

# Lost your job? Or had your hours cut back? Or only work part-time? You may be able to get Food Stamps (SNAP)!

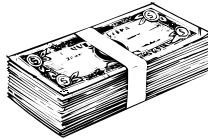
First DHS checks to see **how much money** you make. Your unemployment check counts, too.

If the number of people in your household is:	Then	The most you can make each month <b>BEFORE</b> taxes are taken out is:
1 .....		<b>\$1,174</b>
2 .....		<b>\$1,579</b>
3 .....		<b>\$1,984</b>
4 .....		<b>\$2,389</b>
5 .....		<b>\$2,794</b>
6 .....		<b>\$3,200</b>
7 .....		<b>\$3,605</b>

Is your income low enough to get Food Stamps (SNAP)? If so, DHS looks at what you own that you could use to buy food. They call these things **resources**.

## What counts as a resource?

- Cash
- Checking accounts
- Savings accounts
- Tax refunds



- RV's
- Boats
- 4-wheelers and
- Some land



But, these things **DON'T** count:

- 401ks,
- IRAs,
- Most other retirement accounts



- Money in your flexible spending account and
- College Accounts (529s)

To apply for Food Stamps, go to or call the DHS office in your county. **Need their address and phone number?** Call the Family Assistance Service Center at **1-866-311-4287**. It's also a free call.

Are you good at using the internet? To see if you can get Food Stamps, you can go to **[www.state.tn.us/humanserv](http://www.state.tn.us/humanserv)**. At the top, click the words that say, "Click here to apply for benefits."

**Legal Aid Society**  
of Middle Tennessee and the Cumberland  
Legal Aid is on the internet at **[www.las.org](http://www.las.org)**

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This material was funded by the USDA's Food Stamp Program. This material is not meant to take the place of legal advice. If you have a legal problem, consult a private attorney or call your local legal aid office at 1-800-238-1443. Rev 10/09 FS16 Martian Green 10/09