

food programs

FOOD STAMPS

Food stamps can be used like cash to stretch your grocery dollars.

How do I apply?

You can receive an application for Food Stamps through the local Department of Social Services (DSS). Call 914-995-5000

WIC (SPECIAL SUPPLEMENTAL FOOD PROGRAM FOR WOMEN, INFANTS AND CHILDREN)

This program gives families vouchers to use at grocery stores to buy certain nutritious food. WIC is available to women who are pregnant or have recently given birth and have children under five years old.

How do I apply?

A doctor or the WIC clinic must meet with you to find out if you need extra nutritional help. The WIC clinic will do this for free. Phone 1-800-522-5006 to find a WIC clinic.

SCHOOL BREAKFAST & LUNCH PROGRAMS

This program provides free or reduce-price breakfast and lunch at participating schools.

How do I apply?

Families fill out applications available from their child's school district before or at the beginning of the school year. Family size and income are required. For an application and more information contact your child's school district or call 1-800-942-3858.

MEALS FOR KIDS WHEN SCHOOL'S OUT

This program provides children with nutritious, free meals during the summer months. All children under the age of 19 can receive both breakfast and lunch every day.

How to apply:

To find out where summer meals are being served in your neighborhood call 1-800-522-5006.

tax relief

EARNED INCOME TAX CREDIT (EITC)

If you worked full time or part time this year, you could get money back from the government even if you don't owe taxes.

How do I apply?

To get EITC, you must fill out special tax forms (Form 1040 or 1040A, and Schedule EITC). Call 1-800-829-1040 for forms and information.

CHILD TAX CREDIT

If you have children under 17, you could get money back, even if you don't pay taxes. This can help you if you earn less than \$75,000 (single parents) or \$110,000 (married couples).

How do I apply?

To apply, you must fill out special tax forms (Form 1040 or Form 1040A, and Child Tax Credit Worksheet). Call 1-800-829-1040 for forms and information.

CHILD CARE TAX CREDIT

If you are paying for childcare, you can get help paying for it. Both parents must be working to receive the credit on their taxes.

How do I apply?

You must fill out special tax forms (Form 1040 or Form 1040A, and Schedule 2). Call 1-800-829-1040 for forms and information.

COLLEGE TUITION CREDIT

If you are paying for college tuition for you, your spouse or one or more of your children, you can get help paying for it.

How do I apply?

You must fill out special tax forms (NY Form IT-216 Claim for College Tuition Credit for NY State Residents). Call 1-800-829-1040

housing

REAL PROPERTY TAX CREDIT

If you are a homeowner or if you pay rent, you could get money back from your taxes. To qualify, your household income must be less than \$18,000 per year, and your rent must be less than \$450 per month. If you are a homeowner, your property must be worth less than \$85,000.

How do I apply?

You must complete NY Form IT-214. Call 1-800-829-1040.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

HEAP helps low-income households who pay a large part of their income for home energy (heat, gas, electricity). HEAP also helps families in emergency situations.

How do I apply?

Apply in person at your local Department of Social Services (DSS). Call 914-995-5000.

SECTION 8 RENTAL ASSISTANCE

Section 8 vouchers allow very low-income families to afford safe and decent privately owned rental housing. With Section 8, you must pay 30% of your income on rent, and the rest will be paid for.

How do I apply?

Contact the Westchester County Planning Department at 914-995-2420.

child care

CHILD CARE SUBSIDIES

A childcare subsidy is money from the government to pay for some or all of the costs of purchasing childcare. Many working parents are eligible for help paying for childcare bills if they make less than income guidelines which are currently \$37,700/year for a family of four.

How do I apply?

You can receive an application for child care subsidies through the local Department of Social Services (DSS). Call 914-995-5000

health care

MEDICAID, CHILD HEALTH PLUS A, FAMILY HEALTH PLUS, PRENATAL CARE ASSISTANCE PROGRAM (PCAP)

These programs offer free health insurance for low-income families based on income, family size, money resources and qualifying immigration categories.

How do I apply?

You must complete an Access NY application. Application assistance is available through community enrollers, health plan representatives or your local Department of Social Services (DSS). In Westchester call 914-813-5629, your health plan or DSS.

CHILD HEALTH PLUS B

If your child is not eligible for Medicaid (Child Health Plus A), does not have health insurance and is under 19 he can get free or low cost health insurance regardless of income or immigration status.

How do I apply?

In Westchester call 914-813-5629, your health plan or DSS.

HEALTHY NY

Healthy NY provides reduced-cost health care coverage to help

- Uninsured workers whose employers do not provide health insurance,
- Sole proprietors,
- Small business owners interested in providing health insurance for their employees.

How do I apply?

Contact the health plan(s) for Westchester County. Call 1-866-HealthyNY (1-800-432-5849)

