

## SNAP Income Guidelines

In most cases, your household must meet both the gross and net income limits described below or you are not eligible for SNAP and cannot receive benefits.

**Gross income** means a household's total, non-excluded income, before any deductions have been made.

**Net income** means gross income minus allowable deductions.

A household with an elderly or disabled person only has to meet the net income limit, as described on the [elderly and disabled page](#).

If all members of your household are receiving Temporary Assistance for Needy Families (TANF), Supplemental Security Income (SSI), or in some places other general assistance, your household may be deemed “categorically eligible” for SNAP because you have already been determined eligible for another means-tested program.

The information provided in the table below applies to households in the 48 contiguous states and the District of Columbia that apply for SNAP between **Oct. 1, 2021, through Sept. 30, 2022**.

**Table 1: SNAP Income Eligibility Limits - Oct. 1, 2021, through Sept. 30, 2022**

<b>Household Size</b>	<b>Gross monthly income (130 percent of poverty)</b>	<b>Net monthly income (100 percent of poverty)</b>
1	\$1,396	\$1,074
2	\$1,888	\$1,452
3	\$2,379	\$1,830
4	\$2,871	\$2,209
5	\$3,363	\$2,587
6	\$3,855	\$2,965
7	\$4,347	\$3,344
8	\$4,839	\$3,722
Each additional member	+\$492	+\$379