

Helping Hands for People in Need



Economic and work supports available to strengthen your household and make ends meet.

Nutrition Programs

Supplemental Nutrition Assistance Program

(SNAP) benefits help eligible New Yorkers and working families purchase food. Eligibility and benefit levels are based on household size, income, certain expenses, and other factors. Anyone eligible for SNAP can receive free nutrition education to learn how to eat healthier and shop smarter. To see if you may qualify and to apply for SNAP, visit myBenefits.ny.gov. For more information, call **800-342-3009**. If you have a food emergency, contact your local department of social services to locate a food pantry in your area.

The School Breakfast Program (SBP) and National School Lunch Program (NSLP) provide nutritionally-balanced meals to students in public and non-profit private schools, and residential child-care institutions. To apply for free or reduced-priced school meals, families may obtain a household income application from their school and submit it to the school for processing. If you are receiving SNAP benefits, then your children are eligible to receive free school meals under these programs. If you have not been notified by your school that your children are eligible for free meals, contact your school administrator.

Women, Infants and Children (WIC) provides healthy foods, nutrition education, breastfeeding support, and referrals to other services. WIC welcomes those who are pregnant, new mothers, infants, and children under age 5. Caregivers can apply for children in their care and working families can qualify too. In 2022, a family of four with a yearly income of up to \$51,338 can qualify for services. WIC may be able to help you and your child eat healthy foods. For more information, call the Growing Up Healthy hotline at **800-522-5006** or visit health.ny.gov/wic

Home Energy Assistance Program

The Home Energy Assistance Program (HEAP)

helps eligible New Yorkers with the cost of heating their home, cleaning and tuning primary heating systems, repairing or replacing inoperable heating systems, and with the installation of air conditioners or fans. HEAP benefits vary depending on household income, source of heat, and the presence of a vulnerable household member. To see if you may qualify and to apply, visit myBenefits.ny.gov or your local department of social services. For more information, call **800-342-3009**, or visit otda.ny.gov/programs/heap.

Tax Credits

The Federal and State Earned Income Tax Credits

(EITC) are for working people with low or moderate incomes. Taxpayers may qualify to receive a combined federal and state EITC of up to \$9,016 if their income is less than \$59,187 (based on 2022 income levels) even if they owe no taxes. New York City residents may qualify for an additional city credit. The **New York State Noncustodial Parent EITC** provides a refundable tax credit to noncustodial parents who are current in their child support for the tax year.

The Federal Child Tax Credit and Additional Child

Tax Credit are offered by the federal government for taxpayers raising dependent children under the age of 17. The **Empire State Child Tax Credit** is for full-year New York residents, even if they owe no taxes, with children between the ages of 4 and 16.

The Federal Child and Dependent Care Credit is offered by the federal government. The **New York State Child and Dependent Care Credit** helps more low-income families because, unlike the federal credit, they may receive it even if they owe no taxes. New York City residents may qualify for an additional refundable credit from the city.

For more information, call the U.S. Internal Revenue Service at **800-829-1040**, or visit irs.gov; or call the New York State Department of Taxation and Finance at **518-457-5181**, or visit tax.ny.gov or myBenefits.ny.gov.

Health Insurance Affordability Programs

NY State of Health, the Official Health Plan Marketplace, is where New Yorkers can shop for, compare, and enroll in quality, affordable health insurance. It's the only place to get financial assistance to reduce the cost of your insurance. You also may enroll in the Essential Plan, Medicaid or Child Health Plus through the Marketplace.

Health insurance offered through the Marketplace includes a comprehensive set of benefits. All plans provide free preventive care, such as routine office visits and recommended screenings.

Certified enrollment experts provide free help with completing the enrollment process, finding the right health plan based on your unique needs, determining if you can get financial help to reduce the cost of your insurance. Support is available online, in-person in your community, and by phone – you pick what works best for you. Assistance is available in multiple languages.

To learn more, visit nystateofhealth.ny.gov or call **1-855-355-5777** (TTY: 1-800-662-1220).

Job Placement Services

New York State Career Centers provide services through a network of local centers and affiliate sites. To find the location nearest you, visit labor.ny.gov/career-center-locator.

Additional information about finding a job and career development can be found on the New York State Department of Labor's home page labor.ny.gov.

In New York State, the **SNAP Employment and Training Program** provides work preparation and support services for recipients of SNAP benefits to help them gain the skills necessary for becoming self-sufficient. All local departments of social services offer job search help. Other services that may be available include: on-the-job training, vocational training, job skills training, and job readiness and education. Employment services are also available for all recipients of public assistance. For more information, contact your local department of social services.

Domestic Violence

Domestic violence may involve physical, psychological, sexual, financial or emotional abuse. It can affect anyone. If you or someone you know is a victim of domestic violence, help is available. Contact the **New York State Domestic and Sexual Violence Hotline** for confidential support, 24/7 at **800-942-6906**, text **844-997-2121**, or chat at opdv.ny.gov. The Hotline can connect you with a program near you for help with advocacy, housing, counseling, and legal assistance. The state Office of Victim Services assists individuals with expenses resulting from being the victim of domestic violence and crimes such as stalking, strangulation and others. The agency helps eligible individuals with medical and counseling expenses, moving expenses, and lost wages, in addition to other forms of assistance.



Social Security Disability Insurance and Supplemental Security Income

The Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs are administered by the U.S. Social Security Administration. Only people who have a disability and meet medical criteria may qualify for benefits under these programs. To apply for SSDI or SSI benefits, call **800-772-1213**, or visit ssa.gov.

Child Support Services

The Child Support Program helps strengthen families by placing the responsibility for the economic support of children on both parents based upon their ability to pay. The program assists parents in establishing parentage and obtaining, modifying, or enforcing financial and medical support obligations. For more information, visit childsupport.ny.gov or call **888-208-4485**.

Child Care

New York State offers child care subsidies to low-income working families and those receiving temporary assistance to make safe, quality child care accessible and affordable. Families may be eligible for financial assistance if they meet the state's guidelines and need child care to work, look for work, or attend approved education or employment training programs. To find out if you are eligible for a child care subsidy or to apply for a subsidy for your child, contact your local department of social services. For more information about the child care subsidy program, visit ocfs.ny.gov.

Refugee Services

Assistance is available to refugees and other persons in similar immigration statuses in New York State. This includes asylees, special immigrant visa holders from Afghanistan and Iraq, NYS confirmed and federally certified victims of human trafficking, and certain members of their families, certain humanitarian parolees and Cuban or Haitian entrants. To find a list of service providers and eligible immigration statuses, visit otda.ny.gov/programs/bria.

Veterans' Services

If you ever served on active duty in the U.S. Military, you may be eligible for state or federal benefits. This includes tax-free monetary benefits in the form of compensation for disabilities caused by your military service or non-service-connected pension payments through the U.S. Department of Veterans Affairs. In addition, you may be entitled to health care benefits, educational benefits, employment assistance, substance abuse and mental health services, and burial benefits. If you know someone who served who may be entitled to benefits, please have them contact the New York State Division of Veterans' Services. To reach the State Division of Veterans' Services for the Veterans Benefits Advisor nearest you, please call **888-838-7697**, or visit veterans.ny.gov.



For more information visit
otda.ny.gov



Check your eligibility for a wide range of economic and work supports at

myBenefits.ny.gov



**Office of Temporary
and Disability Assistance**

otda.ny.gov

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