IOWA | Health and Human Services

# Facts About SNAP

## Income Guidelines

Gross monthly income is the amount before taxes or other deductions are taken out. Net monthly income is what is left of gross income after certain allowable expenses are subtracted.

**Income Guidelines**

| Household Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Each Extra Person |
|---|---|---|---|---|---|---|---|---|---|
| Gross Monthly Limit | $1,729 | 2,345 | 2,960 | 3,575 | 4,191 | 4,806 | 5,421 | 6,037 | +616 |
| Net Monthly Limit | $1,330 | 1,804 | 2,277 | 2,750 | 3,224 | 3,697 | 4,170 | 4,644 | +474 |

To be eligible, a household's monthly income must be within the above limits for its size.

**EXCEPTIONS:**

- Households with an elderly (age 60 or over) or disabled person do not have to meet gross income limits.
- If everyone gets SSI or FIP, the household does not have to meet the gross or net monthly income limits.
- Some households that do not meet the above income guidelines might be eligible if monthly income is not more than the amount below (160% of the federal poverty level).

**160% of Federal Poverty Level**

| Household Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Each Extra Person |
|---|---|---|---|---|---|---|---|---|---|
| Monthly Limit | $2,128 | 2,887 | 3,644 | 4,400 | 5,159 | 5,916 | 6,672 | 7,431 | +759 |

## Maximum SNAP Benefit Amount

Households of the same size do not all get the same amount of SNAP. The benefit amount depends on both the household's size and income. Only households with very little or no income get the maximum benefit amount.

| Household Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Each Extra Person | 18+ (cap) |
|---|---|---|---|---|---|---|---|---|---|---|
| Maximum Monthly Benefit | $306 | 562 | 808 | 1,023 | 1,217 | 1,463 | 1,616 | 1,841 | +225 | 3,887 |

## Where to Apply

You can apply online at https://hhs.iowa.gov/apply-services. You can also apply at any HHS office. Office addresses and phone numbers can be found at https://hhs.iowa.gov/about/hhs-office-locations.