



## DEDUCTION CHECKLIST

To make sure you get the correct FSP/Food Stamp benefit amount, give your caseworker complete information about your household. This includes information on income, resources, and household costs. Some household costs are called “deductions.” For some families and individuals, deductions can mean the difference between receiving benefits or being ineligible.

### What is a deduction?

It is a subtraction from your income used to figure out your FSP/Food Stamp benefits. Some household expenses count as deductions. Deductions are an important part of making sure you get the right amount of FSP/Food Stamp benefits for you.

### How do I get a deduction?

Talk to your caseworker about the following areas which may allow you to receive more benefits or deductions. You may get for a deduction if you:

- ✓ Pay for child care.
- ✓ Pay for care of an elderly family member or for a family member with a disability.
- ✓ Have medical expenses over \$35 that are not paid by insurance or someone else. Medical expenses are things like doctors’ bills, transportation to or from the doctor, and medicine or medical equipment. This deduction is available for those who are age 60 or older or who have a disability.
- ✓ Pay child support.
- ✓ Spend more than half of your income on shelter. Shelter costs are things like electricity, water, a basic fee for one telephone, and rent or mortgage payments.
- ✓ Are homeless.
- ✓ Work.

If any of these apply to you, then you might get a deduction!

### Where do I find out more?

Contact the MD Department of Human Resources at (202) 727-5355 for more information about your benefits. For general information, visit [www.dhr.state.md.us](http://www.dhr.state.md.us) or [www.mdhungersolutions.org](http://www.mdhungersolutions.org).