

**Select originating Division**

Belit Stockfleth  

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**Authorized Signature**

**Number:** SS-IM-08-023  
**Issue Date:** 06/12/2008

**Topic:** Food Benefits

**Subject:** Extra \$50

**Applies to (check all that apply):**

- |                                     |                               |                          |                                      |
|-------------------------------------|-------------------------------|--------------------------|--------------------------------------|
| <input type="checkbox"/>            | All DHS employees             | <input type="checkbox"/> | County Mental Health Directors       |
| <input type="checkbox"/>            | Area Agencies on Aging        | <input type="checkbox"/> | Health Services                      |
| <input checked="" type="checkbox"/> | Children, Adults and Families | <input type="checkbox"/> | Seniors and People with Disabilities |
| <input type="checkbox"/>            | County DD Program Managers    | <input type="checkbox"/> | Other (please specify):              |

**Message:**

**“Food Stamps help put healthy food on your table.”**

The award of the bonus money DHS received from USDA last year has made it possible for us to put the above message on city buses in Portland, Salem, Eugene, Medford and LaGrande. It has also provided the funds for us to send an extra \$50 to Post-TANF households losing their TBA benefits. Post-TANF clients are chosen not only because their regular TANF benefits ended due to employment, but also because it is imperative for us to promote the healthy food message among low-income households with children.

Beginning June, Post -TANF households identified by PTF and PT1 with their TBA benefits ending the last day of the month will receive a notice telling them about the extra \$50. The extra benefits will be deposited directly into their EBT account starting in July and ending in October. The same notice will be sent to Post-TANF clients losing TBA in July, August and September. Depending on when their TBA benefits end, Post-TANF/TBA clients will get no more than four months of the additional benefits.

OAR 461-135-0507 is effective July 1 in support of the above issuance. Clients are not entitled to a hearing on the extra benefits. However, they can ask for a hearing if they disagree with the end date of their TBA benefits.

Enclosed with the notice are two nutrition education brochures. One gives the household tips in helping them shop for healthier food inexpensively. The other, the

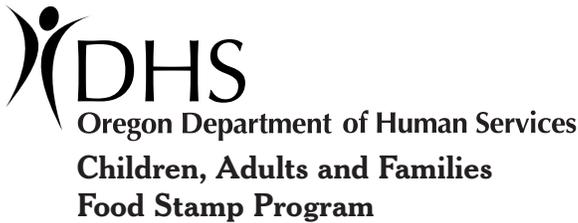
Oregon Healthy Harvest, shows them the healthy meals they can prepare for their families.

Attached to this IM are the notice and one of the brochures we are sending to the identified clients in June, July, August and September. You can access the Oregon Healthy Harvest brochure via the following site:

[http://extension.oregonstate.edu/nep/edmaterials/hharvest/fruits\\_vegetables.pdf](http://extension.oregonstate.edu/nep/edmaterials/hharvest/fruits_vegetables.pdf)

*If you have any questions about this information, contact:*

<b>Contact(s):</b>	Eliza Devlin	(503) 947-5105
	Sarah Lambert	(503) 945-6220
	Anne Hilgers	(503) 945-6105
	Dawn Myers	(503) 945-7018
	Sandy Ambrose	(503) 945-6092
	Rosanne Richard	(503) 945-5826



You got a notice last month saying your Transitional Benefits Alternative (TBA) food stamp benefits are ending this month. You need to reapply if you want to get regular food stamps.

In addition to any regular food stamps, the Department of Human Services (DHS) has some extra food benefits for you. These extra food benefits are for families who are getting Post Temporary Assistance for Needy Families (TANF) when the TBA food stamps end. They will be sent to your Oregon Trail Card food account. You can get these extra food benefits for up to four months. The table below shows the months your family will get these extra food benefits.

<b>If your special (TBA) benefits end on</b>	<b>You will get \$50 extra benefits in</b>
June 30, 2008	July, August, September and October
July 31, 2008	August, September and October
August 31, 2008	September and October
September 30, 2008	October
October 31, 2008	No extra benefits

OAR 461-135-0507

The back of this form has general information on hearings. It does not apply to this notice. The information on the back applies if you disagree with the end date of your special (TBA) benefits.

# Your Hearing Rights

*This form is available in other languages and in a large-print version. Please contact your local office for the other formats.*

## **Part 1 – About Hearings:** *What to do when you do not agree with a DHS decision about your benefits.*

- Oregon law gives you the right to ask for a hearing if you do not agree with this decision. Hearings are held before an Administrative Law Judge who works for the Office of Administrative Hearings, not for the Department of Human Services (DHS).
- At the hearing, you can tell why you do not agree with the decision. You can have people testify for you. In the General Assistance, child care and cash for families (TANF) programs, you can have a lawyer or someone from a non-profit legal service represent you. In all other programs, you can have a lawyer or non-lawyer represent you. We cannot pay the costs of witnesses or a lawyer. You may call the **Public Benefits Hotline** (a program of Legal Aid Services of Oregon and the Oregon Law Center) at **1-800-520-5292** for advice and possible representation. You also may be able to get free or reduced-cost legal services through your local Bar Association.
- In most cases, you must ask for a hearing within **45 days** from the date on the decision notice. You have **90 days** for food stamp benefits and for cash reductions for not cooperating with a case plan. You may request a hearing at any time to contest the current amount of your food stamp benefits.
- If you do not ask for a hearing on time, you lose your right to have one. This notice and decision will be your final order by default. The case file is the record. No separate order by default will be issued. You may appeal the final order by default under ORS 183.482 if you file a petition in the Oregon Court of Appeals. The appeal must be filed within 60 days of the date this notice becomes a final order by default.
- Except for food stamp benefits, you must fill out an Administrative Hearing Request form (DHS 0443). You can get this at a DHS office, or at <http://dhsforms.hr.state.or.us/Forms/Served/DE0443.pdf>. Someone at your local office can help you fill out the form. Forms must be returned to a DHS office. For *food stamp benefits*, you can ask for a hearing on a DHS 0443, by phone, in writing, or by asking a DHS staff member in person.
- You also have the right to talk with a person in charge. You may ask for a meeting by contacting your local office. If you do so, however, remember that **the time limits for requesting a hearing do not change**. If you want a hearing, you **must** request it in time, whether you want to talk to a manager or not.

## **Part 2 – Continuing Your Benefits:** *How to keep getting benefits until your hearing.*

- You can ask that your benefits stay the same until the hearing decision. For *cash, child care, and medical benefits*, you do this on the Administrative Hearing Request form (DHS 0443). For *food stamp benefits*, you can ask for continuing benefits on the DHS 0443, by phone, in writing, or by asking a DHS staff member in person.
- You must ask your branch for a hearing and continuing benefits by either the “effective date” on the notice or **10 days** after the “date of notice.” To keep getting benefits, you must ask by whichever date is *later*.
- If you keep getting benefits but lose the hearing, you must pay back the benefits you should not have received.
- If you don’t keep getting benefits and win the hearing, we will give you benefits you should have received.

## **Part 3 – About “Expedited” Hearings:** *Can you have your hearing sooner than usual?*

You have the right to have your hearing within five (5) working days in the following cases:

- Your request for Emergency Assistance or Temporary Assistance for Domestic Violence (TA-DVS) is denied.
- You disagree with the amount or form of payment for Emergency Assistance or TA-DVS.
- DHS denied your request to keep getting benefits until your hearing.
- Your request to get food stamp benefits within seven (7) days (“expedited” food stamp benefits) is denied, or you disagree with a DHS action that affects whether your household can get expedited food stamp benefits.
- You are getting medical benefits and you have been denied a medical service, *and* a medical review by DHS shows your medical condition is an immediate, serious threat to your life or health.
- If you are denied a JOBS support service payment, or it is not issued within the legal time frame.
- If DHS stops or reduces a JOBS payment that you have been getting.

*DHS will not discriminate against anyone. This means DHS will help all who qualify. DHS will not deny help to anyone based on age, race, color, national origin, sex, sexual orientation, religion, political beliefs, or disability.*

*You can file a complaint if you think DHS discriminated against you because of any of these reasons.*



**Food Stamps**  
help put  
**HEALTHY**  
**FOOD**  
on your table.

*The extra **\$50** food benefits DHS is sending you can help.*



# Healthy Foods

don't have to cost more...

## Here are some helpful tips:

- Compare prices and try store brands. They usually cost less than name brands but have the same taste and nutritional value.
- Buy only the amount that your family will eat before it spoils.
- Stock up on sale foods if you have room to store them.
- Take time to compare fresh, frozen and canned foods to see which is cheapest.
- Buy fresh fruits and vegetables in season. They cost less. Look for locally grown ones at farmers' markets when they are available.
- Look for bargains at farmers' markets. To locate a farmers' market near you, please visit [www.oregonfarmersmarkets.org/directory.html](http://www.oregonfarmersmarkets.org/directory.html). Some of them accept the Oregon Trail Card.
- Stock up on frozen vegetables for quick and easy cooking.
- Buy regular rice and oatmeal instead of instant flavored types. Try using brown rice to get more fiber.
- Buy low fat or nonfat milk. Buy them in larger containers such as half-gallons, if you can use that much.
- Buy less expensive cheese such as mild cheddar. Buy them in blocks. They cost less per pound than shredded cheese.
- Buy whole chickens and cut them into pieces. Be sure to cut off skin and extra fat.
- If you have a large family, buy bulk foods or large bags of frozen fruits and vegetables.

**Eat fruits and vegetables for good health. See the attached card (Oregon's Healthy Harvest) for ways your family can eat more fruits and vegetables.**

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