

How Do I Apply for Food Benefits?



Adult and Family Services

Oklahoma

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JOHN Q PUBLIC
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How Do I Apply for Food Benefits?

You may request food benefits online at **www.OKDHSLive.org** or in person at your local DHS county office. A list of DHS county offices can be found at www.okdhs.org or you can call 1-866-411-1877.

A social services specialist will contact you to complete an application interview.

For more information about OKDHSLive! call (405) 487-5483 or 1-877-OKDHS-98.

How Much Income Can I Have?

We will calculate your household's monthly income using your gross amounts. Gross means income before any deductions are held out.

Following are the current monthly income limits by household size:

Household Size	Gross Income
1	\$1,287
2	\$1,736
3	\$2,184
4	\$2,633
5	\$3,081
6	\$3,530
7	\$3,980
8	\$4,430



When Will I Know if I Qualify for Food Benefits?

You will be sent a letter within 30 days to let you know if your food benefits application was approved.

You may receive food benefits within seven days if:

- Your household receives less than \$150 per month
- Your shelter and utility expenses are more than your gross income
- You meet the special requirements for a migrant worker household

How Do I Receive and Use Food Benefits?

When you are approved for food benefits, you will be issued an Access Oklahoma card. You will be asked to watch a video presentation that explains the proper use of your card. Each month, your food benefits will be deposited into your card account. You can use this card to purchase food at most grocery stores.

What Can I Buy with Food Benefits?

You may use food benefits to buy any food or food product for human consumption, and seeds and plants to produce food.

Households may not use food benefits to buy:

- Alcoholic beverages and tobacco
- Lunch counter items, hot foods or foods to be eaten in the store
- Vitamins and medicines
- Any non-food items (such as soaps, paper products, laundry products, grooming items, cosmetics)

What kind of verification will I have to provide?

- Proper identification (preferably a photo ID)
- Social Security numbers for each member of your household
- Verification of all income received by your household for at least the last 30 days. This includes pay stubs from a job, self-employment records and any other income received.

You may also be asked to provide verification of expenses paid by your household, such as:

- Court ordered child support payments
- Medical expenses (if your household has an elderly or disabled member)

By providing information about your expenses, you are helping us determine the amount of food benefits you are eligible to receive.

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