



# Iowa Department of Human Services

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October 2, 2015

## GENERAL LETTER NO. 6-AP-118

ISSUED BY: Bureau of Financial, Health and Work Supports  
Division of Adult, Children and Family Services

SUBJECT: Employees' Manual, Title 6, ***INCOME MAINTENANCE PROGRAMS APPENDIX***, the following forms:

Comm. 2	<i>Facts About the Food Assistance Program</i> , revised
Comm. 2(S)	<i>Facts About the Food Assistance Program (Spanish)</i> , revised
Comm. 108	<i>The Family Investment Program (FIP)</i> , revised
Comm. 229	<i>Food Assistance Makes Iowa Stronger</i> , revised
Comm. 229(S)	<i>Food Assistance Makes Iowa Stronger (Spanish)</i> , revised
RC-0033	<i>Desk Aid</i> , revised

## Summary

This chapter is revised to:

- ◆ Update the following with the current income limits:
  - Comm. 2 and Comm. 2(S), *Facts About the Food Assistance Program*
  - Comm. 229 and Comm. 229(S), *Food Assistance Makes Iowa Stronger*
- ◆ Remove a reference to when job search information is due and update terms in Comm. 108, *The Family Investment Program (FIP)*.
- ◆ Update RC-0033, *Desk Aid*, with the current Food Assistance income limits.

## Effective Date

October 1, 2015

### **Material Superseded**

This material replaces the following pages from Employees' Manual, Title 6, Appendix:

<u>Page</u>	<u>Date</u>
Comm. 2	8/15
Comm. 2(S)	8/15
Comm. 108	12/13
Comm. 229	8/15
Comm. 229(S)	8/15
RC-0033	7/15

### **Additional Information**

Use up existing supplies of Comm. 108, *The Family Investment Program (FIP)*, dated 12/13, before ordering supplies of the 9/15 version from Anamosa in the usual manner.

Destroy existing supplies of Comm. 229 and Comm. 229(S), *Food Assistance Makes Iowa Stronger*, before ordering Comm. 229 or Comm. 229(S), dated 10/15, from Anamosa in the usual manner.

Refer questions about this general letter to your area income maintenance administrator.



## Facts About the Food Assistance Program

### INCOME GUIDELINES

Gross monthly income is the amount before taxes or other deductions are taken out. Net monthly income is what is left of gross income after certain allowable expenses are subtracted.

#### Income Guidelines

Household Size	1	2	3	4	5	6	7	8	Each Extra Person
Gross Monthly Limit	\$1,276	\$1,726	\$2,177	\$2,628	\$3,078	\$3,529	\$3,980	\$4,430	+\$451
Net Monthly Limit	\$981	\$1,328	\$1,675	\$2,021	\$2,368	\$2,715	\$3,061	\$3,408	+\$347

To be eligible, a household's monthly income must be within the above limits for its size. **Exceptions:**

- Households with an elderly (age 60 or over) or disabled person do not have to meet gross income limits.
- If everyone gets SSI or FIP, the household does not have to meet the gross or net monthly income limits.
- Some households that do not meet the above income guidelines might be eligible if monthly income is not more than the amount below (160% of the federal poverty level).

#### 160% of Federal Poverty Level

Household Size	1	2	3	4	5	6	7	8	Each Extra Person
Monthly Limit	\$1,570	\$2,125	\$2,680	\$3,234	\$3,789	\$4,344	\$4,898	\$5,453	+\$556

### MAXIMUM FOOD ASSISTANCE BENEFIT AMOUNT

Households of the same size do not all get the same amount of Food Assistance. The benefit amount depends on both the household's size and income. Only households with very little or no income get the maximum benefit amount.

Household Size	1	2	3	4	5	6	7	8	Each Extra Person
Maximum Monthly Benefit	\$194	\$357	\$511	\$649	\$771	\$925	\$1,022	\$1,169	+\$146

### WHERE TO APPLY

You can apply online at <https://secureapp.dhs.state.ia.us/oasis/>. You can also apply at the Human Services office. The address and phone number is in the county government listing of your telephone book under "Human Services." (A few counties have the listing under "Social Services.")



## Facts About the Food Assistance Program (Datos sobre el Programa de Asistencia Alimentaria)

### PAUTAS GENERALES SOBRE EL INGRESO

El ingreso mensual bruto es el monto que se recibe antes de impuestos u otras deducciones. El ingreso mensual neto es lo que queda del ingreso mensual bruto luego de que se restan ciertos gastos deducibles.

#### Pautas generales sobre el ingreso

Número de personas en el hogar	1	2	3	4	5	6	7	8	Cada persona adicional
Límite mensual bruto	\$1.276	\$1.726	\$2.177	\$2.628	\$3.078	\$3.529	\$3.980	\$4.430	+\$451
Límite mensual neto	\$981	\$1.328	\$1.675	\$2.021	\$2.368	\$2.715	\$3.061	\$3.408	+\$347

Para resultar elegible, el ingreso mensual de un hogar debe encontrarse dentro de los límites fijados más arriba según la cantidad de personas que viven en él. **Excepciones:**

- Los hogares en los que vive una persona anciana (de 60 años o más) o discapacitada no deben cumplir con ningún límite de ingresos brutos.
- Si todos reciben SSI o FIP, el hogar no debe cumplir con los límites de ingresos mensuales brutos o netos.
- Algunos hogares que no cumplen con las pautas sobre ingreso que se especifican arriba pueden ser elegibles si el ingreso mensual no supera el monto que se encuentra debajo (160% del nivel de pobreza federal).

#### 160% del Nivel de pobreza federal

Número de personas en el hogar	1	2	3	4	5	6	7	8	Cada persona adicional
Límite mensual	\$1.570	\$2.125	\$2.680	\$3.234	\$3.789	\$4.344	\$4.898	\$5.453	+\$556

### MONTO MÁXIMO DEL BENEFICIO DE ASISTENCIA ALIMENTARIA

No todos los hogares con igual cantidad de personas reciben la misma cantidad de Asistencia Alimentaria. El monto del beneficio depende tanto de la cantidad de personas en el hogar como de sus ingresos. Sólo los hogares con muy pocos ingresos o sin ingresos reciben el monto máximo del beneficio.

Número de personas en el hogar	1	2	3	4	5	6	7	8	Cada persona adicional
Máximo beneficio mensual	\$194	\$357	\$511	\$649	\$771	\$925	\$1.022	\$1.169	+\$146

### DÓNDE PRESENTAR LA SOLICITUD

Usted puede presentar su solicitud en línea en <https://secureapp.dhs.state.ia.us/oasis/>. También puede hacerlo en la oficina del Department of Human Services. La dirección y el número de teléfono se encuentran en el listado de organismos gubernamentales del condado en su guía telefónica, debajo de "Human Services". (Algunos condados poseen el listado debajo de "Social Services")



# The Family Investment Program (FIP)

## What is the Family Investment Program?

The Family Investment Program (FIP) provides temporary cash assistance to families with children. The goal of FIP is to help you leave poverty and become self-supporting.

FIP is available to one-parent and two-parent families and to relatives caring for children whose parents are not in the home. FIP payments are based on the size of your family and your family's income.

## Is there a time limit for FIP?

Federal law limits how long you can get FIP to a total of 60 months (five years). Months you get FIP or cash assistance in another state count toward the limit.

- Months are not counted for:
- Persons on SSI
  - Caretakers who don't get FIP for themselves. Caretakers are relatives who care for a child, but are not the child's parent.
  - Children

If a parent gets FIP for 60 months, FIP stops for the whole family. If a caretaker gets FIP for 60 months, the caretaker is taken off the FIP grant but FIP can continue for the child.

The five years don't have to be in one block of time. For example, if you get FIP for 30 months, then go off FIP and come back on later, you can still get FIP for 30 more months.

The only way you can get FIP for more than 60 months is if you can prove that you have a reason why you cannot support your family. This is called a "hardship exemption". Examples of hardship are:

- Physical or mental health problems
- Substance abuse problems
- Domestic violence

A hardship exemption can last up to six months. To get an exemption you must:

- Fill out a form called "Request for FIP Beyond 60 Months" and turn it in at the local DHS or PROMISE JOBS office.
- Give us proof of why you cannot support your family.
- Sign a six-month Family Investment Agreement (FIA) that lists the steps you must take to overcome the hardship.

You may be able to get more than one hardship exemption if you work on overcoming your hardship and follow all of the FIP rules.

## What is PROMISE JOBS?

To get a FIP check, you must work with PROMISE JOBS. PROMISE JOBS is a work and training program that will help you make a plan to support your family. This plan is called a **Family Investment Agreement (FIA)**.

You will meet with a PROMISE JOBS worker to plan and write your FIA. An FIA is a signed agreement between you and the state of Iowa. It will show:

- The steps you will take to be able to support your family, and
- How the state will help with those steps.

Your PROMISE JOBS worker will talk to you about help with child care and transportation while you do your FIA activities.

### PROMISE JOBS activities that may be included in your FIA include:

#### Assessment

- Looking at your family's needs and goals so that you can choose activities for your FIA that will help you become self-supporting in the shortest amount of time.

### Work-Related Activities

- **Individual Job Search:** Your PROMISE JOBS worker will help you develop a plan which includes the types of jobs you are looking for.
- **Monitored Employment:** Help for you to keep your job while you work. Your PROMISE JOBS worker also may be able to help you find a better job.
- **Self-Employment:** Classes may be available in your area to help you set up your own business or increase the income you get from your self-employment business.
- **Work Readiness Training:** Classes that prepare you for work and help you learn how to write a resumé, find job openings, complete job applications and letters of application, schedule a job interview, and how to dress and handle yourself in an interview and on the job.
- **Work Experience Placement:** Unpaid work experience in a real employment setting to get you ready for a job that pays a wage.
- **Unpaid Community Service:** A chance to learn basic skills while providing services to your community.

### Training and Education

- **High School Completion Activities:** Including high school equivalency classes to help you earn a high school diploma.
- **Adult Basic Education:** Classes to help you improve your reading, writing, and math.
- **English as a Second Language:** Classes that help you speak, read, and understand English.
- **Post-Secondary Education:** Training courses that help you prepare for a specific area of employment. This includes:
  - ♦ Short-term training such as truck driving or nurses' aide.
  - ♦ Long-term training up to a four-year college degree.

### Family Support Activities

- **Family Development and Self-Sufficiency (FaDSS):** A voluntary program that provides services and support in your home, to help you and your family become stable and deal with problems that keep you from becoming self-supporting.
- **Parenting Skills Training:** Training and support to be a good parent.

If you have problems or barriers that keep you from doing your FIA activities or from finding or keeping a job, tell your PROMISE JOBS worker. Activities related to removing these barriers, such as attending doctor's appointments, may be able to be included in your FIA.

Your PROMISE JOBS worker will answer your questions about PROMISE JOBS activities.

## What is a Limited Benefit Plan (LBP)?

If you don't do what you said you would do in your FIA, you'll be choosing a Limited Benefit Plan (LBP). Your family cannot get FIP while you are in an LBP.

The first time you choose an LBP, your FIP benefits will stop right away. You must sign an FIA before you can get FIP again.

If you or the other parent in the home choose an LBP and either of you had one before, your family can't get FIP for at least six months. To get FIP after the six months end, you must:

- Sign an FIA
- Complete 20 hours of approved PROMISE JOBS activity
- Meet all other FIP rules

## Are there other FIP rules?

- Other FIP rules are:
- **Age** — Children must be under the age of 18. A child who is age 18 may get FIP only if they are going to high school and will complete high school before age 19.

- **Minor Parents** — If you are a parent under age 18 and never married (or the marriage was annulled), you must live with a parent or legal guardian or show proof of good reasons for not living with them. If you do live with your parents, we will count your parent's income to decide if you can get FIP.

Minor parents must attend family development and parenting classes, and may have to take classes to finish high school.

- **Citizenship** — Family members must be U.S. citizens or eligible aliens.
- **Residency** — Your family must live in Iowa. Children must live with the parent or relative who applies for or gets FIP for them.
- **Social Security Number** — You must have a Social Security Number for each family member to get FIP for them. If you don't have a number for a family member, you must apply for a number and give us the number when you get it.
- **Applying for Other Benefits** — You must apply for other benefits that are available to you, such as Social Security.
- **Child Support** — If a parent is absent from the home, you must give us information about that parent and help us collect child support from that parent. If you don't want to give us this information, you must prove that you have a good reason.

When you get FIP, you give (assign) to the state of Iowa your rights to child support for the months you are on FIP. If the other parent gives you support, you must turn it in to DHS. The state will keep child support collected to pay back the state for the FIP you get. The state won't keep more than the total amount of FIP you get.

You can ask DHS to stop your FIP at any time. Child support paid after your FIP stops will be sent to you. If more support is paid than is owed to you, the state will keep the additional money to pay back the state for the FIP you got.

Keep track of how much support the other parent pays to DHS, so you can decide if you would be better off staying on FIP or going off FIP and getting child support instead. You can find out how much child support the other parent pays by checking the report the DHS sends you every three months, or by calling the free number, 1-888-229-9223.

- **Resource (Asset) Limits** — Your family may have up to \$2,000 worth of resources when you apply. After you are on FIP, you can have up to \$5,000 in resources. Resources include cash, bank accounts, stocks and bonds, real estate, and motor vehicles.

Some resources are not counted toward the limit, including the home you live in and one car for the family. If you have more than one car, part of the value of the other cars may count toward the limit.

- **Income** — Your family must meet the FIP income limits. Income includes pay from a job, social security income, unemployment benefits and any other money you get.

### How do I apply for FIP?

You can get an application from any county DHS office. Fill out the application and take or mail it to the local DHS office in the county where you live. The earliest you can get FIP is seven days from the date we get your application.

You will be asked to come to an interview and show proof of some things, such as your income. If you have questions about your application, ask your DHS worker.

Your application should be handled within 30 days. You will get a written notice telling you if you can get FIP. If you are approved for FIP, you'll get your first check within seven days after you get the letter.

### When do I have to fill out reports?

Everyone on FIP will be sent a report to fill out twice a year. Fill out the report and return it with proof of your income, by the due date on the form.

### What changes do I need to report as soon as they happen?

You must report any changes in your family's situation, including changes in:

- Mailing or living address
- Employment or other income when it starts or stops
- Resources
- Someone moving in or out of your home
- Receipt of a Social Security Number
- Change of school attendance of a child

Tell us about these changes within ten days if you are on FIP or within five days if you are applying for FIP.

### What if my family has income besides FIP?

Your family's income may be subtracted from your FIP grant. Income includes pay from work, Social Security payments, unemployment benefits or other money you get.

If you work, some of your earnings are used to figure your FIP grant. We subtract 20% and then 58% from your gross earnings. We use the remaining earnings after the deductions to figure your FIP grant.

You may also qualify for the federal and state Earned Income Tax Credit (EITC). EITC reduces taxes you must pay and may give you more take home pay on each paycheck or a refund when you file an income tax return. See your employer or call the IRS at 1-800-829-1040 for more information. EITC is not counted against your FIP.

A booklet called, *One-Time Payments*, gives important information about what to do if you get a one-time cash payment such as an inheritance, insurance or lawsuit settlement, gift or lottery winnings. If you think you will get one of these payments, ask your DHS worker for this information before you get or spend the money.

### What happens if I quit my job?

You may be choosing a Limited Benefit Plan (LBP) and your FIP will stop if:

- You quit your job without a good reason, or
- You lose your job for a reason such as not showing up for work or not calling in.

If you're thinking about quitting your job, first talk to your PROMISE JOBS worker to find out what will happen to your FIP.

### What happens if I get married or my children's other parent moves into the home?

Tell your DHS worker if you get married or your child's other parent moves into your home. You may still get FIP, depending on this person's income and resources.

If your child's other parent moves in, also contact your local child support recovery office. They can give you information on how this change affects child support the other parent may owe you, including information on how to stop an ongoing support order.

### Can I get help if my child needs things for school?

You may be able to get help with your child's school expenses. We can help pay for things like gym shoes and some class fees. The item must be required for all students in the class and not available free of charge. We cannot pay tuition, or pay the cost of everyday school supplies like pens and notebooks.

### How will I get my FIP payment?

Your FIP payments can be deposited to an electronic access card (also called a debit card) or your own checking or savings account.

#### • Electronic Access Payment Card

If you get your payments on the electronic access card, you will be sent information about how to use the card. Be sure to keep the card and read the information when you get it. It will tell you how to use the card in ways that will help you get your money without cost.

If you have questions about your card, call 1-866-899-5611 (toll free).

You cannot access your cash benefits with your electronic access card at a:

- ◆ Liquor store or any place that mainly sells liquor,
- ◆ Casino or other gambling or gaming establishment, or
- ◆ Business which provides adult-oriented entertainment in which performers disrobe or perform in an unclothed state (such as a strip club).

If the Department determines that you have accessed your cash benefits with your electronic access card at one of the above places you:

- ◆ Will have committed fraud,
- ◆ Have to repay the amount of cash accessed at the location, and
- ◆ Your family will not get cash benefits for three months with the first misuse and six months for each additional misuse.

#### • Direct Deposit

If you would like to have your payments deposited to your own checking or savings account, you must have an open checking or savings account at a bank, savings and loan or credit union.

If you would like your payments deposited to your own account, ask your DHS worker how to sign up for direct deposit.

### What if I don't agree with a decision made on my case?

You have the right to appeal if your application is denied, your FIP is reduced or canceled, or you disagree with your FIA or participation in PROMISE JOBS activities. Information about appeals is listed on each Notice of Decision you get from DHS. If you wish to appeal:

- File a written appeal in your county DHS office. You may ask for help in filing your appeal.
- Talk to your DHS or PROMISE JOBS worker or your worker's supervisor to see if you can work out the problem.
- Attend the appeal hearing when it is scheduled. An administrative law judge will hold the hearing, review the facts, and rule on whether the action was correct.

### Are there other programs that can help my family?

- Medicaid can help pay for medical and dental services.
- The Food Assistance program can help buy food.
- Child Care Assistance (CCA) can help with childcare costs while you work or are in training with PROMISE JOBS.

You may be able to get help from these DHS programs and others in your area that are not run by DHS, like the Women, Infants and Children (WIC) program. You can ask us how to apply.

If your FIP stops because of a Limited Benefit Plan or because of the 60-month limit, you still may be able to get Food Assistance, Medicaid, and other kinds of assistance.

**If you have questions, contact your worker in your local Human Services office. You may also call Iowa Legal Aid for help. The toll free number is: 1-800-532-1275**



### Policy Regarding Discrimination, Harassment, Affirmative Action and Equal Employment Opportunity

It is the policy of the Iowa Department of Human Services (DHS) to provide equal treatment in employment and provision of services to applicants, employees and clients without regard to race, color, national origin, sex, sexual orientation, gender identity, religion, age, disability, political belief or veteran status.

If you feel DHS has discriminated against or harassed you, please send a letter detailing your complaint to:

Iowa Department of Human Services, Hoover Building, 5th Floor—Bureau of Policy Coordination, 1305 E. Walnut, Des Moines IA 50319-0114 or via email [contactdhs@dhs.state.ia.us](mailto:contactdhs@dhs.state.ia.us)

**(Food Assistance only)** USDA - Director, Office of Adjudication, 1400 Independence Ave SW, Washington DC 20250-9410, or call 1-866-632-9992 voice. Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339; or 800-845-6136 (Spanish).

## How much income can we have?

Gross income means income before any deductions. *Net* income means gross income after deductions. For October 1, 2015, through September 30, 2016, the monthly income guidelines are:

People in Household	Gross Monthly Income	Net Monthly Income
1	\$1,276	\$ 981
2	1,726	1,328
3	2,177	1,675
4	2,628	2,021
5	3,078	2,368
6	3,529	2,715
7	3,980	3,061
8	4,430	3,408
More people	\$ 451	\$ 347

To be eligible, a household's monthly income must be within the above amounts for its size.

### Exceptions:

- Households with an elderly (age 60 or over) or disabled person do not have to meet gross income guidelines.
- If everyone gets SSI or FIP, the household does not have to meet the gross or net monthly income guidelines.
- Some households that do not meet the above income guidelines might be eligible if monthly income is not more than the amount below (160% of the federal poverty level).

People in Household	Monthly Income 160% of Federal Poverty Level
1	\$1,570
2	2,125
3	2,680
4	3,234
5	3,789
6	4,344
7	4,898
8	5,453
More people	\$ 556

## What are the allowable deductions?

To determine how much you can get, we use the following deductions:

- ▲ 20 percent of earned income;
- ▲ A standard deduction of \$155 or more;
- ▲ Medical expenses over \$35 a month for elderly (age 60 or over) or disabled persons;
- ▲ Certain dependent-care costs when needed for training, education, or work;
- ▲ Legally owed child support; and
- ▲ A percentage of shelter costs.

## Choose foods to promote a healthy future at every stage of life.

- ▲ Food Assistance helps you to be able to buy and eat a variety of foods.
- ▲ Let the Plate guide your food choices.



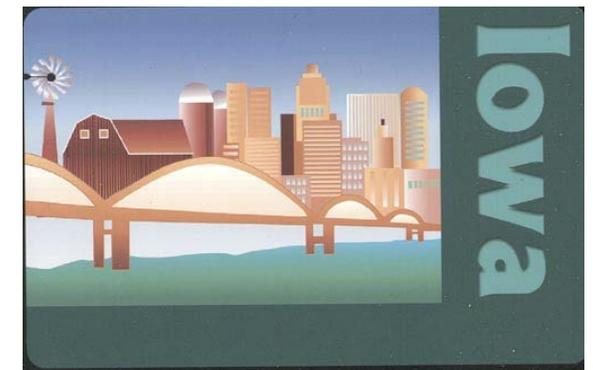
- ▲ Aim for a healthy weight.
- ▲ Be physically active each day – at least 30 minutes for adults and 60 minutes for children.
- ▲ Choose a variety of grains (especially whole grains), fruits, and vegetables daily.

Food Assistance is a program under the United States Department of Agriculture's Food and Nutrition Service.

*USDA is an equal opportunity provider and employer.*



# Food Assistance Makes Iowa Stronger



## What is Food Assistance?

The program helps people with little or no income to buy food for a healthy diet.

There is enough Food Assistance for everyone who is eligible.

Food Assistance helps your local economy. The Food Assistance spent in local grocery stores helps to provide jobs for people.

## How do I get Food Assistance?

You must fill out a Food Assistance application and turn it in to your Department of Human Services office. You can call toll free 1-877-DHS-5678 to find out where your Department of Human Services office is located. You may also apply online at <https://secureapp.dhs.state.ia.us/oasis/>.

You will be given an appointment for an interview. You will be asked to give us some things like ID, pay stubs for people in your household who work, and child-support orders.



## Will I have to get a social security number?

You can choose to give us the Social Security Number of each person in your household. We can give Food Assistance only to the people who give us their Social Security Number.

You don't have to give us the Social Security Number for the people you do not want Food Assistance for.

## Can legal noncitizens get Food Assistance?

Many can get Food Assistance. Even if you can't, your family members born in this country can.

Getting Food Assistance won't stop you if you want to become a citizen.

## Can I get help if I'm not working?

If you can work, you must not quit a job unless you have a good reason. In some areas of the state, we have a program that can help you search for a job or get training.

If you can't work because of a mental or physical reason, tell your Food Assistance worker.

## How many assets can we have?

Most households do not have to meet an asset test. If you do have to meet an asset test, your home and the value of at least one vehicle will not count.

## If my household is eligible, how much will we get?

For October 1, 2015, through September 30, 2016, the table below shows the most you could get if you have no income. As your income goes up, the amount of Food Assistance you will get goes down.

People in Household	Maximum Monthly Allotment
1	\$ 194
2	357
3	511
4	649
5	771
6	925
7	1,022
8	1,169
More people	\$146 for each

## Is Food Assistance cash?

Food Assistance comes through Electronic Benefit Transfer (EBT). You use a plastic EBT swipe card to buy food. Once your eligible food items have been totaled at the cash register, you will pass your EBT card through a point-of-sale (POS) terminal in the check out line. The cost of the food you purchase is subtracted from the amount in your Food Assistance EBT account.

## What if I have more questions?

Please call your local Department of Human Services office. If you don't know where the office is, call the toll-free number, 1-877-DHS-5678 to find out.

You can also visit "Food Assistance" on Iowa's web site at <http://dhs.iowa.gov/>

## ¿Qué ingresos podemos tener?

Ingreso *Bruto* significa el ingreso antes de efectuar retenciones. Ingreso *Neto* significa el ingreso bruto después de efectuar retenciones. Desde el 1 de octubre de 2015, hasta el 30 de septiembre de 2016, el ingreso mensual establecido es:

Personas en el grupo familiar	Ingreso Mensual Bruto	Ingreso Mensual Neto
1	\$1.276	\$ 981
2	1.726	1.328
3	2.177	1.675
4	2.628	2.021
5	3.078	2.368
6	3.529	2.715
7	3.980	3.061
8	4.430	3.408
Más personas	\$ 451	\$ 347

Para calificar, el ingreso mensual del grupo familiar no debe superar el importe indicado de acuerdo al tamaño del mismo. **Excepciones:**

- Los grupos familiares con una persona anciana (60 años o más) o discapacitada no tienen obligación de cumplir las normas sobre ingresos.
- Si todos reciben SSI o FIP, el grupo familiar no tiene obligación de cumplir las normas sobre ingresos brutos o netos.
- Algunos grupos familiares que no reúnan los requisitos indicados arriba podrían calificar si el ingreso mensual no supera los siguientes importes (160% del índice de pobreza a nivel federal).

Personas en el grupo familiar	Ingreso Mensual 160% del índice de pobreza a nivel federal
1	\$1.570
2	2.125
3	2.680
4	3.234
5	3.789
6	4.344
7	4.898
8	5.453
Más personas	\$ 556

## ¿Cuáles son las retenciones deducibles?

Para determinar los beneficios que puede recibir, se utilizan las siguientes retenciones:

- ▲ 20% de ingresos laborales;
- ▲ Una retención estándar de \$155 o más;
- ▲ Gastos médicos superiores a \$35 por mes correspondientes a personas ancianas (60 años o más) o discapacitadas;
- ▲ Determinados costos por cuidado de dependientes cuando sean necesarios por razones de capacitación, educación o trabajo;
- ▲ Manutención de menores por orden judicial; y
- ▲ Un porcentaje de los costos de la vivienda.

## Elija alimentos que promuevan un futuro saludable en cada etapa de la vida.

- ▲ Food Assistance le ayuda a comprar y comer una amplia variedad de alimentos.
- ▲ Secciones los alimento usando el plato como guía.



- ▲ Manténgase en un peso saludable.
- ▲ Haga ejercicio físico todos los días – al menos 30 minutos los adultos y 60 minutos los niños.
- ▲ Consuma cereales variados (especialmente cereales integrales), frutas y vegetales diariamente.

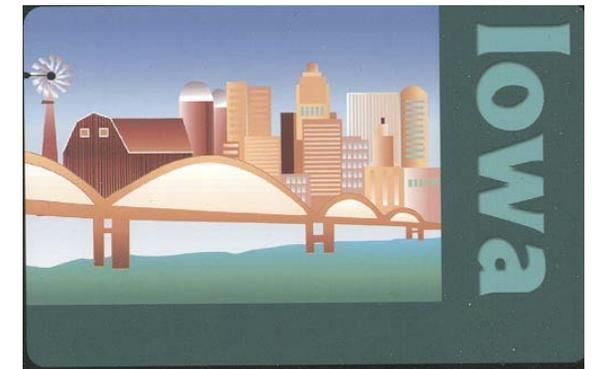
Food Assistance es un programa del Servicio de Alimentos y Nutrición del Departamento de Agricultura de EE.UU.

*USDA es un empleador y proveedor de igualdad de oportunidades.*



# Food Assistance Makes Iowa Stronger

(Food Assistance Hace que Iowa Sea Más Fuerte)



## ¿Qué es Food Assistance?

El programa ayuda a las personas con ingresos bajos o sin ingresos a comprar alimentos sanos.

Tenemos suficiente Food Assistance para todas aquellas personas que sean elegibles.

Food Assistance ayuda a la economía local. Al comprar alimentos con Food Assistance en las tiendas locales, ayuda a crear empleos.

## ¿Cómo consigo Food Assistance?

Debe llenar un formulario de solicitud de Food Assistance y entregarlo en la oficina local de Department of Human Services. Puede llamar de forma gratuita al 1-877-DHS-5678 para averiguar dónde está ubicada la oficina local de Department of Human Services. Además, puede solicitar Food Assistance por Internet:

<https://secureapp.dhs.state.ia.us/oasis/>.

Se programará una entrevista. Se le preguntará que nos dé algunas cosas como identificación, los recibos de sueldo de los integrantes de su grupo familiar que estén trabajando y las órdenes de manutención de menores.



## ¿Tendré que conseguir mi número de Social Security?

Tendrá que darnos el número de Social Security de cada una de las personas que soliciten Food Assistance. Podemos darles Food Assistance únicamente a aquellas personas que nos den su número de Social Security.

No tiene obligación de darnos los números de Social Security de las personas que no soliciten Food Assistance.

## ¿Pueden recibir Food Assistance las personas que no son ciudadanos legales?

Muchas personas pueden recibir Food Assistance. Aunque usted no pueda, los integrantes de su familia que hayan nacido en este país pueden recibirla.

Recibir Food Assistance no le impedirá convertirse en ciudadano.

## ¿Puedo recibir ayuda si no tengo trabajo?

Si puede trabajar, no debe renunciar a su empleo a menos que tenga una buena razón para hacerlo. En algunas zonas del estado, tenemos un programa que le puede ayudar a buscar empleo o recibir capacitación.

Si no puede trabajar por un problema mental o físico, dígaselo a su asistente de Food Assistance.

## ¿Qué bienes podemos tener?

La mayoría de los grupos familiares no tienen obligación de cumplir con los requisitos del análisis de bienes. Si usted no está obligado cumplir dichos requisitos, no se tendrá en cuenta el valor de su vivienda y de un vehículo por lo menos.

## Si mi grupo familiar es elegible, ¿cuánto recibiremos?

Desde el 1 de octubre de 2015, hasta el 30 de septiembre de 2016, los beneficios que puede recibir si no tiene ingresos son los que se indican en la siguiente tabla. A medida que sus ingresos aumenten, el monto de Food Assistance se reducirá.

Personas en el grupo familiar	Máxima asignación mensual
1	\$ 194
2	357
3	511
4	649
5	771
6	925
7	1.022
8	1.169
Más personas	\$146 cada una

## ¿Food Assistance es en efectivo?

Food Assistance se recibe a través de transferencia electrónica (*Electronic Benefit Transfer, EBT*). Puede usar la tarjeta plástica EBT para comprar alimentos. Una vez que la cajera sume el importe total de los alimentos que compró, podrá pasar su tarjeta EBT por el lector de tarjetas que se encuentra en la caja. El costo de los alimentos que compró se debitará automáticamente de su cuenta EBT de Food Assistance.

## ¿Y si deseo hacer otras preguntas?

Por favor, llame a la oficina local de Department of Human Services. Si no sabe dónde está la oficina, llame de forma gratuita al 1-877-DHS-5678 para averiguar.

Además, puede consultar “Food Assistance” en la página electrónica de Iowa: <http://dhs.iowa.gov/>



## Desk Aid

COVERAGE GROUP	RESOURCE LIMIT	MONTHLY INCOME LIMITS							
Food Assistance	\$3,250 if one or more age 60 or older or disabled  \$2,250 all other households	Household Size							
			1	2	3	4	5	6	7
		Gross	\$ 1,276	\$ 1,726	\$ 2,177	\$ 2,628	\$ 3,078	\$ 3,529	\$ 3,980
		Net	\$ 981	\$ 1,328	\$ 1,675	\$ 2,021	\$ 2,368	\$ 2,715	\$ 3,061
		Max Allotment	\$ 194	\$ 357	\$ 511	\$ 649	\$ 771	\$ 925	\$ 1,022
Expanded FA Cat Elig	None	Household Size							
		1	2	3	4	5	6	7	
		\$ 1,570	\$ 2,125	\$ 2,680	\$ 3,234	\$ 3,789	\$ 4,344	\$ 4,898	
FIP	\$2,000 per applicant household  \$5,000 per recipient household	Household Size							
			1	2	3	4	5	6	7
		Test 1	\$ 675.25	\$1,330.15	\$1,570.65	\$1,824.10	\$2,020.20	\$2,249.60	\$2,469.75
		Test 2	\$ 365	\$ 719	\$ 849	\$ 986	\$ 1,092	\$ 1,216	\$ 1,335
		Test 3	\$ 183	\$ 361	\$ 426	\$ 495	\$ 548	\$ 610	\$ 670
Medically Needy Medicaid *	\$10,000 per household	Medically Needy Income Level (MNIL) by Household Size							
		1	2	3	4	5	6	7	
		\$ 483	\$ 483	\$ 566	\$ 666	\$ 733	\$ 816	\$ 891	

100% Poverty Level	1	2	3	4	5	6	7
	\$ 981	\$ 1,328	\$ 1,675	\$ 2,021	\$ 2,368	\$ 2,715	\$ 3,061
	For each additional household member add \$338.						

300% Poverty Level Medicaid for Kids with Special Needs (MKSNS)	1	2	3	4	5	6	7
	\$ 2,943	\$ 3,983	\$ 5,023	\$ 6,063	\$ 7,103	\$ 8,143	\$ 9,183
	For each additional household member add \$1,040.						

COVERAGE GROUP	RESOURCE LIMIT	MONTHLY INCOME LIMITS								
SSI-Related Medicaid *	\$2,000 for one person \$3,000 for a couple	Household Size (couple in own home)								
		1		2						
		\$ 733		\$ 1,100						
QMB * (A Medicare Savings Program)	\$7,280 for one person \$10,930 for a couple	Effective 3/1/15	Poverty Level	Household Size						
			100%	Individual	Couple					
				\$ 981	\$ 1,328					
SLMB * (A Medicare Savings Program)	\$7,280 for one person \$10,930 for a couple	Poverty Level	Household Size	Income Over	But Less Than					
		Effective 3/1/15	Individual	\$ 981	\$ 1,177					
		Over 100% but less than 120%	Couple	\$ 1,328	\$ 1,593					
Expanded SLMB * (QI-1) (A Medicare Savings Program)	\$7,280 for one person \$10,930 for a couple	Poverty Level	Household Size	Income	But Less Than					
		Effective 3/1/15	Individual	\$ 1,177	\$ 1,325					
		120% but less than 135%	Couple	\$ 1,593	\$ 1,793					
QDWP Medicaid * (A Medicare Savings Program)	\$4,000 for one person \$6,000 for a couple	Effective 3/1/15	Poverty Level	Household Size						
			200%	Individual	Couple					
				\$ 1,962	\$ 2,655					
MEPD Medicaid for Employed People with Disabilities	\$12,000 for one person \$13,000 for a couple	Net countable income is less than 250% FPL	MEPD Income Limit						Household Size	
			1	2	3	4	5	6	7	8
			\$ 2,453	\$ 3,319	\$ 4,186	\$ 5,053	\$ 5,919	\$ 6,786	\$ 7,653	\$ 8,519

\* Note: Compare net countable income to the income limits.

<p>Monthly Medicare Part B Premium (Effective 1-1-2013) \$104.90</p>
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**MEPD Premiums Effective August 1, 2015**

<b>If the gross monthly income of the person getting MEPD is:</b>	<b>FPL</b>	<b>Premium Amount</b>
\$ 1,472 or less	At or below 150%	<b>\$ 0</b>
<b>Above: \$ 1,472</b>	<b>Above: 150%</b>	<b>\$ 32</b>
1,619	165%	44
1,766	180%	53
1,962	200%	62
2,207	225%	73
2,453	250%	84
2,943	300%	106
3,433	350%	130
3,924	400%	153
4,414	450%	177
5,395	550%	221
6,376	650%	268
7,357	750%	316
8,338	850%	375
9,809	1000%	451
11,280	1150%	530
12,751	1300%	612
\$ 14,517 and above	1480%	707