

# 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@iowafba.org](mailto:FoodAssistanceOutreach@iowafba.org) or apply online at [www.oasis.iowa.gov](http://www.oasis.iowa.gov)

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**FOODBANK**  
OF IOWA

Iowa Food Bank Association



Find food pantries and other resources near you at

**[www.foodbankiowa.org/gethelp](http://www.foodbankiowa.org/gethelp)**

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