

Computations for the 2026 Annual Update of the HHS Poverty Guidelines

Persons in family or household	2026 poverty guidelines (100% of poverty)	125% of poverty	130% of poverty	145% of poverty	150% of poverty	160% of poverty	175% of poverty	185% of poverty	200% of poverty	300% of poverty
1	\$15,960.00	\$19,950.00	\$20,748.00	\$23,142.00	\$23,940.00	\$25,536.00	\$27,930.00	\$29,526.00	\$31,920.00	\$47,880.00
2	\$21,640.00	\$27,050.00	\$28,132.00	\$31,378.00	\$32,460.00	\$34,624.00	\$37,870.00	\$40,034.00	\$43,280.00	\$64,920.00
3	\$27,320.00	\$34,150.00	\$35,516.00	\$39,614.00	\$40,980.00	\$43,712.00	\$47,810.00	\$50,542.00	\$54,640.00	\$81,860.00
4	\$33,000.00	\$41,250.00	\$42,900.00	\$47,850.00	\$49,500.00	\$52,800.00	\$57,750.00	\$61,050.00	\$66,000.00	\$99,000.00
5	\$38,680.00	\$48,350.00	\$50,284.00	\$56,086.00	\$58,020.00	\$61,888.00	\$67,690.00	\$71,558.00	\$77,360.00	\$116,040.00
6	\$44,360.00	\$55,450.00	\$57,668.00	\$64,322.00	\$66,540.00	\$70,976.00	\$77,630.00	\$82,066.00	\$88,720.00	\$133,080.00
7	\$50,040.00	\$62,550.00	\$65,052.00	\$72,558.00	\$75,060.00	\$80,064.00	\$87,570.00	\$92,574.00	\$100,080.00	\$150,120.00
8	\$55,720.00	\$69,650.00	\$72,436.00	\$80,794.00	\$83,580.00	\$89,152.00	\$97,510.00	\$103,082.00	\$111,440.00	\$167,160.00
For each additional person add	\$5,680.00	\$7,100.00	\$7,384.00	\$8,236.00	\$8,520.00	\$9,088.00	\$9,940.00	\$10,508.00	\$11,360.00	\$17,040.00
	Head Start, Early Head Start		SNAP, free school meals			CCA	FaDSS	Shared Visions, WIC, Hawk-I, reduced school meals	EI scholarship, LIHEAP	

Medicaid 133% is for adults, up to 167% for children ages 1-18, up to 375% for infants and pregnant women;

Note: The rounding rules for these calculations, as well as procedures for calculating monthly income, are determined by the federal, state, and local program offices that use the poverty guidelines for eligibility purposes.

- These figures are for the 48 Contiguous States and the District of Columbia.
- This guide is updated each year.

SOURCE: <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

Links to Services

Head Start	Iowa Head Start Association - Helping Iowa's children and families
Early Head Start	Early Head Start Department of Education (iowa.gov)
Hawk-i	Hawki - Healthy and Well Kids in Iowa Health & Human Services
Medicaid	Iowa Medicaid Health & Human Services
SNAP	Supplemental Nutrition Assistance Program (SNAP) Health & Human Services (iowa.gov)
School Lunch Program	School Meals Department of Education (iowa.gov)
Community Services Block Grant	Community Services Block Grant Health & Human Services (iowa.gov)
CCA	Child Care Assistance Health & Human Services (iowa.gov)
FaDSS	Family Development & Self-Sufficiency (FaDSS) Health & Human Services (iowa.gov)
LIHEAP	Low-Income Home Energy Assistance (LIHEAP) Health & Human Services (iowa.gov)
Weatherization	Weatherization Assistance Health & Human Services (iowa.gov)
WIC	Women, Infants & Children (WIC) Program Health & Human Services (iowa.gov)