

As grocery prices continue to rise, get help filling your basket.



Good nutrition is the foundation for a healthy lifestyle. When you're eating healthy, you have the energy to stay well and do the things you love.

If you need help buying food, help is available. Senior citizens balancing a limited income may be eligible to participate in several North Carolina food benefit programs. These programs include food assistance such as NC Food and Nutrition Services (FNS).

FNS makes it easy to buy nutritious food:



You receive a debit card with your monthly benefit that you can use at grocery stores or even farmer's markets.



You get to choose which food to eat.



If you don't use all of your benefits in one month, you can save them up to use for a special occasion, such as a birthday or holiday meal.

How to sign up and access additional resources

- Visit www.NCDHHS.gov/SeniorResources for more information on how to qualify and apply for FNS and to learn more about the different types of assistance available to you.
- Dial 2-1-1 or 888-892-1162 (available 24 hours a day 7 days a week) to speak with someone about additional resources. You may also visit www.unitedwaync.org.
- Visit NCCARE360.org to be connected to a state-wide network of local health care and human services resources.

Other ways FNS helps

In addition to monthly food benefits, FNS beneficiaries may automatically be eligible for additional programs that can help with common expenses such as utilities, phone, and internet.

Additional food resources

North Carolina offers several additional programs that provide food assistance and nutrition education to those in need.



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NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Eligibility and how to maximize FNS benefits

Households with a senior (60+) member must meet two requirements to be eligible:

1. Net income

After deductions (found at the bottom of the flyer) are applied, your household monthly net income must be at or below a maximum threshold amount. This threshold increases as household size increases. The table to the right provides these threshold amounts and the maximum monthly benefit allotments for eligible households.

Household Size	Maximum Monthly Net Income	Maximum Monthly Benefits Allotment
1	\$1,133	\$281
2	\$1,526	\$516
3	\$1,920	\$740
4	\$2,313	\$939

2. Assets

Certain resources are counted as assets and must equal less than \$4,250 in households with a member aged 60+. See the table below to understand which common assets are counted.

Counted	Not Counted
<ul style="list-style-type: none">◦ Cash◦ Money in a bank account	<ul style="list-style-type: none">◦ Homes◦ Land◦ Most retirement and pension plans◦ Vehicles
	<ul style="list-style-type: none">◦ Assets for those receiving Supplementary Security Income (SSI) or Temporary Assistance for Needy Families (TANF)

Deductions

Deductions play an important role in determining FNS benefits and maximizing your allotment. You are allowed to subtract many everyday expenses from your household's gross income to determine net income and program eligibility. FNS allows for the following deductions:

- **Standard deduction:** Accounts for basic unavoidable costs. For a household with 1-4 members, the monthly standard deduction amount is \$193.
- **Earnings deduction:** Amounts to 20 percent of earnings.
- **Medical expense deduction:** Allowed for out-of-pocket medical expenses greater than \$35 a month incurred by a household member who is a senior (60+) or has a disability. A wide range of medical and related expenses may be deducted, including many that health insurance does not typically cover. These may include transportation costs to a doctor or pharmacy, over-the-counter drugs, medical supplies, and home renovations to increase accessibility.
- **Dependent care deduction:** Accounts for out-of-pocket adult and/or dependent care expenses that are necessary for a household member to participate in work or training. This includes expenses for adult daycare, adult attendant care, special needs care, and transportation costs associated with taking dependents to and from a care provider.
- **Excess shelter deduction:** The amount by which your housing costs (including fuel to heat and cook with, electricity, water, basic telephone fee, rent or mortgage payments and interest, and taxes on the home) exceed half of your household's net income after all other deductions. In North Carolina, there is no limit on this deduction when at least one household member is 60+ or has a disability.

Additionally, **child support deductions** are allowed for any legally obligated child support that a household member pays.

For more information on eligibility and deductions and how to apply, please visit <http://www.ncdhhs.gov/fns>.

Additional information can be found on the USDA website at www.fns.usda.gov/snap/eligibility/elderly-disabled-special-rules.