

# MASSACHUSETTS SNAP BENEFITS WORKSHEET



Effective October 1, 2023

1. GROSS Earned Income  
(exclude any legally obligated child support paid out)

2. ADD Gross Unearned Income +

3. TOTAL GROSS Monthly income =  
**Compare** with Gross Income Test

## INCOME DEDUCTIONS

4. SUBTRACT 20% of Line 1 Earned Income =  
(if legally obligated child support paid out from  
earnings, first add back in for 20% calc)

5. SUBTRACT Standard Deduction =  
Household Size: 1-3 = \$198;  
4 = \$208; 5 = \$244; 6+ = \$278

6. SUBTRACT Excess Medical Deduction (See  
Box A) =

7. SUBTRACT Dependent Care Costs =

8. SUBTRACT Homeless Deduction **(\$180)** =  
(only if homeless household not claiming regular  
Shelter Deduction)

## PRELIMINARY ADJUSTED

## NET INCOME (PANI)

9. SUBTRACT Excess Shelter (see Box B) =  
Amount capped at **\$672** unless 60+/disabled person  
in household!

MONTHLY NET INCOME =

To estimate APPROXIMATE SNAP benefit:

1. Take 30% of Monthly Net Income X .3  
=

2. Maximum SNAP benefit for Household  
size (see chart to right) =

3. SUBTRACT Line 1 (30% of Net) =

APPROX. MONTHLY SNAP\*\* =

\*\* This is an *approximate* figure. We encourage all households with  
income below 200% FPL to apply for SNAP. All 1 and 2 person  
households under 200% FPL qualify for \$23 minimum SNAP.

## GROSS INCOME TEST AND MAXIMUM SNAP

Household Size	Gross Income Test-200% FPL	Maximum SNAP benefit
1	\$2,430	\$291
2	\$3,287	\$535
3	\$4,143	\$766
4	\$5,000	\$973
5	\$5,857	\$1,155
6	\$6,713	\$1,386
7	\$7,570	\$1,532
8	\$8,427	\$1,751
Each add'l member	+ \$857	+ \$219

### Box A - Medical Deduction

Medical Expenses =

Threshold - \$35 - 35

Medical Deduction =

If medical deduction > \$35, enter \$155 standard  
deduction on Item #6. If actual medical expense  
> \$190/month, then use actual less \$35.

### Box B - Shelter Deduction

Rent or home ownership costs =

Add SUA amount\* +

TOTAL shelter expenses =

Shelter Standard  
(Divide PANI by 2) =

Excess Shelter Deduction =

NOTE: Enter maximum \$624 shelter on Line #10  
**unless** 60+/disabled person in household, then use  
actual amount.

\*SUA = Standard Utility Allowance:

\$852/mo - heating or AC costs or fuel assistance

\$520/mo - non-heating/cooling utilities

\$69/mo - phone only

NOTE: Households with a member sanctioned due to IPV  
must meet 130% FPL gross income test, SNAP asset test and  
100% FPL net income test. 60+/disabled households over  
200% FPL must meet the asset test and net income test. See  
[MLRI SNAP Advocacy Guide](#) for more information.