

Seniors: Food Stamps Will Cut Costs



OUR ATTORNEYS HELP SOLVE CIVIL LEGAL PROBLEMS AT NO COST FOR STRUGGLING INDIVIDUALS AND FAMILIES.

BECAUSE NO ONE SHOULD HAVE TO FACE A LEGAL PROBLEM ALONE.



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ME!**

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- Telephone Bills
- Groceries
- Vegetable Plants and Seeds
- Share Program

Money doesn't go as far as it used to. It's hard to make a fixed income cover the increasing costs of housing, health care, food and other needs. There are a variety of programs funded through your tax dollars that are designed to assist the senior citizen and others during difficult times. One such program is the Food Stamp Program.

Food Stamps work like a debit card that can buy food, Meals on Wheels, and seed and plants for food. Food stamps may also make you eligible for discounts on telephone installation and your monthly telephone bill.

HOW DO I QUALIFY?

The Food Stamp Office will decide if you can get stamps by looking at the following information:

- Your income - you must meet certain income guidelines to be eligible for food stamps. Even if you think your income might be too high you should still apply, because things like high medical bills and housing costs might help you be eligible.
- Your resources - as a senior citizen you can have up to \$3,000 in assets. The cash value of burial plots and most life insurance policies do not count as resources. Your car (up to a certain value) and the home you live in also do not count.

If you have questions about these rules, call the Food Stamp Hotline (800) 342-1784.

HOW DO I APPLY?

The first thing you need to do is get an application at your local Department of Human Services. You can call the Food Stamp Hotline (800)342-1784 to find out which DHS is closest to you. If you can't go to DHS, ask them to mail you an application.

If you are over 60 or disabled you can apply by mail, be interviewed over the phone and get your food stamps by mail. You never need to go to DHS. Most seniors will only need to be interviewed once every year.

Once you have turned in the application you will be interviewed by a case manager. Your case manager must complete your application and decide on your case no longer than 30 days from the day you turned in your application.

WHAT ELSE DO I NEED TO KNOW?

- You NEVER have to pay for food stamps.
- You DO NOT pay sales tax on food that you buy with food stamps. In Tennessee, this adds nearly 9% to the food you can buy.
- You CAN WORK and may be eligible for food stamps.
- You MUST REPORT all changes in household size and income immediately to your local food stamp office.
- You have the right to appeal if your stamps are denied, reduced or stopped.

PEOPLE WORKING TOGETHER TO END HUNGER

This Fact Sheet is intended for general information only. The circumstances of every case are different and need to be dealt with on a case by case basis. This is not a substitute for advice of a lawyer. Also, the law may change.

LAET'S OFFICES ARE OPEN MONDAY THROUGH FRIDAY FROM 8:30 AM TO 5:00 PM

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BRANCH HOUSE - THE FAMILY JUSTICE CENTER OF SULLIVAN COUNTY

(423) 574-7233

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No person in the United States shall, on the grounds of race, color, or national origin, be denied the benefits of, or be subjected to discrimination under, any program or activity receiving federal financial assistance.

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