Value of Benefits for 2022

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| Benefits | Value |
| LIHEAP | $336 |
| SNAP | $1,260 |
| MSP | $1,626 |
| LIS | $4,900 |
| Medicaid | $5,093 |
| SSI | $6,504 |
| SSDI | $8,040 |
| RX Assistance Programs | $423 |
| Tax Benefit | $1,185 |
| Veteran’s Benefit | $12,868 |
| Housing | $6,564 |
| Lifeline | $111 |
| Public Assistance (TANF, TTANF, BIA General Assistance) | $5,148 |
| Unemployment | $8,034 |
| Transit | $200 |
| Home Internet | $480 |
| Other Home Benefits | $200 |
| Other Food | $200 |
| Other means tested | $200 |