

Understanding the Family Supplemental Subsistence Allowance

Overview

The Family Supplemental Subsistence Allowance Program supports eligible service members with large families. Read on to learn more about FSSA and who may qualify.

Eligibility: Only military members serving outside the United States, Puerto Rico, U.S. Virgin Islands and Guam are eligible to apply for [FSSA](#). Eligibility is based on household size and income.*



Calculation: A service member's household income and size are factors when calculating a possible monthly stipend. The standards are the same as those for the federal [Supplemental Nutrition Assistance Program](#), or SNAP. DoD 7000.14-R, Volume 7A, Chapter 25, "Basic Allowance for Subsistence" outlines additional FSSA information.

Amount: FSSA payments to qualifying service members will not exceed \$1,100 per month. Applicants should note that these funds may impact a household's eligibility for other federal programs such as SNAP; food assistance for [Women, Infants, and Children](#), or WIC; and subsidized school-meal programs.

Application: To apply, fill out the FSSA application, [DD Form 2857](#). It requires certain personal information. Prepare beforehand by gathering the following:





- Basic pay and pay entry base date
- Basic Allowance for Housing, Basic Allowance for Subsistence and Overseas Housing Allowance
- Special pay and allowances
- Any other household income


For questions about this program or any other financial assistance, contact your Military and Family Support Center, command or community services financial management counselors.

Resources

- Visit <https://militarypay.defense.gov/pay/ALLOWANCES/fssa.aspx> to learn more about the FSSA program and eligibility for service members and their families.
- Visit <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program> and <https://www.fns.usda.gov/wic> to learn about different types of food assistance the federal government provides.
- Visit <https://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2857.pdf> to fill out DD Form 2857.
- Visit https://comptroller.defense.gov/portals/45/documents/fmr/archive/07aarch/07a_25arch.pdf for additional information on Basic Allowance For Subsistence.

*Service members must apply for FSSA with the appropriate organizational element designated by their service. The appropriate service organization will make all decisions regarding eligibility, entitlement amount and final certification for payment. Any inquiries should be directed to service personnel centers.

Schedule an appointment with a [personal financial manager](#) or [counselor](#) to learn more. As you reach new milestones and complete your [service's financial readiness training](#), look to the Office of Financial Readiness [website](#) for more information and follow @DoDFINRED on    

 Access on-the-go financial education with FINRED's no-cost app, Sen\$e. Download it in the [Google Play](#) or [iOS](#) app stores.

