

# 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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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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