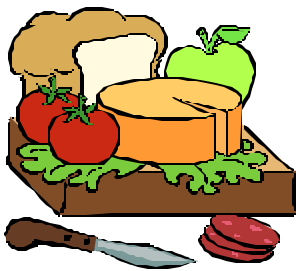


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# What is the Food Stamp Program?

It's a nutrition assistance program. It provides low-income households with benefits they can use like cash at most grocery stores to ensure that they have access to a healthy diet.



## Where do I apply?

### Midtown Sacramento

28th and Q Streets  
Phone: (916) 874-2256  
Hours: 8am-5pm, Mon-Fri

### South Sacramento

2450 Florin Rd  
Phone: (916) 875-8100  
Hours: 8am-9pm; Mon-Fri

### North Sacramento

3960 Research Drive  
(near Norwood and Harris)  
Phone: (916) 646-0894  
Hours: 8am-8pm, Mon-Fri

### Elk Grove

9136 Elk Grove Blvd  
Phone: (916) 685-9274  
Hours: Mondays 8am-6:30pm; Tues-Fri 8am-5pm

### Galt

257 South Lincoln Way  
Phone: (209)745-3484  
Hours: 8am-7pm on Tuesday

### Folsom Boulevard

6620 Folsom Blvd  
Phone: (916) 874-3800  
Hours: 8am-5pm Mon-Fri

It's your right to apply at any location that suits your needs.\*

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*And Remember:*

**For emergencies, you have a right to food stamps within 3 days.**

If you qualify for emergency food stamps you may be able to get your Food Stamp coupons within 3 days. Ask when you apply.



Sacramento Hunger Commission  
909 12th Street, Suite 200

PH: (916) 447-7063  
FAX: (916)447-7052  
Email: [hunger@communitycouncil.org](mailto:hunger@communitycouncil.org)

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## Need Help Putting Food on the Table?

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## Food Stamps can help you—

- Even if you don't have children.
  - Even if you work full or part-time
  - Even if you are a college student
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## How many food stamps will I get each month?

The amount you will get depends on your income and your expenses

A single adult can get up to \$139 a month



## Does everyone living in my home have to get food stamps?

No. Food Stamp Program rules allow people in many situations to apply as a separate household if they purchase and prepare food separately. Even if you are living with other people, you may be able to apply just for yourself or your family.

## How much money can I have and still get Food Stamps?

***A single adult can make up to \$960 each month and still get food stamps.***

***If your income is less than the amount on this chart for your family size, you may qualify for food stamps.***

### ***Food Stamp Income Guidelines October 1, 2002 –September 30-2003***

<b><i>Household Size</i></b>	<b><i>Gross Monthly Income Limit</i></b>
1 person	\$960
2 people	\$1,294
3	\$1,628
4	\$1,961
5	\$2,295
6	\$2,629
7	\$2,962
8	\$3,296
Each Additional Member	+ \$334

***The income can be from a job, unemployment, or other cash assistance. People who get SSI in California are not eligible for food stamps, but their families may be.***

***Disabled adults and adults 60 years of age or older do not have to meet this income limit.***

## What about the things I own?

- \* You can have up to \$2,000 in the bank or in cash assets and still get food stamps. Families with seniors or people with disabilities can have up to \$3,000 in cash assets.
- \* Your house and your personal belongings like furniture don't count toward this limit.
- \* You **can** have a car and still be eligible for a food stamps. The value of a car under \$4,650 is not counted towards your resource limit. If you still owe money on your car the amount the car is worth may decrease. In many circumstances, your car's value is not counted at all.
- \* You **don't** have to spend down your savings before getting help.

## What if I'm a student?

- \* College students who work at least 20 hours a week may be eligible for food stamps.
- \* Disabled students or students with young children may also be eligible.