

FOOD STAMP INCOME & BENEFIT TABLES

Income:

Households must meet income tests unless all members are receiving TANF, SSI, or in some places, general assistance. Most households must meet both the gross and net income tests, but a household with an elderly person or a person who is receiving certain types of disability payments only must meet the net income test. Households, except those noted, that have income over the amounts listed below cannot get food stamps.

(October 1, 2024, through September 30, 2025)

Household size	Gross monthly income (130 percent of poverty)
1	\$1632
2	\$2,215
3	\$2798
4	\$3380
5	\$3963
6	\$4546
7	\$5129
8	\$5712
FOR EACH ADDITIONAL PERSON	+\$583

Gross income means a household's total, non-excluded income, before any deductions have been made.

Benefits:

The amount of benefits the household gets is called an allotment. The net monthly income of the household is multiplied by .3, and the result is subtracted from the maximum allotment for the household size to find the household's allotment. This is because food stamp households are expected to spend about 30 percent of their resources on food.

(October 1, 2024, through September 30, 2025)

People in Household	Maximum Monthly Allotment
1	\$ 292
2	\$ 536
3	\$ 768
4	\$ 975
5	\$ 1,158
6	\$ 1,390
7	\$ 1,536
8	\$ 1,756
FOR EACH ADDITIONAL PERSON, ADD:	+\$ 220

