

## Food Stamp Check List

When you meet with your worker, bring these things with you if possible:

\_\_\_\_\_Your food stamp appointment letter

\_\_\_\_\_Social Security numbers for everyone who wants food stamps

\_\_\_\_\_A picture ID or other proof of identity

\_\_\_\_\_Proof of where you live

\_\_\_\_\_Proof of all income for the past month such as pay stubs, tax returns, a letter from your employer, or self-employment records

\_\_\_\_\_If you are 60 or older or have a disability, bring proof of your out-of-pocket medical expenses such as Medicare premiums, prescription and over the counter medications, eyeglasses, and dental care. Proof can be a doctor's statement, drug store receipt, or a bill or invoice.

\_\_\_\_\_If you have a disability, bring proof of your condition such as proof of disability benefits or a statement from a doctor.

\_\_\_\_\_Information about bank accounts or other investments, such as account numbers and how much money you have.

If you do not have this information when you meet with your worker, you will have time to get it, but it may take longer for you to get food stamps.

The food stamp office may ask you for more information.

If you try and are not able to get the information your worker asks for, be sure to ask your worker for help. He or she is required to help you get this information once you have tried but are not able to get it yourself.