



# Your Food Stamp Benefits Are Going Up!

## WHY ARE MY BENEFITS GOING UP?

- There is a new law called the American Recovery and Reinvestment Act of 2009. You might have heard it called the **stimulus package**.
- Because of the law, you get more food stamp benefits.

## HOW CAN I USE THE EXTRA BENEFITS?

- Use your extra benefits to **buy food** at your grocery store, farmers' market, or flea market where food stamps are accepted.

## HOW DO I GET THE EXTRA BENEFITS?

- You get the extra benefits starting **April 2009**.
- The extra benefits will be **added automatically** to your EBT card.
- You do not have to do anything.



## HOW MUCH EXTRA DO I GET?

- Some households with 1 or 2 people who get the minimum benefit of \$14 a month may get \$16 a month starting in April. Others may get more.
- **Look at the table** below to see how much more you may get each month.
- For example: If there are 3 people in your household and right now you get \$250 each month, in April, you will get \$313 each month ( $\$250 + \$63 = \$313$ ).

FFY 2009 Food Stamp Benefit Increase			
Household Size	Current <u>Maximum</u> Monthly Benefit	Increase in Monthly Household Benefit	New <u>Maximum</u> Monthly Benefit
1	\$176	\$24	\$200
2	\$323	\$44	\$367
3	\$463	\$63	\$526
4	\$588	\$80	\$668
5	\$698	\$95	\$793
6	\$838	\$114	\$952
7	\$926	\$126	\$1,052
8	\$1,058	\$144	\$1,202
Each extra person	+ \$132	+ \$18	+ \$150

*Note: This chart shows the additional amount most households in the lower 48 States and the District of Columbia will receive. Hawaii, Alaska, Guam, and the Virgin Islands have different tables.*



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).