

*Walk A Mile Oklahoma 2005*  
*Food Stamp Allotments by Household Size*

1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
\$149	\$274	\$393	\$499	\$592	\$711	\$786	\$898

Select the food budget that corresponds to your family size from the table above. Remember, these figures represent the *maximum* amount a family could receive if it had no net income at all. (The food stamp program allows some deductions from gross income to calculate net income.) Food stamp allotments decrease as income rises.

Food stamps can only be used for food and for plants and seeds to grow food for your household to eat. Food stamps cannot be used to buy:

- Any nonfood item, such as pet foods; soaps, paper products, and household supplies; grooming items, toothpaste, and cosmetics
- Alcoholic beverages and tobacco
- Vitamins and medicines
- Any food that can be eaten in the store
- Hot foods