



Know Your Rights

in Massachusetts

For more help contact your local
legal services program or visit:
www.masslegalservices.org

Food Stamps and Utility Expenses

The amount of food stamps you receive is based on your monthly income and expenses.

You may get more food stamps (up the maximum monthly amount*) if you pay for any of the following separately from your rent:

- Heating (oil, gas, electricity, wood)
- Electricity that powers an air conditioning unit (even if you do not use it all year)
- An expense to start/maintain your heating and/or cooling system
- Or if you get or expect to get fuel assistance



You have the RIGHT to:

- **Get information from DTA at any time about how your food stamp amount was calculated**
- **Give information to DTA at any time about your expenses that may affect your food stamp amount, not just when you apply or at case review**

Be sure to tell your DTA worker if your heating and cooling costs are not included in your rent OR you receive fuel assistance.

It may get you more food stamps!

* Maximum monthly amount for household of 1: \$152; 2: \$278; 3: \$399; 4: \$506; 5: \$601; see: <http://www.fns.usda.gov/fsp/faqs.htm>.