



Benefits Plus Subscribers

Go to [Food Programs, Supplemental Nutrition Assistance Program \(SNAP\), Qualifying for SNAP, Income](#), for an explanation of the income guidelines below.

Supplemental Nutritional Assistance Program (SNAP) Maximum Benefit Amount and Income Levels *Effective October 2023 through September 30, 2024					
Household Size	Maximum SNAP Allotment	Maximum Gross Monthly Income*			Categorical Eligibility Guidelines for Elderly/Disabled Households (200% FPL)
		Households <u>without</u> Earned Income (130% FPL)	Households with Earned Income (150% FPL)	Households with Child/Dependent Care Costs (200% FPL)	
1	\$291	\$1,580	\$1,823	\$2,430	\$2,430
2	\$535	\$2,137	\$2,465	\$3,287	\$3,287
3	\$766	\$2,694	\$3,108	\$4,143	\$4,143
4	\$973	\$3,250	\$3,750	\$5,000	\$5,000
5	\$1,155	\$3,807	\$4,393	\$5,857	\$5,857
6	\$1,386	\$4,364	\$5,035	\$6,713	\$6,713
7	\$1,532	\$4,921	\$5,678	\$7,570	\$7,570
8	\$1,751	\$5,478	\$6,320	\$8,427	\$8,427
Each additional member	+\$219	+\$557	+\$643	+\$857	+\$857

[Free Benefits Plus SNAP Calculator](#)

SNAP Resource Requirements

There is no resource requirement for most households. However, the following households remain subject to the SNAP resource limits:

- Households with a member who is either disqualified from the SNAP program because of an intentional program violation (IPV) or a sanction, or
- Households with a member who is aged or disabled whose gross income is more than 200% of the FPL.

Household who are subject to the resource requirement

A household which does not include an elderly or disabled member: \$2,750
A household which includes an elderly or disabled member: \$4,250



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Go to [Food Programs, Supplemental Nutrition Assistance Program \(SNAP\), NYS Nutrition Improvement Project \(NYSNIP\)](#) for additional details on NYSNIP.

New York State Nutrition Improvement Project (NYSNIP) Standardized Monthly Benefit Amounts for NYC October 1, 2023 – December 31, 2023		
Shelter Costs	SSI Income Only	SSI Income, Plus Other Income
High Shelter Costs/Full SUA	\$291	\$291
Low Shelter Costs/Full SUA	\$291	\$291
High Shelter Costs/SUA/\$21 HEAP	\$291	\$291
High Shelter Costs/No SUA	\$60	\$51
Low Shelter Costs/SUA/\$21 HEAP benefit	\$291	\$291
Low Shelter Costs/No SUA or No Shelter Costs or SUA data	\$50	\$44

The standardized amounts are based on whether:

- Shelter costs are high or low: High shelter cost is more than \$278 per month and low shelter cost is rent that is less than \$300 per month,
- The participant is eligible for the full Standard Utility Allowance (SUA): Full SUA are those eligible for a SUA of level 1.
- There are other sources of income, and
- They live in NYC or outside of NYC.



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Go to [Food Programs, Women, Infants, and Children \(WIC\), Qualifying for WIC](#), for more information on eligibility requirements.

WIC Income Guidelines Effective July 1, 2023 to June 30, 2024			
Household Size	Maximum Gross Annual Income	Maximum Gross Monthly Income (185% FPL)	Maximum Gross Weekly Income
	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
4	\$55,500	\$4,625	\$1,068
5	\$65,009	\$5,481	\$1,251
6	\$74,518	\$6,210	\$1,434
7	\$84,027	\$7,003	\$1,616
8	\$93,536	\$7,795	\$1,799
Each additional member	+ \$9,509	+ \$793	+ \$183

WIC Resource Requirements

There are no resource requirements.