

**A SMALL REASON TO FIND OUT IF YOU QUALIFY FOR  
FOOD STAMPS AND FREE OR LOW-COST  
HEALTH INSURANCE.**

Good health and adequate nutrition  
are essential for your kids to succeed in school!

Your family might qualify for Food Stamps and/or Health Insurance  
if your income is less than the amount listed below.

Household Size	Food Stamps		Kid Care	Family Care
	Gross Monthly Income Limit	Maximum Benefit	Gross Monthly Income Limit	Gross Monthly Income Limit
1	\$1,009	\$149	\$1,595	\$1,061
2	\$1,354	\$274	\$2,138	\$1,422
3	\$1,698	\$393	\$2,682	\$1,783
4	\$2,043	\$499	\$3,225	\$2,145
5	\$2,387	\$592	\$3,768	\$2,506
6	\$2,732	\$711	\$4,312	\$2,867
7	\$3,076	\$786	\$4,855	\$3,229
8	\$3,421	\$898	\$5,398	\$3,590

To see which programs you might qualify for and to complete and submit  
an application for food stamps and/or KidCare/FamilyCare over the  
phone, call the Illinois Hunger Coalition's toll-free Hunger Hotline:  
1-800-359-2163.

\*Many legal immigrants and the citizen and/or resident children of illegal immigrants can qualify for food stamps and health insurance. Getting food stamps on behalf of your children won't hurt your chances of becoming a U.S. citizen.