

SNAP/FOOD STAMP BENEFITS

NOVEMBER 1 DECREASE: WHAT YOU NEED TO KNOW

Federal law requires a decrease in benefits for everyone who receives SNAP/Food Stamps. **The cut takes effect on November 1, 2013.**

The amount of the decrease depends on your household size:

Household Size	Maximum Monthly Benefit Decrease
1 person	-\$11
2 people	-\$20
3 people	-\$29
4 people	-\$36

The minimum benefit will decrease by \$1 from \$16 to \$15

How can I increase my SNAP/Food Stamp benefit?

Make sure you are claiming all allowable costs.

Medical Expenses: If someone in your household is age 60 or older or has a disability, your benefit amount may go up if you share all your out-of-pocket medical costs, such as insurance premiums, medical equipment, and prescription costs.

Dependent Care Expenses: If you pay for child care or adult day care so that you can work, look for work, or attend school, your benefit level may go up if you report these out-of-pocket costs, including co-pays and afterschool care costs.

Call 202-727-5355 to report these expenses.

MORE FOOD RESOURCES FOR D.C. RESIDENTS

For Children:

- **School Meals** - All D.C. public schools and public charter schools offer free breakfast and lunch for children whose families participate in SNAP. Contact your school to make sure your child is receiving free meals or contact the Office of the State Superintendent of Education.
 - Phone: (202) 727-6436
 - Website: <http://osse.dc.gov/service/wellness-and-nutrition-services>
- **Afterschool Meals** - If your child participates in an afterschool program, that program may participate in or be eligible for the federal afterschool meal program. For instance, some Department of Parks and Recreation centers serve afterschool meals. Check with your child's program to find out if they serve free meals or contact the Office of the State Superintendent of Education.
 - Phone: (202) 727-6436
 - Website: <http://osse.dc.gov/service/wellness-and-nutrition-services>
- **WIC (Women, Infants, and Children)** is a supplemental food program available for eligible pregnant women, new mothers, babies, and children up to age five. If you need help applying for this program, contact WIC:
 - Phone: (202) 442-9397 or 1-800-345-1WIC (1942)
 - Website: www.doh.dc.gov

For Seniors:

- The **Commodity Supplemental Food Program** provides eligible seniors with a monthly food package.
- The **Congregate Meals Program** serves lunchtime group meals to older D.C. residents at sites across the city.
- The **Home-Delivered Meals Program** delivers meals to seniors who cannot shop or prepare meals on their own.

For more information on these nutrition programs for seniors, call the D.C. Office on Aging.

- Phone: (202) 724-5622
- Website: www.dcoa.dc.gov

For Everyone:

- Contact the Hunger Lifeline at the Capital Area Food Bank at 202-644-9807 or visit their website at www.capitalareafoodbank.org. The D.C. Food Finder can also help you find free and low-cost meals and groceries, farmers markets, and other food and nutrition resources in D.C. Visit the D.C. Food Finder online at www.dcfoodfinder.org.