



How much can I receive in FNS benefits?

The amount of benefits each household receives is based on several eligibility factors such as number of people in the household, total income, and allowable deductions. Most households do not receive the maximum benefit amount.

Effective October 1, 2021 the maximum amount for each household size:

# of People	Maximum Benefit
1	\$250
2	\$459
3	\$658
4	\$835
5	\$992
6	\$1,190
7	\$1,316
8	\$1,504
Each additional	(+) \$188

How did COVID-19 change FNS benefits?

During the pandemic, North Carolina was given special approval by the U.S. Department of Agriculture (USDA) to issue the maximum benefit amount each month to all eligible households based only on the FNS household size.

USDA approval is given on a monthly basis and may end at any time.

When the special approval ends all regular FNS rules will apply and things such as income and deductions will be used to calculate your monthly benefit amount. When this happens, some FNS households may experience large decreases in their monthly benefit amount.

How do I get my benefits?

The FNS benefits are issued on an Electronic Benefit Transfer (EBT) card. FNS recipients use EBT cards to access FNS benefits at any USDA authorized retailer. Most major grocery stores are USDA authorized retailers.

Questions about lost or stolen cards, changing PIN, or checking balances can be answered by calling 1-888-622-7328.

When will I get my benefits?

FNS benefits are issued on the same day each month according to the last digit of your social security number (SSN), even if that day is on a weekend or holiday.

*Benefits are available on the 3rd day every month if you do not have a SSN.

If your SSN ends in:	Benefits will be available on the:
1	3rd
2	5th
3	7th
4	9th
5	11th
6	13th
7	15th
8	17th
9	19th
0	21st

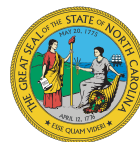
How do I apply for benefits?

- Online at ePASS.nc.gov.
- In person at your local county Department of Social Services.
- Complete a paper application and mail or drop off at your local county Department of Social Services.

For more information visit: www.ncdhhs.gov/divisions/social-services/food-and-nutrition-services-food-stamps



North Carolina Food and Nutrition Services (FNS)



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Social Services

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www.ncdhhs.gov/divisions/social-services/food-and-nutrition-services-food-stamps

What is Food and Nutrition Services (FNS)?

FNS benefits help eligible low-income people supplement their food budgets so they can purchase food.

If you qualify, you will receive an Electronic Benefit Transfer (EBT) card to help you buy food at authorized FNS grocery stores and farmers markets. Look for signs that say, "We accept SNAP benefits."

Benefits are put on the card each month that you are approved to receive them. After that if you still want to receive FNS, you will have to apply again to see if you are eligible.

What are the financial requirements to qualify for FNS benefits?

Your resources and income must be below certain limits.

WHAT IS A RESOURCE IN FNS?

Checking or savings accounts are resources in FNS.

Your home is not a resource in FNS. The resources of people who receive Work First Family Assistance or Supplemental Security Income (SSI) do not count as resources in FNS eligibility.

Maximum Allowable Resource Limits:

1. \$3,750 for FNS each member of the household 60 or older or have a disability.
2. \$2,500 for all other FNS members of the household.
3. No limit for members of the household who receive Work First benefits or SSI, and certain households whose income is below 200% of the federal Poverty level.

WHAT IS INCOME IN FNS?

There are two types of income in FNS. There are limits for both types.

Gross Income is your total income from all sources including wages from work, disability payments, veterans' benefits, or pensions.

Net Income is the amount left over after certain deductions from income.

WHAT DEDUCTIONS ARE ALLOWED?

Deductions from income are items such as utility costs, child support payments, child or dependent care payments, and monthly medical expenses over \$35 for people age 60 or older or have a disability, which are subtracted from your gross income to determine your net income.

WHAT ARE THE INCOME LIMITS?

The gross income limit for FNS varies by household size and is updated every year.

Most households must meet both gross and net income limits. If everyone in your household receives Supplemental Security Income (SSI) or Work First Family Assistance (WF), there are no income limits to meet. Households with people age 60 or older or a member with a disability do not have to meet the gross income limit.

The income levels effective October 1, 2021 are:

Food and Nutrition Services Unit Size	200% Maximum Allowable Gross Income Limit	130% Maximum Allowable Gross Income Limit	100% Maximum Allowable Net Income
1	\$2,148	\$1,396	\$1,074
2	\$2,904	\$1,888	\$1,452
3	\$3,660	\$2,379	\$1,830
4	\$4,418	\$2,871	\$2,209
5	\$5,174	\$3,363	\$2,587
6	\$5,930	\$3,855	\$2,965
7	\$6,688	\$4,347	\$3,344
8	\$7,444	\$4,839	\$3,722
Each additional member	(+) \$758	(+) \$492	(+) \$379

What are the non-financial requirements for FNS?

- People convicted of drug-related felonies may not be eligible.
- College students are not eligible, unless they meet certain work requirements or exceptions.
- Undocumented immigrants are not eligible for FNS.

What are the work requirements for FNS?

Most people register for work, not voluntarily quit their job, take a job if offered, or participate in an employment and training program if assigned.

If you are an able-bodied adult with no children, there may be other work requirements and limitations on participating in the program.

What can I buy with my FNS benefits?

Items you can buy with FNS:

- Breads, cereals, fruits, vegetables
- Meats, fish, poultry, dairy
- Bottled water, non-alcoholic beverages
- Seeds and plants that produce food

Items you cannot buy with FNS:

- Beer, wine, liquor, cigarettes
- Any nonfood items such as pet foods, soaps, household supplies
- Vitamins and medicines
- Hot foods or foods already prepared

