

Supplemental Nutrition Assistance Program (Food Stamp) Calculation Worksheet

This worksheet gives you a basic idea of how many SNAP benefits you might be entitled to (it may not be accurate if your circumstances are complex.)

1. Start with your household's gross monthly income. _____
2. Subtract 20% of your gross **earned** income. _____
3. Subtract "the standard deduction": \$141 for households of 1-3 members; \$153 for 4 people; \$179 for 5 people and \$205 for 6 people or more. _____
4. Subtract **all** dependent care expenses for children and adults if the care allows a household member to work, look for work, or train for work. _____
5. Subtract medical expenses **over** \$35 per month that aren't covered by insurance, Medicare or Medi-Cal, for each person in the household who is 60 or older or who gets disability payments. (This includes money spent for prescriptions, dental care, health insurance, glasses, health-related transportation, and attendant care like IHSS). _____
6. Subtract court ordered child support payments made by you. _____
7. Total (income after deductions) _____
8. Actual rent or mortgage, hotel costs, or shelter costs (if homeless, enter \$143) _____
9. Utilities: Heating or cooling costs -- Zero if included in the rent. If not included, enter \$287 ("the standard utility deduction.") _____
10. If you can't claim the amount in #9 and you pay for at least two utilities such as telephone, water, sewer or trash, enter \$88. _____
11. Telephone: If you can't claim an amount in #9 or #10 and you have telephone costs, enter \$20. _____
12. Total of lines 8, 9, 10 and 11 _____
13. Divide line 7 in half. _____
14. Subtract line 13 from line 12. _____
15. Excess Shelter Deduction (including rent, mortgage, hotel costs, or shelter costs): If line 14 is larger than \$459, enter \$459. If line 14 is less than \$459, enter the amount on line 14. If a household member is age 60 or older or receiving disability payments, enter the amount on line 14 even if it is over \$459. _____
16. Subtract line 15 from line 7. _____
17. Maximum Food stamp Benefit for household size _____
18. Enter 30% of line 16. _____
19. Food Stamp Benefits: subtract line 18 from line 17. _____

You cannot get more than the maximum benefit amount (line 17).

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