



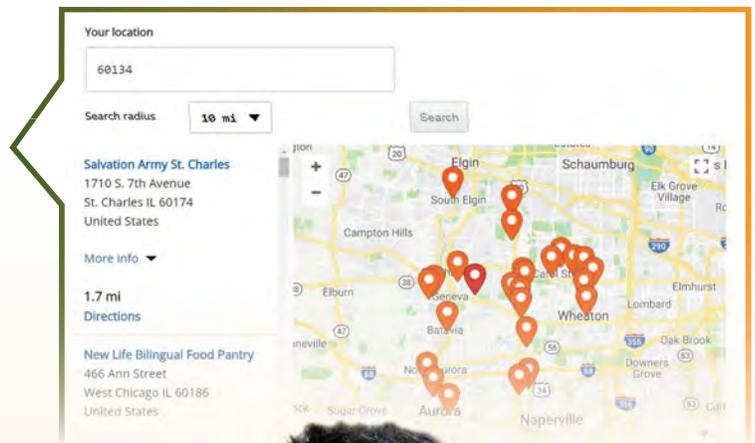
# NEED HELP?

More than half a million people in Northern Illinois face hunger.

Do you or someone you know need help with groceries? Northern Illinois Food Bank and its network of over 800 pantries, soup kitchens and programs can help.

## Locate a pantry or soup kitchen near you:

1. Visit: [solvehungertoday.org/get-help/where-to-get-food](http://solvehungertoday.org/get-help/where-to-get-food)
2. Enter your zip code and click search.
3. View the map or scroll through the list to find the pantry nearest you. Click on the pantry name to view hours, contact information and get directions.



## Have questions or need assistance with your SNAP Application?

Visit [solvehungertoday.org/get-help/snap-food-stamps/](http://solvehungertoday.org/get-help/snap-food-stamps/)

Or call **844-600-SNAP**



## See when the Mobile Food Pantry will be in your neighborhood:

Visit [solvehungertoday.org/get-help/mobile-pantry-calendar/](http://solvehungertoday.org/get-help/mobile-pantry-calendar/)



**STILL CAN'T FIND WHAT YOU NEED? CONTACT US AT:**  
**(630) 443-6910** or visit [www.SolveHungerToday.org](http://www.SolveHungerToday.org)

# Need help with food?



# ¿Necesita ayuda con alimentos?

## Apply for SNAP (LINK/food stamps)!

Solicita a SNAP (LINK/estampillas de comida)!



### Call Northern Illinois Food Bank SNAP Resource Center

Llama a nuestra línea de SNAP

## 844-600-7627



### Do you make this amount or less?

### ¿Gana Ud. esta cantidad o menos?

<b>Persons in Family or Household</b> Número de personas en casa	<b>Gross Monthly Income Limit</b> Ingreso bruto por mes	<b>Anyone over 60 or receiving disability?</b> ¿Hay alguien más de 60 años o que recibe discapacidad?
1	\$1,771	\$2,147
2	\$2,396	\$2,903
3	\$3,202	\$3,660
4	\$3,644	\$4,417
5	\$4,268	\$5,173
6	\$4,893	\$5,930
7	\$5,517	\$6,687
Each additional person	+\$625	+\$757

For additional food assistance:

Para obtener asistencia alimentaria adicional:

[www.SolveHungerToday.org](http://www.SolveHungerToday.org)

**Income Guidelines for SNAP Eligibility as of October 1, 2021**

**NIFB SNAP Line: 844-600-7627  
 IDHS Customer Service: 800-843-6154  
 Replace LINK Card: 800-678-5465**

<b>Do you make this amount or less?</b>		
<b>Household Size</b>	<b>Gross Monthly Income</b>	<b>Estimated Hourly equivalent full time</b>
1	\$1,771	\$10.22
2	\$2,396	\$13.82
3	\$3,020	\$17.42
4	\$3,644	\$21.02
5	\$4,268	\$24.62
6	\$4,893	\$28.24
7	\$5,517	\$31.83
<b>Each Additional Person</b>	<b>+\$625</b>	<b>+\$3.91</b>

<b>Is anyone in your household over 60 or receiving disability or social security?</b>	
<b>Household Size</b>	<b>Gross Monthly Income</b>
1	\$2,147
2	\$2,903
3	\$3,660
4	\$4,417
5	\$5,173
6	\$5,930
7	\$6,687
<b>Each Additional Person</b>	<b>+\$757</b>

## SNAP Helpline: 844-600-SNAP (844-600-7627)

**MYTH:** *I must be a United States citizen to get food stamps.*

**FACT:** Anyone who has been a documented permanent resident for 5 years or more may apply. Undocumented noncitizens may not receive SNAP, though they may apply on behalf of children who are citizens.

**MYTH:** *Because I have a job, I do not qualify.*

**FACT:** SNAP eligibility is based on your income, **NOT** your employment status (see income guidelines below).

**MYTH:** *I make too much money to qualify for SNAP.*

**FACT:** Please see the chart below to find out the maximum *pre-tax* income you can earn and still be potentially eligible for SNAP benefits based on your household size. Other rules may apply.

Persons in Family or Household	Gross Monthly Income Limit (before taxes and bills)	Is for households with at least one person who is a senior (60+ years) or who is receiving disability? Anyone over 60 or receiving government disability?
1	\$1771	\$2147
2	\$2396	\$2903
3	\$3020	\$3660
4	\$3644	\$4417
5	\$4268	\$5173
6	\$4893	\$5930
7	\$5517	\$6687
Each additional person	+\$625	+\$757

**MYTH:** *If I receive SNAP, I can no longer receive assistance from local food pantries.* **FACT:**

Pantries will continue to provide food assistance to all clients in need of services regardless of whether you receive SNAP. Pantries may ask you if you receive SNAP to ensure that their clients have access to more available services.

**MYTH:** *Other people need SNAP more than I do.*

**FACT:** While this may be true, by receiving SNAP benefits, you are not taking benefits away from another person. Everyone who applies and is determined to be eligible by a state eligibility worker will get SNAP benefits. This is what makes it an “entitlement program” – there is no cap on who can participate.

**MYTH:** *I am not eligible because I have money in a savings or checking account.* **FACT:** Assets like money in the bank are not used to determine eligibility for most people. For some individuals over the age of 60 or those who receive government disability, assets may be considered depending on the household income.

**MYTH:** *They denied my SNAP application once before, so I won't get assistance now either.* **FACT:** If your situation has changed, such as your income or the number of people in your household, you may now qualify for SNAP. Income limits increase a little bit each year, so it's worth taking a second look.

**MYTH:** *I am receiving other government assistance already.*

**FACT:** You may still be able to receive SNAP even if you are receiving other benefits such as TANF, SSI, Social Security, unemployment, and others. In some cases, this will be counted as income.

**MYTH:** *I cannot receive SNAP because my TANF/cash time limit has run out.*

**FACT:** You can still receive SNAP even when you can no longer receive TANF.

**MYTH:** *I will have to use stamps in the store and everyone will know I receive SNAP.* **FACT:**

Illinois, like all 50 states, uses an Electronic Benefits Transfer (EBT) card also known as a Link Card. Your benefit amount will be uploaded onto the card each month and you can swipe it at the grocery store just like any other debit card.

**MYTH:** *I'll receive \$16 per month in SNAP benefits.*

**FACT:** If you qualify for \$16 per month that is nearly \$200 per year to use toward groceries. You save up your benefits so you have a larger amount to shop with when you are ready.



**Need help with your SNAP benefits?**

Call Northern Illinois Food Bank's

**SNAP Helpline: 844-600-7627**

For additional food assistance, visit [www.SolveHungerToday.org](http://www.SolveHungerToday.org)





Securing today  
and tomorrow

## Social Security Income Assistance

**Do you need help connecting with  
the Social Security Administration about  
Supplemental Security Income (SSI)?**

SSI (Supplemental Security Income) is a federal program based on need that provides a monthly cash benefit to people age 65 and older and, people who are blind or disabled, regardless of age, who have limited income and resource. SSI is an important gateway to other assistance programs that can improve your quality of life.

**Contact the SNAP Outreach Team at  
Northern Illinois Food Bank for referral  
assistance.**

**SNAP Helpline  
844-600-7627**



Securing today  
and tomorrow

## Asistencia de Ingreso del Seguro Social

**¿Necesita ayuda para conectar con la  
Administración del Seguro sobre Seguridad  
de Ingreso Suplementario (SSI)?**

Seguro sobre Seguridad de Ingreso Suplementario (SSI) es un programa federal basado en ayuda que ofrece beneficios mensuales en efectivo a personas de más de 65 años, y personas ciegas o discapacitadas, sin distinción de edad, con ingresos y recursos limitados. SSI es un importante medio para otro tipo de programas de asistencia que pueden mejorar su calidad de vida.

**Llame a nuestra línea de ayuda de SNAP  
de Northern Illinois Food Bank para  
solicitar asistencia.**

**Línea de SNAP  
844-600-7627**