

Did you lose your Food Stamps because of time limits or “work rules”?

You might be able to keep getting Food Stamps if one of these apply to you:

- You are 50 years old or older.
- You work an average of 80 hours per month. (This includes paid work, volunteering/unpaid work, and working for rent.)
- You make \$935 or more per month OR \$11,350 or more per year.
- You meet Families First work rules.
- You are in a job training program or working on your HiSET or GED.
- You go to school at least half-time, including college and tech school.
- You get or have applied for unemployment benefits.
- You cannot work because you have a physical or mental disability or illness.
- You are pregnant.
- You live with kids who are under 18. (They do not have to be your kids.)
- You take care of someone who cannot take care of his or herself.
- You are in drug or alcohol treatment.
- You have a good reason for not working, like not having a car to get to work.

Call DHS and tell them if one of these apply to you. They will tell you how to keep getting Food Stamps.

Call Tennessee Justice Center if DHS will not help you:

877-608-1009

