

Is your grocery budget **TIGHT?**

If your household is at or below the following range, you may be eligible for food assistance.

Household Size	Gross Monthly Income	Household Size	Gross Monthly Income
1	\$1,703	5	\$4,092
2	\$2,300	6	\$4,688
3	\$2,896	7	\$5,287
4	\$3,495	8	\$5,884

*For each additional person in your household, add \$599

For assistance with an application or questions about the IFBA Food Assistance Outreach Program Call the Hotline:

1-855-944-FOOD (3663)

or email FoodAssistanceOutreach@iowafbfa.org or apply online at www.oasis.iowa.gov

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Iowa Food Bank Association



Find food pantries and other resources near you at

www.foodbankiowa.org/gethelp

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