

# Federal Poverty Guidelines

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To qualify for some programs, such as free legal aid, court fee waivers, and public benefits, you might need a household income lower than a certain percentage of the **Federal Poverty Guidelines**. These guidelines depend on how much money your household makes before taxes, and how many people live in your house. You can find out if your household qualifies by checking out these charts, based on the U.S. Department of Health and Human Services federal poverty guidelines (<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>).

## 1. 100% of the 2025 Federal Poverty Guidelines

Number of people in your household (include yourself)	100% of Poverty Guidelines Yearly Income	100% of Poverty Guidelines Monthly Income	100% of Poverty Guidelines Weekly Income
1	\$ 15,650	\$ 1,304	\$ 301
2	\$ 21,150	\$ 1,763	\$ 407
3	\$ 26,650	\$ 2,221	\$ 513

Number of people in your household (include yourself)	100% of Poverty Guidelines Yearly Income	100% of Poverty Guidelines Monthly Income	100% of Poverty Guidelines Weekly Income
4	\$ 32,150	\$ 2,679	\$ 618
5	\$ 37,650	\$ 3,138	\$ 724
6	\$ 43,150	\$ 3,596	\$ 830
7	\$ 48,650	\$ 4,054	\$ 936
8	\$ 54,150	\$ 4,513	\$ 1,041
More than 8	Add \$5,500 for each additional person	Add \$458 for each additional person	Add \$106 for each additional person

## 2. 125% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	125% of Poverty Guidelines Yearly Income	125% of Poverty Guidelines Monthly Income	125% of Poverty Guidelines Weekly Income
1	\$ 19,563	\$ 1,630	\$ 376
2	\$ 26,438	\$ 2,203	\$ 508
3	\$ 33,313	\$ 2,776	\$ 641
4	\$ 40,188	\$ 3,349	\$ 773
5	\$ 47,063	\$ 3,922	\$ 905
6	\$ 53,938	\$ 4,495	\$ 1,037

Number of people in your household (include yourself)	125% of Poverty Guidelines Yearly Income	125% of Poverty Guidelines Monthly Income	125% of Poverty Guidelines Weekly Income
7	\$ 60,813	\$ 5,068	\$ 1,169
8	\$ 67,688	\$ 5,641	\$ 1,302
More than 8	Add \$6,875 for each additional person	Add \$573 for each additional person	Add \$132 for each additional person

### 3. 138% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	138% of Poverty Guidelines Yearly Income	138% of Poverty Guidelines Monthly Income	138% of Poverty Guidelines Weekly Income
1	\$ 21,597	\$ 1,800	\$ 415
2	\$ 29,187	\$ 2,432	\$ 561
3	\$ 36,777	\$ 3,065	\$ 707
4	\$ 44,367	\$ 3,697	\$ 853
5	\$ 51,957	\$ 4,330	\$ 999
6	\$ 59,547	\$ 4,962	\$ 1,145
7	\$ 67,137	\$ 5,595	\$ 1,291
8	\$ 74,727	\$ 6,227	\$ 1,437

Number of people in your household (include yourself)	138% of Poverty Guidelines Yearly Income	138% of Poverty Guidelines Monthly Income	138% of Poverty Guidelines Weekly Income
	Add \$7,590 for each additional person	Add \$633 for each additional person	Add \$146 for each additional person
More than 8			

#### 4. 187.5% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	187.5% of Poverty Guidelines Yearly Income	187.5% of Poverty Guidelines Monthly Income	187.5% of Poverty Guidelines Weekly Income
1	\$ 29,344	\$ 2,445	\$ 564
2	\$ 39,656	\$ 3,305	\$ 763
3	\$ 49,969	\$ 4,164	\$ 961
4	\$ 60,281	\$ 5,023	\$ 1,159
5	\$ 70,594	\$ 5,883	\$ 1,358
6	\$ 80,906	\$ 6,742	\$ 1,556
7	\$ 91,219	\$ 7,602	\$ 1,754
8	\$ 101,531	\$ 8,461	\$ 1,953

Number of people in your household (include yourself)	187.5% of Poverty Guidelines Yearly Income	187.5% of Poverty Guidelines Monthly Income	187.5% of Poverty Guidelines Weekly Income
	Add \$10,175 for each additional person	Add \$848 for each additional person	Add \$196 for each additional person
More than 8			

## 5. 200% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	200% of Poverty Guidelines Yearly Income	200% of Poverty Guidelines Monthly Income	200% of Poverty Guidelines Weekly Income
1	\$31,300	\$2,608	\$602
2	\$42,300	\$3,525	\$813
3	\$53,300	\$4,442	\$1,025
4	\$64,300	\$5,358	\$1,237
5	\$75,300	\$6,275	\$1,448
6	\$86,300	\$7,192	\$1,660
7	\$97,300	\$8,108	\$1,871
8	\$108,300	\$9,025	\$2,083

Number of people in your household (include yourself)	200% of Poverty Guidelines Yearly Income	200% of Poverty Guidelines Monthly Income	200% of Poverty Guidelines Weekly Income
More than 8	Add \$11,000 for each additional person	Add \$917 for each additional person	Add \$212 for each additional person

## 6. 250% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	250% of Poverty Guidelines Yearly Income	250% of Poverty Guidelines Monthly Income	250% of Poverty Guidelines Weekly Income
1	\$39,125	\$3,260	\$752
2	\$52,875	\$4,406	\$1,017
3	\$66,625	\$5,552	\$1,281
4	\$80,375	\$6,698	\$1,546
5	\$94,125	\$7,844	\$1,810
6	\$107,875	\$8,990	\$2,075
7	\$121,625	\$10,135	\$2,339
8	\$135,375	\$11,281	\$2,603

Number of people in your household (include yourself)	250% of Poverty Guidelines Yearly Income	250% of Poverty Guidelines Monthly Income	250% of Poverty Guidelines Weekly Income
More than 8	Add \$13,750 for each additional person	Add \$1,146 for each additional person	Add \$264 for each additional person

## 7. 300% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	300% of Poverty Guidelines Yearly Income	300% of Poverty Guidelines Monthly Income	300% of Poverty Guidelines Weekly Income
1	\$46,950	\$3,913	\$903
2	\$63,450	\$5,288	\$1,220
3	\$79,950	\$6,663	\$1,538
4	\$96,450	\$8,038	\$1,855
5	\$112,950	\$9,413	\$2,172
6	\$129,450	\$10,788	\$2,489
7	\$145,950	\$12,163	\$2,807
8	\$162,450	\$13,538	\$3,124

Number of people in your household (include yourself)	300% of Poverty Guidelines Yearly Income	300% of Poverty Guidelines Monthly Income	300% of Poverty Guidelines Weekly Income
More than 8	Add \$16,500 for each additional person	Add \$1,375 for each additional person	Add \$317 for each additional person

## 8. 350% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	350% of Poverty Guidelines Yearly Income	350% of Poverty Guidelines Monthly Income	350% of Poverty Guidelines Weekly Income
1	\$54,775	\$4,565	\$1,053
2	\$74,025	\$6,169	\$1,424
3	\$93,275	\$7,773	\$1,794
4	\$112,525	\$9,377	\$2,164
5	\$131,775	\$10,981	\$2,534
6	\$151,025	\$12,585	\$2,904
7	\$170,275	\$14,190	\$3,275
8	\$189,525	\$15,794	\$3,645



Number of people in your household (include yourself)	350% of Poverty Guidelines Yearly Income	350% of Poverty Guidelines Monthly Income	350% of Poverty Guidelines Weekly Income
More than 8	Add \$19,250 for each additional person	Add \$1,604 for each additional person	Add \$370 for each additional person

## 9. 400% of the 2025 Federal Poverty Guidelines

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Number of people in your household (include yourself)	400% of Poverty Guidelines Yearly Income	400% of Poverty Guidelines Monthly Income	400% of Poverty Guidelines Weekly Income
1	\$62,600	\$5,217	\$1,204
2	\$84,600	\$7,050	\$1,627
3	\$106,600	\$8,883	\$2,050
4	\$128,600	\$10,717	\$2,473
5	\$150,600	\$12,550	\$2,896
6	\$172,600	\$14,383	\$3,319
7	\$194,600	\$16,217	\$3,742
8	\$216,600	\$18,050	\$4,165

Number of people in your household (include yourself)	400% of Poverty Guidelines Yearly Income	400% of Poverty Guidelines Monthly Income	400% of Poverty Guidelines Weekly Income
More than 8	Add \$22,000 for each additional person	Add \$1,833 for each additional person	Add \$423 for each additional person

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<https://assets.washingtonlawhelp.org/en/federal-poverty-guidelines>