

# SNAP BENEFITS WORKSHEET (Effective Jan 2020)

1. GROSS Earned Income \_\_\_\_\_
2. ADD Gross Unearned Income + \_\_\_\_\_
3. TOTAL GROSS Monthly income = \_\_\_\_\_  
**Compare with Gross Income Test**

**INCOME DEDUCTIONS**

4. SUBTRACT Earnings Deduction (20% of gross earnings in Line 1) - \_\_\_\_\_
5. SUBTRACT Standard Deduction - \_\_\_\_\_  
HH Size: 1-3 = \$167; 4 = \$178;  
5 = \$209; 6+ = \$240
6. SUBTRACT Excess Medical Deduction (See Box A - Elder/Disabled only) - \_\_\_\_\_
7. SUBTRACT Child Support Paid Out+ - \_\_\_\_\_
8. SUBTRACT Dependent Care Costs - \_\_\_\_\_
9. SUBTRACT Homeless Deduction (\$152) (only if homeless household not claiming regular Shelter Deduction) - \_\_\_\_\_

**PRELIMINARY ADJUSTED** = \_\_\_\_\_

**NET INCOME (PANI)**

10. SUBTRACT Excess Shelter (see Box B) Amount capped at \$569 deduction NO cap for Elder/Disabled HHS! - \_\_\_\_\_

**MONTHLY NET INCOME** = \_\_\_\_\_

To estimate APPROXIMATE SNAP benefit:

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

**APPROX. MONTHLY BENEFIT\*\*** = \_\_\_\_\_

\*\* This is an *approximate* figure. If 30% of net income is below the max SNAP allotment, you should apply for SNAP. All 1 and 2 person households under 200% FPL qualify for \$16 minimum SNAP.

+ Also exclude child support paid from gross earnings test, but then include to calculate the value of the 20% earnings deduction

*Mass. Law Reform Institute – Jan 2020*

## GROSS INCOME TEST AND MAXIMUM SNAP

Household Size	Gross Income Test-200% FPL	Maximum SNAP benefit
1	\$2,127	\$ 194
2	2,873	355
3	3,620	509
4	4,367	646
5	5,113	768
6	5,860	921
7	6,607	1,018
8	7,353	1,164
Each add'l member	Add \$747	Add \$146

**Box A - Medical Deduction**

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

$\times$  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 \$569 shelter on Item #10 unless elder/disabled person in H/H, then use actual amount.

\* **SUA = Standard Utility Allowance:**  
 \$646/mo - heating or AC costs or fuel assistance  
 \$396/mo - utilities only (non-heating/cooling)  
 \$ 45/mo - telephone/cell phone only

NOTE: Some sanctioned households must meet 130% FPL gross income test, SNAP asset test and 100% FPL net income test. Elder/disabled households over 200% FPL must meet the SNAP asset test and net income test. See MLRI Advocacy Guide for more information.