



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	\$1,354	\$1,832	\$2,311	\$2,790	\$3,269	\$3,748	\$4,227	\$4,705	+\$479
Net Monthly Limit	\$1,041	\$1,410	\$1,778	\$2,146	\$2,515	\$2,883	\$3,251	\$3,620	+\$369

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	\$1,666	\$2,256	\$2,845	\$3,434	\$4,024	\$4,613	\$5,202	\$5,792	+\$591

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	\$355	\$509	\$646	\$768	\$921	\$1,018	\$1,164	+\$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.")