



We are each the experts in our own lives and know how to meet our needs better than anyone else. We all deserve to have what we need to put food on the table, pay for our families' everyday needs, and pursue our own goals in life.

Temporary Assistance for Needy Families (TANF) 101

TANF is a federal program, administered differently by each state, that provides resources and modest cash assistance for families living on extremely low incomes. **TANF's main goal is to help families meet their most basic needs and to protect children from the devastating effects of "deep poverty"** (as measured by living 50% or more below the Federal Poverty Line). Despite recent improvements, Washington's social safety net is insufficient, but offers critical, lifeline support to those living on the lowest incomes.

TANF eligibility requirements

- Household must include children
- Meet citizenship requirements (Immigrants are not eligible for TANF until they have been a resident for at least 5 years)
- As of February 1, 2024: Equity value resource limit of \$12,000
- Must meet ongoing WorkFirst participation and eligibility requirements, potentially including 20 hours of work, school, or job search



Monthly payment standards

Family Size*	Payment Standard**
1	\$450
2	\$570
3	\$706
4	\$832
5	\$959

Maximum monthly earned income limits

Family Size	Income Limit
1	\$900
2	\$1140
3	\$1412
4	\$1664
5	\$1918

*For families with young children, an additional \$100/month is added for diapers.

**Regardless of rising costs of living and inflation, TANF grant amounts do not increase without an action from the legislature. This data is as of January 1, 2024.