits you can give your children the foods they like to eat and need to be healthy!

**Use the questions on the other side or call 1-866-306-0270  
to see if you may be eligible for SNAP benefits.**

Fast SNAP Facts

- If you are paying child support, this money is excluded from your income when applying for SNAP benefits. Participation in SNAP does not require registration with the office of child support.
- Parents with children in daycare may be eligible for a dependent care deduction; you can subtract the entire amount you pay for day care from your income.
- Receiving SNAP benefits makes you eligible for a lower electric bill.
- If you receive SNAP benefits your school-age children automatically qualify for free School Breakfast and School Lunch.
- You can receive SNAP benefits even if you have a job, own a house or have a car.

Let SNAP help your family *Eat Better Today!* 1-866-306-0270

# Is your family eligible for SNAP?

Low income families and single adults may be eligible for nutrition assistance through SNAP, (Supplemental Nutrition Assistance Program, formerly Food Stamps) through the guidelines below. If anyone in your household is elderly or disabled guidelines may differ slightly. Please call 1-866-306-0270 to find out more.

There are two steps to eligibility; a gross income and a net income test.

## Step 1: The Gross Income Test

You might be eligible for SNAP if your household's **monthly gross income** is at or below the amount in the chart based on household size.

Household size	1	2	3	4	5	6	Each additional
Gross Income	\$1,671	\$2,248	\$2,823	\$3,400	\$3,978	\$4,553	\$575

If you meet this income guideline, go to step 2.

## Step 2: The Net Income Test

To get a monthly nutrition benefit, your **net income** (gross household income minus allowable deductions) must be less than the following chart. The SNAP outreach project staff can help you determine if you meet the net income test. You can call the SNAP outreach project at 1-866-306-0270 to find out more about SNAP benefits. The Department of Human Services must make the final eligibility determination.

The following deductions will be taken to determine your net income:

- A standard deduction based on the size of your household
- An earned income deduction (20% of earned income)
- The cost of child/dependent care
- Court ordered child support paid to another household
- A portion of your shelter expenses up to a standard amount.
- Households where someone is elderly or disabled may also deduct a portion of their medical expenses

Household size	1	2	3	4	5	6	Each additional
Net income*	\$1,044	\$1,356	\$1,667	\$1,991	\$2,329	\$2,666	\$312

\* Monthly income has standard deduction added to 100% federal poverty level.

1-866-306-0270 RI SNAP Outreach Project  
[www.EatBetterToday.com](http://www.EatBetterToday.com)

