How much income can we have?

Gross income means income before any deductions. *Net* income means gross income after deductions. For October 1, 2026, through September 30, 2027, the monthly income guidelines are:

People in Household	Gross Monthly Income	Net Monthly Income
1	$1,729	$1,330
2	$2,345	$1,804
3	$2,960	$2,277
4	$3,575	$2,750
5	$4,191	$3,224
6	$4,806	$3,697
7	$5,421	$4,170
8	$6,037	$4,644
More people	+$616	+$474

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

- Households with an elderly (age 60 or over) or disabled person do not have to meet gross income guidelines.
- If everyone gets SSI or FIP, the household does not have to meet the gross or net monthly income guidelines.
- 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).

People in Household	Monthly Income 160% of Federal Poverty Level
1	$2,128
2	$2,887
3	$3,644
4	$4,400
5	$5,159
6	$5,916
7	$6,672
8	$7,431
More people	+$ 759

What are the allowable deductions?

To determine how much you can get, we use the following deductions:

- 20 percent of earned income;
- A standard deduction of $217 or more;
- Medical expenses over $35 a month for elderly (age 60 or over) or disabled persons;
- Certain dependent-care costs when needed for training, education, or work;
- Legally owed child support; and
- A percentage of shelter costs.

Choose foods to promote a healthy future at every stage of life

- SNAP helps you to be able to buy and eat a variety of foods.
- Aim for a healthy weight.
- Be physically active each day – at least 30 minutes for adults and 60 minutes for children.
- Choose a variety of grains (especially whole grains), fruits, and vegetables daily.

SNAP is a program under the United States Department of Agriculture's Food and Nutrition Administration.

USDA is an equal opportunity provider, employer, and lender.

IOWA | Health and Human Services

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SNAP Makes Iowa Stronger



What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) helps people with little or no income to buy food for a healthy diet.

There is enough SNAP for everyone who is eligible.

SNAP helps your local economy. SNAP spent in local grocery stores helps to provide jobs for people.

How do I get SNAP?

You must fill out a SNAP application. You can apply online or print an application at http://hhs.iowa.gov/programs/apply-services

You can turn your application in or complete one at a Department of Health and Human Services (HHS) office. For locations, visit http://hhs.iowa.gov/about/hhs-office-locations

You will be given an appointment for an interview. You will be asked to give us some things like ID, pay stubs for people in your household who work, and child-support orders.

Can legal noncitizens get SNAP?

Many can get SNAP. Even if you can't, your family members born in this country can.

Getting SNAP won't stop you if you want to become a citizen. SNAP only to the people who give us their social security number.

Will I have to get a social security number?

You can choose to give us the social security number of each person in your household. We can give You don't have to give us the social security number for the people you do not want SNAP for.

Can I get help if I'm not working?

If you can work, you must not quit a job unless you have a good reason. In some areas of the state, we have the FREE Employment and Training (E&T) program that can help you search for a job or get training at no cost to you.

If you can't work because of a mental or physical reason, tell your SNAP worker.

How many assets can we have?

Most households do not have to meet an asset test. If you do have to meet an asset test, your home and the value of at least one vehicle will not count.

If my household is eligible, how much will we get?

For October 1, 2026, through September 30, 2027, the following table shows the most you could get if you have no income. As your income goes up, the amount of SNAP you will get goes down.

People in Household	Maximum Monthly Allotment
1	$ 306
2	$ 562
3	$ 808
4	$1,023
5	$1,217
6	$1,463
7	$1,616
8	$1,841
More people	+$225 each

Is SNAP cash?

SNAP benefits are given to you on an Electronic Benefit Transfer (EBT) card. You use the EBT card to buy food. After your eligible food items have been totaled at the cash register, swipe your EBT card through the point-of-sale (POS) machine at the register. The cost of the food you purchase is subtracted from the amount in your EBT account.

What if I have more questions?

Please visit https://hhs.iowa.gov/programs/food-assistance/snap for more information.

If you have additional questions you can call the toll-free number 1-877-347-5678.