



Monthly Cash Assistance and Food Stamp Benefits For a Single-Parent Family of Three with No Earnings, 2000

	Cash Assistance	Food Stamps**	Date of Recent Change In Cash Grant		Cash Assistance*	Food Stamps*	Date of Recent Change In Cash Grant
Alabama	\$164	\$335		Montana	\$468	\$317	Jul 1999
Alaska	\$923	\$291		Nebraska	\$364	\$331	
Arizona	\$347	\$323		Nevada	\$348	\$335	
Arkansas	\$204	\$335		New Hampshire	\$600	\$244	
California*	\$626	\$248	Jul 1999	New Jersey	\$424	\$324	
Colorado	\$356	\$335		New Mexico	\$439	\$268	Jul 1999
Connecticut*	\$543	\$294		New York*	\$577	\$284	
Delaware	\$338	\$332		North Carolina	\$272	\$335	
District of Columbia	\$379	\$306		North Dakota	\$457	\$312	
Florida	\$303	\$335		Ohio	\$373	\$331	Jan 2000
Georgia	\$280	\$335		Oklahoma	\$292	\$335	Nov 1997
Hawaii	\$570	\$463		Oregon	\$460	\$316	
Idaho	\$293	\$335	Dec 1999	Pennsylvania*	\$403	\$335	
Illinois	\$377	\$310		Rhode Island	\$554	\$291	
Indiana	\$288	\$335		South Carolina	\$201	\$335	
Iowa	\$426	\$328		South Dakota	\$430	\$317	
Kansas*	\$403	\$331		Tennessee	\$185	\$335	Jul 1999
Kentucky	\$262	\$335		Texas	\$197	\$335	Oct 1999
Louisiana	\$190	\$335		Utah	\$451	\$285	Jul 1998
Maine	\$461	\$319	Jul 1999	Vermont*	\$622	\$271	Jul 1999
Maryland	\$417	\$285	Oct 1999	Virginia*	\$291	\$335	
Massachusetts*	\$565	\$288		Washington	\$546	\$293	
Michigan*	\$459	\$320		West Virginia	\$328	\$323	Jan 2000
Minnesota***	\$789	NA	Nov 1999	Wisconsin*	\$673	\$240	
Mississippi	\$170	\$335	Jul 1999	Wyoming	\$340	\$335	
Missouri	\$292	\$335					

* In states where welfare benefits vary by region or for different categories of recipients, the cash assistance benefit shown here is the one that applies to the largest number of welfare recipients in the state.

** This reflects the FY 2000 food stamp benefit for a family of three that is receiving the welfare benefit listed for each state. The food stamp benefit formula includes a deduction that provides somewhat higher benefits for families with high shelter costs. This table calculates the food stamp benefit using the typical shelter costs in each state for food stamp households not receiving housing assistance.

*** Minnesota's provides a cash grant that combines welfare and food stamp benefits.