

How to Apply for Food Stamps



To **APPLY ONLINE**, go to www.njhelps.org

If you are over 60 years old, disabled or currently employed,
your interview may be conducted on the telephone!

Here's A Checklist To Help You Get Your Food Stamp Benefits

- ✓ **You must prove who you say you are. For all household members, one of the following must be provided:**
 - Birth Certificate
 - Driver's License/or other photo ID
- ✓ **You must have the Social Security Number for all household members.**
- ✓ **You must prove where you live (unless you are homeless). For example, you must bring:**
 - Current rent receipt
 - Lease
 - Utility bill
 - Mortgage
- ✓ **If you are not a U.S. citizen, you must provide a current I-94 or current I-551 (green card).**
- ✓ **Resources: If you have any of the following, you must provide records, statements, or proof of their current value:**
 - Bank accounts
 - Stocks, bonds, or any other assets.
- ✓ **Income: You must verify the source, amount and how often you receive it.**
- ✓ **Earned Income: your last four (4) pay stubs or a letter from employer.**
- ✓ **Unearned Income:**
 - SSA/SSI/unemployment/child-support contributions from family members
 - Copy of check (SSI, SSA, VA disability) or copy of award letter
 - Copy of unemployment compensation
 - Copy of social security/pension
 - Copy of interest statement from bank savings account
 - Letter from employer stating amount of private disability
 - Child Support – copy of court order or letter from absent parent
 - Signed/dated letter from provider of any money you receive on a regular basis
 - Property Deed
- ✓ **If you are not able to work, for medical reasons, you must provide a doctor's note.**

✓ Expenses: What you pay each month.

- Rent receipt
 - Home Owner's Insurance (if not included in your mortgage)
 - Gas/Electric bill
 - Phone bill
 - Water/Sewer bill
 - Heating costs
- ✓ **Medical Bills (those you pay on a regular basis):**
This information is needed only for those people over age 60 or people who are disabled.
- ✓ **Child Care:** If you are paying for child care so you can work, go to job training or look for a job, you need a signed and dated letter from your child care provider with the following information:
 - Name of child care provider
 - Hourly fee
 - Number of hours per week they provide child care
- ✓ **Child Support:** If you are under a court order to pay child support and you are paying it, you need proof of the following:
 - Who you pay
 - Child(ren)'s name(s)
 - Court order number

See reverse side for Resource standards ⇨

To apply in person:

**Morris County
Office of Temporary Assistance**

**340 W. Hanover Ave.
Morristown, NJ
973-326-7800 or toll free 877-589-2556
8:30 a.m. – 4:30 p.m.**

Or

**8 South Morris Street
2nd Floor
Dover, NJ
973-989-6010
Tuesday evenings from 4:30 p.m. – 6:30 p.m.**

**FOOD STAMP - ELIGIBILITY STANDARDS
EFFECTIVE OCTOBER 1, 2009**

**MAXIMUM MONTHLY ALLOWABLE GROSS INCOME STANDARDS
RESOURCES - \$2000.00 MAXIMUM ***

For households which DO NOT contain a member who is 60 years of age or over or who receives SSI or SSA disability benefits, this table shows the maximum gross monthly income for Food Stamp eligibility.

HOUSEHOLD SIZE	MAXIMUM MONTHLY ALLOWABLE GROSS INCOME
1	\$1,174.00
2	\$1,579.00
3	\$1,984.00
4	\$2,389.00
5	\$2,794.00
6	\$3,200.00
7	\$3,605.00
8	\$4,010.00
Each Add'l Member +	\$ 406.00

WHAT ARE RESOURCES; HOW MANY CAN YOU HAVE?

Resources are things you own, including checking and savings accounts. Some other resources such as the home you live in, certain automobiles (such as handicap equipped vehicle), personal belongings, household goods are not counted at all.

Life insurance policies and most pension funds are not counted at all. Each household can have up to \$2000.00 in resources and still qualify for food stamps.

* Households with a person over 60 years of age or those households that meet the Federal Food Stamp definition of disabled can have up to \$3000.00.

ARE THERE ANY OTHER REQUIREMENTS? YES.

Some household members must register for work. This does not apply, however, if you are already working or you are unable to work, are under 18 or over 60, you have to take care of a child under six or an adult who is home-bound.