



# 5 MYTHS ABOUT FOOD STAMPS.

## MYTH #1

*Food stamps are welfare.*

The Food Stamp program is a nutrition assistance program. It helps families and individuals buy nutritious foods. It is not welfare.

## MYTH #2

*You can't get Food Stamps if you own a home or a car.*

You can get Food Stamp benefits, even if you own a car or a home. Personal things like clothes, jewelry, furniture, and household goods, also do not count.

## MYTH #3

*Food Stamps are not worth applying for since you only get \$10.*

The amount of Food Stamp benefits depends on household size, income and certain expenses. A mother with two children who works full time at \$7 per hour and pays \$350 in rent could receive \$180 in Food Stamps benefits per month.

## MYTH #4

*You can't get Food Stamps if you have a savings account.*

Your household may have up to \$2000 in assets. You can still get Food Stamp benefits even with small savings. If you have retirement savings, a checking or savings account, even stocks, you may still be able to get Food Stamps.

## MYTH #5

*Other people will know that I use Food Stamps.*

Shopping with Food Stamp benefits is easier now. People who get Food Stamps get an electronic card. You use the benefits by running the card through a machine at the grocery store, just like a bank card.

# THE BENEFIT BANK®

**CONNECTING COMMUNITIES TO RESOURCES**

- No Fees or Charges
- Counselor Assisted
- Completely Confidential