

Federal Poverty Guidelines

Author

Northwest Justice Project

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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 \(https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines\)](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	\$15,060	\$1,255	\$290
2	\$20,440	\$1,703	\$393
3	\$25,820	\$2,152	\$497

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	\$31,200	\$2,600	\$600
5	\$36,580	\$3,048	\$703
6	\$41,960	\$3,497	\$807
7	\$47,340	\$3,945	\$910
8	\$52,720	\$4,393	\$1,014
More than 8	Add \$5,380 for each additional person	Add \$448 for each additional person	Add \$103 for each additional person

2. 125% of the 2025 Federal Poverty Guidelines

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	\$18,825	\$1,569	\$362
2	\$25,550	\$2,129	\$491
3	\$32,275	\$2,690	\$621
4	\$39,000	\$3,250	\$750
5	\$45,725	\$3,810	\$879
6	\$52,450	\$4,370	\$1,009

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	\$59,175	\$4,931	\$1,138
8	\$65,900	\$5,491	\$1,267
More than 8	Add \$6,725 for each additional person	Add \$560 for each additional person	Add \$129 for each additional person

3. 138% of the 2025 Federal Poverty Guidelines

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	\$1,799.75	\$400
2	\$29,187	\$2,432.25	\$543
3	\$36,777	\$3,064.75	\$686
4	\$44,367	\$3,697.25	\$829
5	\$51,957	\$4,329.75	\$970
6	\$59,547	\$4,962.25	\$1,113
7	\$67,137	\$5,594.75	\$1,256
8	\$74,727	\$6,227.25	\$1,399

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
More than 8	Add \$7,590 for each additional person	Add \$632.50 for each additional person	Add \$143 for each additional person

4. 187.5% of the 2025 Federal Poverty Guidelines

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	\$28,338	\$2,353	\$543
2	\$38,325	\$3,193	\$737
3	\$48,413	\$4,034	\$931
4	\$58,500	\$4,875	\$1,125
5	\$68,588	\$5,716	\$1,319
6	\$78,675	\$6,556	\$1,522
7	\$88,763	\$7,397	\$1,707
8	\$98,850	\$8,238	\$1,901

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 \$10,088 for each additional person	Add \$841 for each additional person	Add \$194 for each additional person
More than 8			

5. 200% of the 2025 Federal Poverty Guidelines

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	\$30,120	\$2,510	\$580
2	\$40,880	\$3,407	\$786
3	\$51,640	\$4,303	\$993
4	\$62,400	\$5,200	\$1,200
5	\$73,160	\$6,097	\$1,407
6	\$83,920	\$6,993	\$1,614
7	\$94,680	\$7,890	\$1,821
8	\$105,440	\$8,787	\$2,029

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 \$10,760 for each additional person	Add \$897 for each additional person	Add \$207 for each additional person

6. 250% of the 2025 Federal Poverty Guidelines

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	\$3,260.42	\$752.40
2	\$52,875	\$4,406.25	\$1,016.82
3	\$66,625	\$5,552.08	\$1,281.25
4	\$80,375	\$6,697.92	\$1,545.67
5	\$94,125	\$7,843.75	\$1,810.10
6	\$107,875	\$8,989.58	\$2,074.52
7	\$121,625	\$10,135.42	\$2,338.94
8	\$135,375	\$11,281.25	\$2,603.37

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 \$1,145.90 for each additional person	Add \$264.42 for each additional person

7. 300% of the 2025 Federal Poverty Guidelines

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	\$45,180	\$3,765	\$870
2	\$61,320	\$5,110	\$1,179
3	\$77,460	\$6,456	\$1,491
4	\$93,600	\$7,800	\$1,800
5	\$109,740	\$9,144	\$2,109
6	\$125,880	\$10,491	\$2,421
7	\$142,020	\$11,835	\$2,730
8	\$158,160	\$13,179	\$3,042

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 \$16,140 for each additional person	Add \$1,344 for each additional person	Add \$309 for each additional person

8. 350% of the 2025 Federal Poverty Guidelines

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	\$4,564.58	\$1,053.36
2	\$74,025	\$6,168.75	\$1,423.56
3	\$93,275	\$7,772.92	\$1,793.75
4	\$112,525	\$9,377.08	\$2,163.94
5	\$131,775	\$10,981.25	\$2,534.13
6	\$151,025	\$12,585.41	\$2,904.33
7	\$170,275	\$14,189.58	\$3,274.52
8	\$189,525	\$15,793.75	\$3,644.71

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 \$1,604.15 for each additional person	Add \$370.20 for each additional person

9. 400% of the 2025 Federal Poverty Guidelines

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	\$5,216.67	\$1,203.85
2	\$84,600	\$7,050	\$1,626.92
3	\$106,600	\$8,883.33	\$2,050
4	\$128,600	\$10,716.67	\$2,473.08
5	\$150,600	\$12,550	\$2,896.15
6	\$167,840	\$13,986.67	\$3,227.70
7	\$194,600	\$16,216.67	\$3,742.30
8	\$216,600	\$18,050	\$4,165.38

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 \$1,833.32 for each additional person	Add \$423.08 for each additional person

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