



My Food Assistance Benefits Worksheet

Fill in this worksheet with information about each type of food assistance benefits you receive and keep it handy for quick reference.

Name of benefit program	Dates this benefit can be used	Type of benefit (check all that apply)	Can this benefit be used only for certain* foods or for any foods?	Is the food fresh or shelf-stable? (check all that apply)
Sample SNAP	From: <u>All year</u> To: _____	<input checked="" type="checkbox"/> Benefit Card Amount: <u>\$130/month</u> <input type="checkbox"/> Coupons <input type="checkbox"/> Food	<input type="checkbox"/> Certain foods <input checked="" type="checkbox"/> Any foods	<input checked="" type="checkbox"/> Fresh <input checked="" type="checkbox"/> Shelf-stable
	From: _____ To: _____	<input type="checkbox"/> Benefit Card Amount: _____ <input type="checkbox"/> Coupons <input type="checkbox"/> Food	<input type="checkbox"/> Certain foods <input type="checkbox"/> Any foods	<input type="checkbox"/> Fresh <input type="checkbox"/> Shelf-stable
	From: _____ To: _____	<input type="checkbox"/> Benefit Card Amount: _____ <input type="checkbox"/> Coupons <input type="checkbox"/> Food	<input type="checkbox"/> Certain foods <input type="checkbox"/> Any foods	<input type="checkbox"/> Fresh <input type="checkbox"/> Shelf-stable
	From: _____ To: _____	<input type="checkbox"/> Benefit Card Amount: _____ <input type="checkbox"/> Coupons <input type="checkbox"/> Food	<input type="checkbox"/> Certain foods <input type="checkbox"/> Any foods	<input type="checkbox"/> Fresh <input type="checkbox"/> Shelf-stable
	From: _____ To: _____	<input type="checkbox"/> Benefit Card Amount: _____ <input type="checkbox"/> Coupons <input type="checkbox"/> Food	<input type="checkbox"/> Certain foods <input type="checkbox"/> Any foods	<input type="checkbox"/> Fresh <input type="checkbox"/> Shelf-stable
	From: _____ To: _____	<input type="checkbox"/> Benefit Card Amount: _____ <input type="checkbox"/> Coupons <input type="checkbox"/> Food	<input type="checkbox"/> Certain foods <input type="checkbox"/> Any foods	<input type="checkbox"/> Fresh <input type="checkbox"/> Shelf-stable

*Some benefits programs restrict purchases to only “certain foods,” while others have fewer restrictions. For example, WIC benefits can only be used to buy certain cereals, but SNAP benefits can be used to buy any cereals.