



Monthly Cash Assistance and Food Stamp Benefits For a Single-Parent Family of Three with No Earnings, 2001

	Date of				Date of		
	Cash Assistance	Food Stamps**	Recent Change In Cash Grant		Cash Assistance*	Food Stamps*	Recent Change In Cash Grant
Alabama	\$164	\$341		Montana	\$493	\$316	July 2001
Alaska	\$923	\$288		Nebraska	\$364	\$339	
Arizona	\$347	\$331		Nevada	\$348	\$341	
Arkansas	\$204	\$341		New Hampshire	\$600	\$254	April 2000
California*	\$645	\$245	Oct 2000	New Jersey	\$424	\$333	
Colorado	\$356	\$341		New Mexico	\$439	\$276	Jul 1999
Connecticut*	\$543	\$308		New York*	\$577	\$298	
Delaware	\$338	\$341		North Carolina	\$272	\$341	
District of Columbia	\$379	\$314		North Dakota	\$457	\$322	
Florida	\$303	\$341		Ohio	\$373	\$339	Jan 2000
Georgia	\$280	\$341		Oklahoma	\$292	\$341	Nov 1997
Hawaii	\$570	\$459		Oregon	\$460	\$325	
Idaho	\$293	\$341	Dec 1999	Pennsylvania*	\$403	\$341	
Illinois	\$377	\$318		Rhode Island	\$554	\$302	
Indiana	\$288	\$341		South Carolina	\$203	\$341	Oct 1999
Iowa	\$426	\$337		South Dakota	\$430	\$326	
Kansas*	\$403	\$340		Tennessee	\$185	\$341	
Kentucky	\$262	\$341		Texas	\$201	\$341	Oct 2000
Louisiana	\$190	\$341		Utah	\$451	\$293	Jul 1998
Maine	\$461	\$332	Jul 1999	Vermont*	\$631	\$281	Oct 2000
Maryland	\$439	\$283	Oct 2000	Virginia*	\$320	\$341	July 2000
Massachusetts*	\$633	\$293	July 2000	Washington	\$546	\$307	
Michigan*	\$459	\$333		West Virginia	\$453	\$290	Oct 2000
Minnesota***	\$801	NA	Oct 2000	Wisconsin*	\$673	\$250	
Mississippi	\$170	\$341	Jul 1999	Wyoming	\$340	\$341	
Missouri	\$292	\$341					

* benefits vary by region or category. The figures cited here reflect maximum benefits for largest group of recipients in the state.

** This reflects the FY 2001 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.