

Is your grocery budget tight?



If you are not already receiving Food Assistance and if your household income is at or below the following range, you may be eligible.

Household	Gross Monthly	Household	Gross Monthly
1	\$1,557	5	\$3,722
2	\$2,098	6	\$4,264
3	\$2,640	7	\$4,805
4	\$3,181	8	\$5,346

For each additional person, add \$543

Income Guidelines for Food Assistance changed in October of 2014.

Even if you were not eligible in the past you may now be eligible!!!

You can apply now at www.oasis.iowa.gov

Iowa Food Bank Association



If you need assistance with the application, contact:
Teri Lynn Winkey: (319) 529-0566

Learn more about the Iowa Food Bank Association at: www.iowaFBA.org

Funded by USDA, an equal opportunity provider and employer, through the Iowa Department of Human Services.

Rev. 10/14

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