



It Pays to Check it out

Call toll free: 1 866 FOOD NYC
(1-866-366-3692)

Groceries for your family are a *swipe* away with the Food Card at supermarkets, bodegas and farmers' markets.

The **FOOD CARD** is **FREE**
And can save you hundreds of dollars on groceries

Are you one of the thousands of New Yorkers
WORKING • UNEMPLOYED • IMMIGRANTS • ELDERLY • DIASABLED
who could qualify if they would just apply?

It's now easier to:

APPLY - shorter forms, weekend hours

QUALIFY - higher income eligibility

USE - simple as a debit card

- The average benefit is \$105 per person per month depending on income and family situation.
- You may apply at any NYC Food Stamp Program office.
- You may be eligible even if you own a home or a car.
- You may apply even if you have no income.
- You do not have to be on public assistance to qualify.
- If you reside with your parent(s), are at least 22 years of age, and purchase and prepare your own food, you may be eligible for your own Food Card.

**FOR MORE INFORMATION
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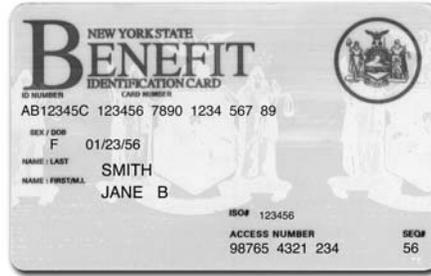
- If you already receive Food Stamps, you do not need to reapply.
- If you receive Cash Assistance without Food Stamps, you may be eligible; contact your caseworker.
- **Good news for immigrants!** Now more immigrants are eligible and can **apply without fear**. Children, anyone receiving disability benefits and anyone who has lived in the United States for five years may apply.

MAXIMUM INCOME ELIGIBILITY GUIDE

(October 1, 2003 – September 30, 2004)

Household Size	Weekly Income Before Taxes	Monthly Income Before Taxes
1	\$225	\$ 973
2	\$303	\$1,313
3	\$382	\$1,654
4	\$461	\$1,994
5	\$539	\$2,334
6	\$618	\$2,674

Your allowed maximum income may be higher than those noted above if someone in your household is 60 or older or receiving disability benefits.



The Food Card

It also pays to check out:

- Using the FOOD CARD for fresh produce at farmers' markets throughout NYC
- Free school breakfast and free or low-cost lunch every day for all NYC public school students
- The Women, Infant and Children (WIC) program; call 311, NYC's helpline
- Free or low-cost health insurance from HealthStat; call 311, NYC's helpline
- Free tax assistance at CFRC's Money Central; call toll free: 1 866 WAGE PLUS (1-866-924-3758)

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Promoting access to nutritious food and adequate income

212-894-8060

www.cfrcnyc.org

PAID

for by the

FOOD CARD



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