

Eligibility

Income: You may be eligible for Food and Nutrition Services if your total income falls below the appropriate gross income limits for your household size. Eligibility workers determine which income limit applies to your household.

The maximum benefit amount for households receiving Food and Nutrition Services increased for the period of October 1, 2022 through September 30, 2023.

<https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps>
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HOUSEHOLD SIZE	130% MAXIMUM GROSS INCOME LIMIT	200% MAXIMUM GROSS INCOME LIMIT	MAXIMUM BENEFIT ALLOTMENT
1	\$1,473	\$2,266	\$281
2	\$1,984	\$3,052	\$516
3	\$2,495	\$3,840	\$740
4	\$3,007	\$4,626	\$939
5	\$3,518	\$5,412	\$1,116
6	\$4,029	\$6,200	\$1,339
7	\$4,541	\$6,986	\$1,480
8	\$5,052	\$7,772	\$1,691
Each Additional Member	(+\$512)	(+\$788)	(+\$211)