

Myth: *It Takes Too Long To Get Food Stamps.*

Truth: In special cases where your income does not cover rent and utilities or where there is less than \$150 income for the month, the caseworker may issue emergency Food Stamps. This takes between 1 and 7 days.

It may take up to 30 days for you to get non-emergency Food Stamps.



Myth: *If I Get Medicaid I Should Get Food Stamps, Too.*

Truth: The DHS worker who handles your case will check to see if you are eligible for many programs. Federal and state laws have different income measures. Therefore, it is possible for you to get benefits from one program but not another.



Benefits for Food Stamps and other DHS programs are placed electronically on the Oklahoma ACCESS card.

The USDA's Food Stamp Program paid for this brochure. The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet.

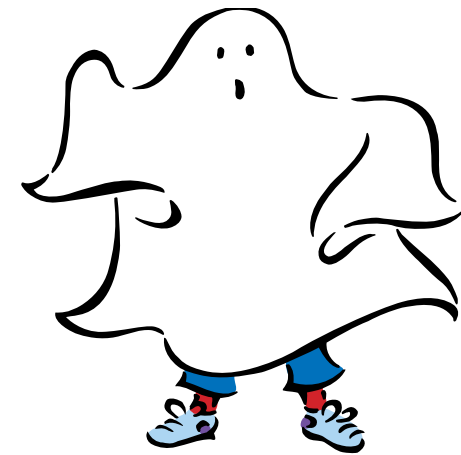
For more information, call your local Department of Human Services office or visit the web site at www.okdhs.org.

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Don't be afraid to find out the truth about Food Stamps!

Truth or Myth?

- I own my home, so I cannot receive benefits.
- I can't have a decent car and get Food Stamps.
- I would have to sit in the lobby all day long.

Learn the truth about these and other myths inside...

Myth: *I Cannot Own or Be Buying a Home or the Government Will Take It.*

Truth: Your home that you are living in and its lot are not counted by the Food Stamp Program. If you make mortgage or rent payments, your caseworker will take that into account when figuring your benefits.



Myth: *If I Move I Will Lose All the Food Stamps I Have Not Used.*

Truth: You will not lose your benefits if you move, but you must report any changes in your household within 10 days. Tell DHS your new address! If you move out of state the Access Oklahoma card can be used in other states.

Myth: *Everybody Gets the Same Amount Each Month.*

Truth: Nearly every household is different. The amount of Food Stamps can vary depending on household size, income, shelter costs, and other factors.

Myth: *If I Own a Car I Cannot Get Food Stamps.*

Truth: You are now allowed to own a car and still receive Food Stamps. You can have one vehicle for each licensed driver in the household.



Myth: *I Will Have To Sit in the Lobby All Day Long in Order to Be Seen.*



Truth: You can make an appointment to see a caseworker. If you are on time for your interview and have been waiting

for more than 15 minutes, tell the receptionist.

If you are more than 15 minutes late for your appointment, you should reschedule your appointment. If you want to be seen that day, the worker will have to work you in between others who have scheduled appointments. This could cause you to have a long wait!

Food Stamps can help you now!

Call your DHS office.

Myth: *I Will Have To Go Back For Frequent Interviews.*

Truth: Since March 2002, most cases are approved for one year. There is a 6-month review that can be done through the mail.

Myth: *I Get Paid in Cash, So I Cannot Get Food Stamps.*



Truth: If your employer will not provide proof of your income, the worker will use the best available information to decide your income amount.

Myth: *An Adult Must Have Legal Custody of Children in Order to Get Food Stamps for Them.*

Truth: No, this is not true. The adult's income and resources will be considered when deciding about eligibility.

