

The Truth About Food Stamps and Working People



Wrong: Food Stamps are welfare.

Right: Food Stamps help people buy good food when they don't make enough money. The money comes from taxes you and others have paid.

Wrong: Only people who don't have a job can get Food Stamps.

Right: Most people who work at jobs with low pay can get Food Stamps. Food Stamps help working people make ends meet.

Wrong: You can't get Food Stamps if you get unemployment.

Right: Most people on unemployment can still get Food Stamps.

Wrong: If you own too much you can't get Food Stamps.

Right: You can have up to \$2,000 in cash, savings or other things. Some things, like your house and car **don't** count.

Wrong: If you get Food Stamps you have to pay the money back.

Right: People who get the right amount of Food Stamps **don't** have to pay it back. You only pay it back if you got Food Stamps because your information was wrong.

Wrong: I will only get \$10. It's not worth the trouble.

Right: How much you get depends on your income and how many people are in the house. You can also get other things if you get Food Stamps.

1. **Example:** A mom has 2 kids. She works full time for \$7 an hour. She pays \$350 a month in rent. She could get as much as \$408 a month in Food Stamps.
2. **Example:** If you get Food Stamps, you can save \$13.50 a month on your local phone bill.

Wrong: Other people will know I get Food Stamps.

Right: Food Stamps are used with a card. It looks like a bank or credit card. You use it like a bank card. You slide it through the card reader at checkout and put in your secret number. No one will know it is a Food Stamp card unless you tell them.

Wrong: Food Stamps are only for families with children.

Right: Food Stamps are for anyone who applies and is OK'd.

Legal Aid Society

Of Middle Tennessee And The Cumberlands

1-800-238-1443

It's a free call.

On the internet at www.las.org