

Easy Answers to Common Questions about Food Stamps and Seniors

Is the food stamp program a welfare program?

No, The Food Stamp Program is NOT a welfare program. It is a nutrition assistance program designed to help low-income individuals and families buy and consume nutritious food.

How much in food stamp benefits will I receive?

Seniors who are eligible can receive anywhere from \$10-139 a month.

Do I have to go to the food stamp office for an interview?

No, if an older person is not able to go to the food stamp office, he or she may apply by mail, request a telephone interview or ask a relative, pastor, neighbor or friend to attend the interview as an authorized representative.

Where can I use food stamps?

Food stamps can be used at most grocery stores and discount chains, like Safeway, Albertson's, Raley's and Wal-Mart. Food stamps can also be used at Farmer's Markets and smaller grocers like neighborhood stores and natural food co-ops.

What can I buy with food stamps?

Food stamps can be used only to purchase food and seeds and plants that produce food.

How much money or savings am I allowed to have and still be eligible for Food Stamps?

More than you may think. The assets limit for a senior household or households containing one senior is up to \$3000. This refers to assets like money in bank accounts, not your monthly income. Your home is not included as an asset. *Good news:* Households with a senior or disabled member do not have to meet the gross monthly income limits for the Food Stamp program.

Interested in applying for Food Stamps?

Call the Sacramento County Department of Human Assistance:

Joe Molina

Midtown Sacramento

874-2726

Robert Rust

Folsom Blvd

874-3853

Jenette Lang

Florin Rd

Jenette Lang

Turn over...

Can I receive food stamps and be a SSI recipient?

No. In California, seniors on SSI are automatically receiving cash benefits from the Food Stamp program as part of the monthly SSI payment and do not qualify for additional food stamps.

Can I receive food stamps if I get Social Security?

Yes, Social Security recipients who meet eligibility requirements can get food stamps.

Can I receive food stamps and own a home, or be in the process of buying a home?

Yes. Individuals can own or buy a home and still get food stamps. Your home and its lot are not counted as a resource in the Food Stamp program. The Food Stamp Program does not require a person to sign away their home.

Can I receive credit for medical and prescription drug bills?

Yes. Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them.

Can I have a car and still be eligible for food stamps?

Yes. 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 its worth may decrease. However, if a vehicle is needed to transport a physically disabled household member, its value is not counted at all.

If I am certified for food stamps, will I be taking benefits away from others who have more of a need, like families with children?

No, the Food Stamp Program is a nutrition assistance program for all people. Everyone who applies and who is determined to be eligible will get food stamps.

Can I receive food stamps if I am an immigrant?

In California, legal immigrants may get food stamps. The children or grandchildren of undocumented immigrants may get food stamps. Any food stamps that you receive are not counted as public charge and will not count against you if you pursue United States citizenship.

How do I get food stamps?

Call the food stamp office to set up a meeting with a worker (See the numbers on the other side of this sheet). The worker may need to see copies of your pay stubs, rent or mortgage payments, utility bills, child or elder-care bills, and proof of identification. At the food stamp office you will talk with a worker, answer a few questions, and sign some papers. If you can't go to the food stamp office, you may send a relative or friend to talk with the worker. Or you can talk with a worker over the phone.