



More North Carolina residents now Qualify for Food and Nutrition Services

*(Food and Nutrition Services is the new name for
North Carolina's food stamp program.)*

You too may now qualify!

North Carolina recently **revised the income levels for Food and Nutrition Services program eligibility.**
North Carolina no longer uses a resource limit test for most households—contact a caseworker to see which resource or income limits apply.

Monthly Income <u>and</u> Food and Nutrition Services Benefits				
Note: A caseworker will tell you which income limit applies to you.				
Number in Household	Monthly 130% Gross Income Limit	Monthly 130% Net Income Limit	Monthly 200% Gross Income Limit	Maximum Monthly Paid Benefit
1	\$1180	\$908	\$1,815	\$200
2	\$1594	\$1226	\$2,452	\$367
3	\$2008	\$1545	\$3,089	\$526
4	\$2422	\$1863	\$3,725	\$668
5	\$2836	\$2181	\$4,362	\$793
6	\$3249	\$2500	\$4,999	\$952
7	\$3663	\$2818	\$5,635	\$1,052
8	\$4077	\$3136	\$6,272	\$1,202
Each Additional Household Member	(+414)	(+319)	(+637)	(+150)

To apply for Food and Nutrition Services benefits:

- Call or go to the local social service office for an application. They can mail it to you.
- Fill out the application. You only need to put your name, address and signature on the form.
- Return the application to the local office.
- Have an interview over the phone, in person or send someone you trust in your place.
- You may have to show documents such as pay stubs, rent/mortgage receipts, utility bills, child/elder care bills, or child support court orders.
- A caseworker will tell you what you need.

North Carolina residents can now use an **online pre-screening tool** called **ePASS**. Simply enter your income and other data to determine if you may be eligible.

<https://epass.nc.gov>

There is a Social Services office in each county; for a **Directory** of offices:

www.ncdhhs.gov/dss/local/docs/directory.pdf

OR

Call: (919) 334-1224

NOTE: Individuals **residing together**, but **purchasing and preparing** their meals separately, **may** qualify as separate households; talk with a case worker to determine the specific qualification guidelines.

