

Church Bulletin/Article

Food Support can help make ends meet

Food Support is a supplemental program that increases food purchasing power for people with low incomes. This U.S. Department of Agriculture program was established to provide adequate food to maintain a healthy diet. In Minnesota, 54% of eligible households participate in the Food Support program; among seniors the participation rate is significantly lower. The Minnesota Department of Human Services wants to ensure that all those eligible are participating in the program to meet their nutritional needs. Because Food Support benefits are 100% federally funded, program participants put less strain on local resources such as food shelves. Both participants and local economies benefit from increased spending power. Use the insert in today’s bulletin to see if you might qualify for Food Support, and pass this information on to your friends and neighbors.

Who qualifies for Food Support? You might!

The following are Food Support eligibility requirements:

You and everyone who lives with you receives Supplemental Security Income (SSI), General Assistance (GA), Minnesota Supplemental Aid (MSA): or

- You receive either transitional childcare assistance, or subsidized childcare assistance; or
- You participate in the Diversionary Work Program (DWP).

If you meet any of the above criteria, you are categorically eligible and should apply. If you don’t meet the above criteria, you may still qualify if:

- Your assets are less than \$7,000
- You are under age 60 and your income meets the gross and the net income guidelines(see below); or
- You are age 60 or over and your income, after allowing for expenses such as rent and medical costs are within the net income guidelines (see below). Please note you do not have to meet the gross income guidelines.

Household Gross Income Guidelines *Net Income Guidelines*

# In Household	Gross Income	Net Income
1	\$1,174	\$ 903
2	\$1,579	\$1,215
3	\$1,984	\$1,526
4	\$2,389	\$1,838

**This information is valid from October 1, 2009 to September 30, 2010.*

For more information, contact the Minnesota Food Helpline, 1-888-711-1151.