

Hunger Action Network can help!

Call our Toll Free Food Stamp Hotline

1-866-526-2978



We can tell you if you may be eligible and estimate how much you might receive in benefits. You apply for the Food Stamp Program through the Department of Social Services.

It's fast, confidential, and easy.

Call weekdays 10am to 6pm

Serving Dutchess, Putnam, Ulster, and Sullivan Counties.

Contact us

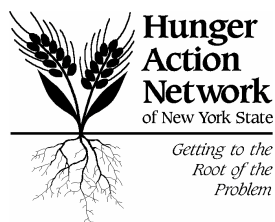
Food Card Hotline Number

1-866-526-2978

Downstate Office
260 W. 36th St. #504
New York, NY 10018
(212) 741-8192
Fax: (212) 741-7236

Email
info@hungeractionnys.org

Visit Us on the Web
www.hungeractionnys.org



YOU MAY BE ELIGIBLE FOR

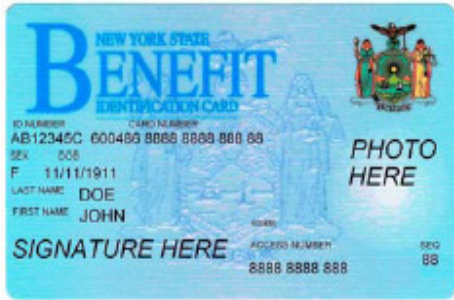
Food Stamps



Who can get Food Stamps?

Working, unemployed, immigrants, elderly, disabled, and single people all may qualify!

WHAT ARE FOOD STAMPS?



Benefits are provided through the Food Stamp program. The Food Stamp program is a federal program that helps people meet their food and nutrition needs. Anyone can apply. If you are approved, you will receive a card similar to a credit or debit card to be used at grocery stores to purchase food items. Food Stamp eligibility is based on income and other criteria.

What can I buy with Food Stamps?

Some items include:

- Any food or food product except for ready-to-eat hot foods
- Baby formula, goat's milk, Pedialyte and Pediasure
- Seeds and plants used to grow foods including fruit trees
- Fresh produce items from certain vendors
- Meals prepared & delivered by a meal delivery service such as Meals on Wheels
- Meals at congregate meal sites
- Nutritional supplements such as Ensure, Isomil, or Boost
- Distilled Water and Ice
- Lactaid caplets
- Cooking Sprays such as Pam

How much can I receive?

Household size	Gross Monthly Income (before taxes)	Maximum allotment level
1	\$1,127	\$176
2	1,517	323
3	1,907	463
4	2,297	588
5	2,687	698
6	3,077	838
7	3,467	926
8	3,857	1,058
Each additional member	+390	+132

Households with a person 60+ or disabled only have to meet a net income test.

