



# Have disabilities? Know the facts about Food Stamps!

**Fact:** Food Stamps help people buy good food if they don't have enough income. It is **not** welfare. The money comes from taxes you and others have paid.

**Fact:** You can get Food Stamps and still get other services. You can still get SSI, disability Medicaid and other disability or insurance.

**Fact:** Is it hard for you to get around? Someone else can apply for you and shop for your food.

**Fact:** Have more than \$35 a month in medical and drug costs? You can subtract this from your income. It can help you get Food Stamps.

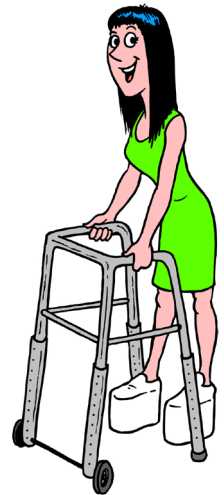
**Fact:** You can have up to \$3,000 in cash, savings or other things. Your house, car and some other things **don't** count.

**Fact:** Food Stamps are on a card that looks and works like a credit or bank card. You slide it through the card reader at checkout. Then you put in your secret number. No one will know it is a Food Stamp card unless you tell them.

**Fact:** People with disabilities get an average of \$126 of Food Stamps a month.

**Fact:** You don't have to look for a job to get Food Stamps.

**Fact:** If you get the right amount of Food Stamps, you **don't** have to pay them back.



For more information or to apply, call DHS at **1-866-311-4287**.

**Legal Aid Society**

Of Middle Tennessee And The Cumberland

**1-800-238-1443**

It's a free call.

On the internet at **www.las.org**