

MASSACHUSETTS SNAP BENEFITS WORKSHEET

Effective Jan. 2022

→ COVID Emergency Allotments bring all eligible households to at least maximum SNAP. See [MassLegalHelp.org/covid-19/snap](https://www.mass.gov/info-details/covid-19-snap)

1. GROSS Earned Income _____
(exclude any legally obligated child support paid out)
2. ADD Gross Unearned Income + _____
3. TOTAL GROSS Monthly income = _____
Compare with Gross Income Test

INCOME DEDUCTIONS

4. SUBTRACT 20% of Line 1 Earned Income - _____
(if legally obligated child support paid out from earnings, first add back in for 20% calc)
5. SUBTRACT Standard Deduction = _____
Household Size: 1-3 = \$177; 4 = \$184;
5 = \$215; 6+ = \$246
6. SUBTRACT Excess Medical Deduction (See Box A) - _____
7. SUBTRACT Dependent Care Costs - _____
8. SUBTRACT Homeless Deduction (\$160) - _____
(only if homeless household not claiming regular Shelter Deduction)

PRELIMINARY ADJUSTED

NET INCOME (PANI)

9. SUBTRACT Excess Shelter (see Box B) - _____
Amount capped at \$597 **unless** 60+/disabled person in household!

MONTHLY NET INCOME

To estimate APPROXIMATE SNAP benefit:

1. Take 30% of Monthly Net Income X _____ .3
= _____
2. Maximum SNAP benefit for Household size (see chart to right) _____
3. SUBTRACT Line 1 (30% of Net) - _____

APPROX. MONTHLY SNAP**

** This is an *approximate* figure. We encourage all households with income below 200% FPL to apply for SNAP. All 1 and 2 person households under 200% FPL qualify for \$20 minimum SNAP.

GROSS INCOME TEST AND MAXIMUM SNAP

Household Size	Gross Income Test-200% FPL	Maximum SNAP benefit
1	\$2,265	\$ 250
2	\$3,052	\$459
3	\$3,839	\$658
4	\$4,625	\$835
5	\$5,412	\$992
6	\$6,199	\$1,190
7	\$6,985	\$1,316
8	\$7,772	\$1,504
Each add'l member	+\$787	+ \$188

Box A - Medical Deduction

Medical Expenses	_____
Threshold - \$35	- 35
Medical Deduction	= _____ x

x If medical deduction > \$35, enter \$155 standard deduction on Item #6. If actual medical expense > \$190/month, then use actual less \$35.

Box B - Shelter Deduction

Rent or home ownership costs	_____
Add SUA amount*	+ _____
TOTAL shelter expenses	= _____
Shelter Standard (Divide PANI by 2)	= _____
Excess Shelter Deduction	= _____

NOTE: Enter maximum \$597 shelter on Line #10 **unless** 60+/disabled person in household, then use actual amount.

*SUA = Standard Utility Allowance:

\$688/mo - heating or AC costs or fuel assistance
\$421/mo - utilities only (non-heating/cooling)
\$ 48/mo - phone only

NOTE: Households with a member sanctioned due to IPV must meet 130% FPL gross income test, SNAP asset test and 100% FPL net income test. 60+/disabled households over 200% FPL must meet the asset test and net income test. See [MLRI SNAP Advocacy Guide](#) for more information.