

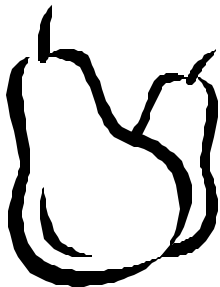
Think you can't get Food Stamps?

You may have been told you cannot get Food Stamps. You may even have received Food Stamps at one time, but lost them because the Department of Human Services thought you were no longer eligible.

However, if you have low income or have trouble making ends meet, you may in fact be eligible for Food Stamp benefits.

This pamphlet describes some of the common myths about Food Stamp benefits.

If you have questions or would like more information, call the toll free Food and Nutrition Program Helpline offered by the Center for Civil Justice at **(800) 481-4989**.



Myth

vs.

Truth

Think you cannot get Food Stamps if you are homeless? Not true!

Think you cannot get Food Stamps if you own a car? Not true!

Think you cannot get Food Stamps if you are working? Not true!

Think that applying for Food Stamps isn't worth the trouble because most people are only eligible for \$10 anyway? Not true!

Think that if you want to apply for Food Stamps, you have to go to the DHS office in person? Not true!

Think that if you get Food Stamps, you will have to go to Work First? Not true!

You do not need an address to receive Food Stamps. If you need to, you can even pick up your Food Stamps at the DHS office.

Food Stamp rules have changed. If you have low income, you can still receive Food Stamps, even if you have a car.

Most people who work at jobs with low wages are still eligible for Food Stamps.

The amount of Food Stamp benefits depends on family size, income and certain expenses. For example, a mother with two children who worked full time at \$7.00 an hour and paid \$350 a month in rent could receive \$180 in Food Stamps per month.

You can apply for Food Stamps by mail. You may have to attend an interview at the DHS office later, but if you are elderly, disabled or cannot attend for other reasons, such as work or transportation difficulty, DHS may be able to do a phone interview.

Work First rules will **not apply** to you unless you also receive FIP cash assistance.

How do I apply for Food Stamps?

You can apply for Food Stamps (also called "Food Assistance") at your local Department of Human Services office. You can also call DHS and have them send you an application in the mail.

Applications for Food Stamps may also be available from the same place you received this pamphlet.

How do I find out if I'm eligible?

If you want to find out if you are eligible for Food Stamps before you apply or if you have questions about Food Stamps, call the toll free and confidential Food and Nutrition Program Helpline offered by the Center for Civil Justice at **1-800-481-4989**.



For more information, call
the Food and Nutrition
Program Helpline



1-800-481-4989

M-F 9am-5pm

Se habla español

This project has been partially funded with Federal funds from the United States Department of Agriculture (USDA through partnerships with Michigan State University Extension and the Michigan Department of Human Services. Additional support is provided by private organizations, including MAZON: A Jewish Response to Hunger, the Presbyterian Hunger Program, and Share Our Strength. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 202050 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

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Take a fresh look.

Revised March 2006