



## Sample VISTA Monthly Budget for a Household of One

### Without Food Stamps

### With Food Stamps

Rent	\$	400.00	\$	400.00		Rent
Utilities	\$	100.00	\$	100.00		Utilities
Transportation	\$	75.00	\$	75.00		Transportation
Groceries	\$	150.00	\$	150.00		Groceries
Misc. (cable, cell phone, etc.)	\$	30.00	\$	30.00		Misc. (cable, cell phone, etc.)
<b>TOTAL Monthly Expenses</b>	<b>\$</b>	<b>755.00</b>	<b>\$</b>	<b>755.00</b>		<b>TOTAL Monthly Expenses</b>
Estimated Monthly Allowance *	\$	797.53	\$	797.53		Estimated Monthly Allowance *
	\$	-	\$	<b>162.00</b>		<b>Max Monthly Food Stamps</b>
<b>Total Income</b>	<b>\$</b>	<b>797.53</b>	<b>\$</b>	<b>959.53</b>		<b>Total Income</b>
Less Expenses	\$	755.00	\$	755.00		Less Expenses
<b>TOTAL Left After Expenses</b>	<b>\$</b>	<b>42.53</b>	<b>\$</b>	<b>204.53</b>		<b>TOTAL Left After Expenses</b>

\* Estimated Monthly Living Allowance less Federal Taxes