

Community Awareness News

Food Stamps Help Low-Income Families Eat Healthy

A woman stands in line at the grocery store. In her basket is a package of oxtails, some milk, bread, eggs, three packages of frozen corn and a can of chicken soup. She has five children to feed. Fortunately, she also has a Lone Star Card in her purse.

This card is her key to the Food Stamp Program, the first line of defense against hunger for low-income Americans since 1977. Each month millions of families get help from this federal program, which is administered in Texas by the Health and Human Services Commission (HHSC).

Food stamps help people with little or no income buy food from local stores. It is available to families who meet the income limits set by the program.

Anyone who meets the eligibility requirements can get food stamp benefits. Household income and other resources have to be under certain limits and are reviewed by state workers. The program allows for certain deductions like housing costs, child support, medical expenses and child-care costs.

In Texas, more than 2.3 million people get food stamps each month. The average household receives \$245 in benefits a month.

Once approved for food stamps, the person or family receives a Lone Star Card. This is a plastic card that is used like a credit or debit card at the cash register to pay for purchases. Each month, the family's approved monthly food stamp amount is placed in the card's account.

You can learn more about food stamps at the HHSC website, www.hhsc.state.tx.us. Just click on the link that says "How to Get Help." The website includes basic information about food stamps and a food stamp estimator that you can fill out to see if you or your family can qualify for benefits. The website also includes a list of more than 300 offices across the state where families can apply for food stamps.

The state also has an emergency food stamp program that helps families get benefits quickly in emergency situations.

Food stamps can be used at most grocery stores to buy breads and cereals, dairy products, fruits and vegetables, meat and fish, and other foods. Food stamps cannot be used to purchase alcohol, pet food, household supplies such as paper towels or soap, or hot foods that are eaten in the stores. Food stamps cannot be exchanged for cash.

To learn more about food stamps and how to apply, call 2-1-1 or visit the HHSC website at www.hhsc.state.tx.us.

Do your children need low-cost health care coverage?



CHIP and Children's Medicaid provide low-cost health care coverage for kids. The most you will pay for all your children is \$50 for one year of coverage, but most families that qualify pay little or nothing.

Both programs cover children 18 years or younger.

Benefits include:

- Regular dental visits
- Medical checkups
- Hospital care
- Prescription drugs
- Eye exams and glasses
- And much more



Visit www.CHIPmedicaid.org or call 1-877-KIDS-NOW, Mon-Fri, 8 a.m. - 8 p.m. (Central Time) except federal holidays.

Check us out on the web

www.powerpagesnews.com

Poetry Corner

(If you write poetry and would like to share please contact us at 972-784-6648)

What Can I Do

Written By: Hattie Kelly

What can I do to change a life today
How can my walk display what I say

How can God get the glory
when I kneel down to pray
When all that I do is causes
trouble all day.

How can I say that I'm one
In the body of Christ
When the real truth of Jesus
Doesn't show in my life.

So many people claim to know
The christian way
But how can they know it
When they never kneel
Down to pray.

So how can I make a difference
As I go along the way?
Just smile and say hello
God bless you, and have a great day.

You can change a life
By walking in the light
For the night had not come
You can still make it right.

Imagine

By: Eric McCorkle

Source: Internet

Imagine that there were no hunger
And everyone had something to eat
Imagine that there were no prejudice,
And everyone was treated sweet
Imagine that all the children
had a place to play,
Imagine all of their problems
just faded away,

Imagine that there were no diseases,
And everyone lived to grow old.
Imagine that there were no poor people.
And all the streets were paved with gold
Imagine that there were no drugs.
And all the needles disappeared.
Imagine in their places flowers bloomed,
And all the birds reappeared.

Imagine that there were no pollution,
And we could all just heal the world
Imagine that there were no sexist people.
That discriminated boy & girl

This is not a figment of my imagination,
I'm just speaking for my generation
I wish there was something I could do
Just to make my dream come true

I thought I'd write this poem down
to tell you how I feel

My Sister

By: Hattie Kelly

To a very special sister,
I write this poem to you
In my heart you will always remain
Till God comes for me too.

The many things we shared
The love that showed you cared
In good times and bad
Proved the love that we had.

I 'll never give you up
In my heart you'll always be
And when I get to heaven
Your face I know I'll see.

I can imagine you standing there
With your arms open wide
With a smile on your face
Saying sis, come on inside

You were there when I was right
You were there when I was wrong
You never scolded me,
But you were always there,
To comfort and console me.

So sis, I'll keep on working
And patiently I'll wait,
Until I see your face
In the door of heaven's Gate.

This poem is dedicated to my very special sister who has gone on to be with the Lord.