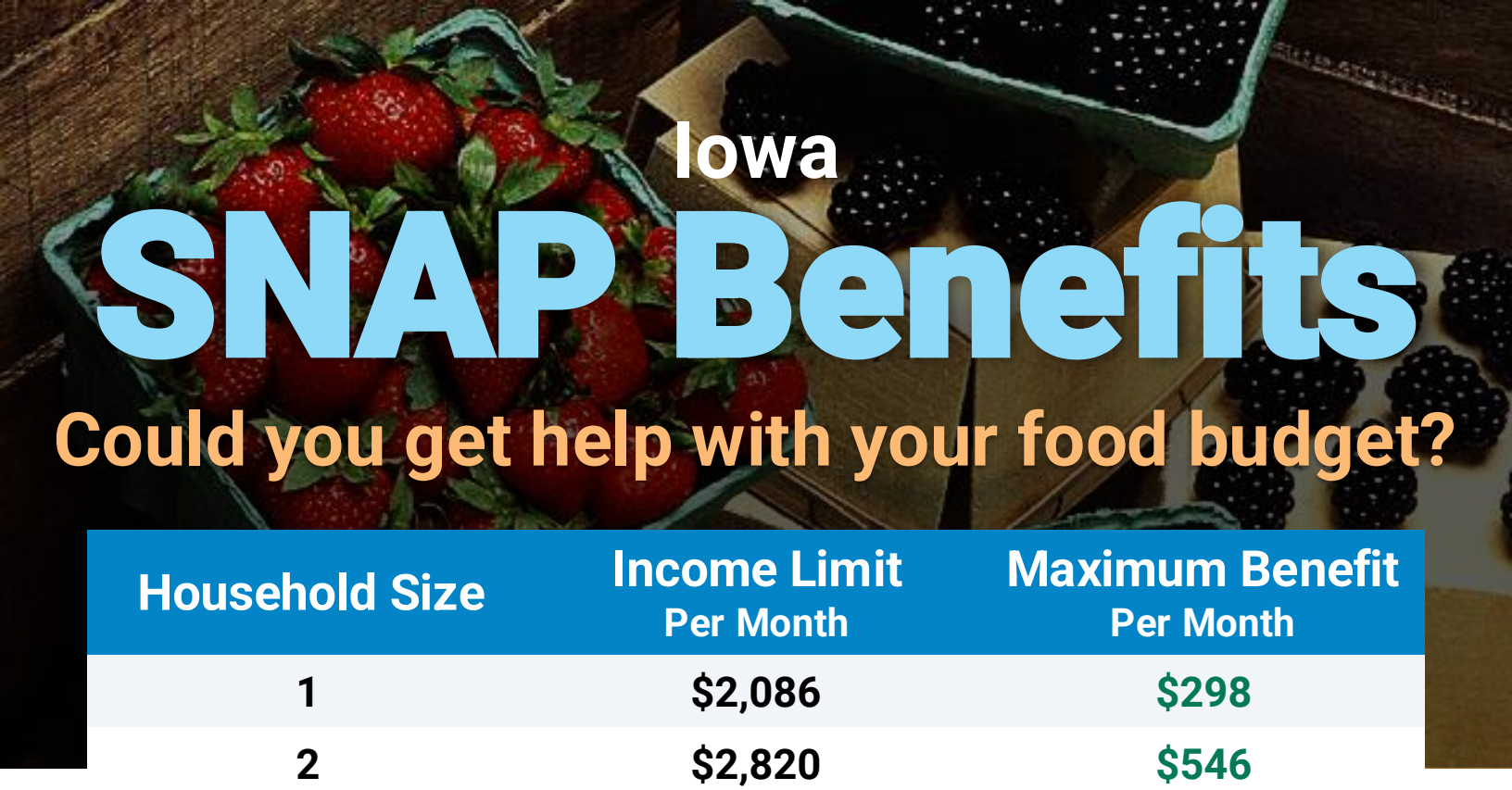

Iowa SNAP Benefits

Could you get help with your food budget?

Household Size	Income Limit Per Month	Maximum Benefit Per Month
1	$2,086	$298
2	$2,820	$546
3	$3,553	$785
4	$4,286	$994
5	$5,020	$1,183
6	$5,753	$1,421
7	$6,486	$1,571

Higher income limits are available for households with a member who is over 60 years old or has a disability.

Benefit amounts depend on income, expenses, and household size. Additional eligibility criteria may also apply.

APPLY or GET A BENEFIT ESTIMATE

Info for: 10/1/2025 – 9/30/2026. Photo courtesy of USDA ARS.
This resource is not government affiliated. More info at snapscreener.com/flyer