

### Can I get food stamp benefits if I am not working?

Yes, but if you are able to work, you must look for work, take a job, or go to training.

### Can legal noncitizens get food stamp benefits?

Maybe. Ask your food stamp worker. Even if you can't get benefits, household members born in this country can. Getting food stamp benefits won't hurt you if you want to become a citizen.

### If I am eligible, how much can I get?

Look at the table below to see the most you can get if you have no income. As your income goes up, your food stamp benefits go down. The amounts in this table are good from October 1, 2005, to September 30, 2006.

| People in Household | Maximum Monthly Allotment* |
|---------------------|----------------------------|
| 1                   | \$ 152                     |
| 2                   | 278                        |
| 3                   | 399                        |
| 4                   | 506                        |
| 5                   | 601                        |
| 6                   | 722                        |
| 7                   | 798                        |
| 8                   | 912                        |

\*Larger households get bigger amounts. Amounts are higher in Alaska and Hawaii. People who receive SSI in California are not eligible.

### Where can I get more information?

Call your local food stamp office.  
Call the national food stamp information line at 1-800-221-5689.

Visit [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp).

### How can my family eat better?

You want the best for your family. You want everyone to stay well and for your kids to grow and learn. Using food stamp benefits to purchase healthy foods for your family can help make this happen.



Try these tips to help your family eat better and stay healthy:

- Vary your vegetables...dark green, orange, peas and beans.
- Focus on fruits. Choose fresh, frozen, canned, or dried fruit.
- Eat at least 3 ounces of whole-grain cereal, breads, crackers, rice, or pasta every day.
- Choose lean meats and milk products that are lower in fat.
- Make physical activity a regular part of your day.

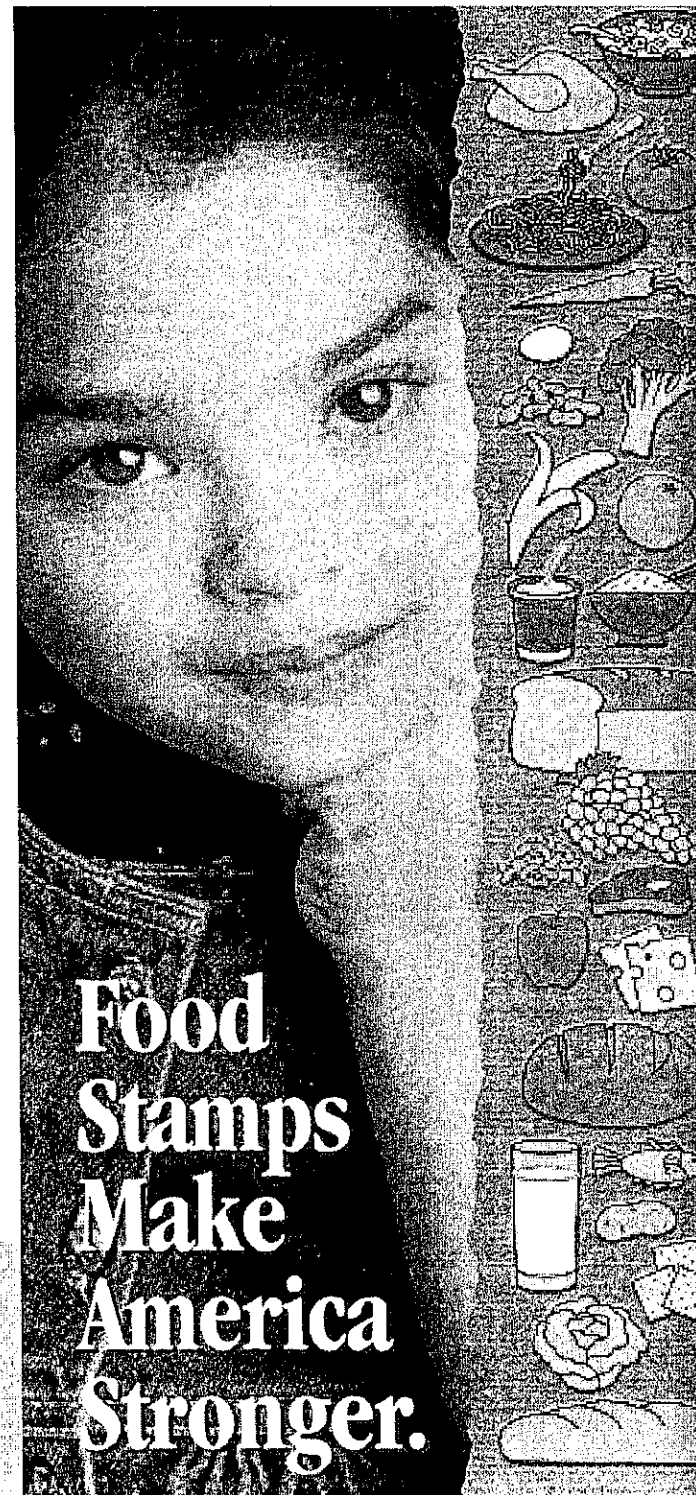
For more information on healthy eating go to [www.mypyramid.gov](http://www.mypyramid.gov).

## Food Stamps Make America Stronger.



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