



# LIHEAP

## WINTER HEATING ASSISTANCE

Your Complete  
State-by-State Guide  
for 2025



**\$4.0B in Federal Funding**  
Proposed (FY 2026)



**Typical Benefits:**  
\$200 - \$1,500+



**Crisis Aid & Weatherization**  
Support Included



**Application Deadlines**  
Differ by State

# LIHEAP Winter Heating Assistance: Your Complete State-by-State Guide for 2025

Apply now before funds run out in your state. This comprehensive guide provides everything you need to access heating assistance this winter.

The Low Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps low-income households with their home energy bills. It can help you stay warm in the winter and cool in the summer. This guide provides an essential overview of the program, detailing eligibility requirements, application processes, and benefits available across all states. Understanding LIHEAP is crucial for vulnerable families facing rising energy costs, and this resource aims to simplify access to much-needed support.

**\$4.0B**

Proposed Federal Funding  
(FY 2026 LIHEAP allocation  
per Senate Appropriations  
Committee)

**50**

Different Programs (each  
state runs its own version  
with unique rules and  
requirements)

**\$25-\$1,500**

Typical Benefit Range  
(depending on your state  
and individual  
circumstances)



# Understanding LIHEAP: The Basics

## What is LIHEAP?

The Low Income Home Energy Assistance Program (LIHEAP) is a federally funded, state-administered program that helps eligible low-income households pay for heating and cooling costs. While funded by the federal government, each state operates its own program with different eligibility requirements, benefit amounts, and application procedures.



## Types of LIHEAP Assistance

LIHEAP offers three main types of assistance to help families manage their energy costs throughout the year.

Program Component	Purpose	Eligibility Notes	Payment Method
<b>Regular LIHEAP</b>	One-time payment for seasonal heating/cooling bills	Based on income, household size, energy burden	Paid directly to utility company or vendor
<b>Crisis Assistance</b>	Emergency help for immediate energy crises	Requires shut-off notice, low fuel supply, or verified emergency	Expedited processing, may be paid directly to client
<b>Weatherization Assistance Program (WAP)</b>	Home improvements to increase energy efficiency	Income-based or categorical eligibility	Paid to contractor performing work

### Important Recent Changes

The "One Big Beautiful Bill Act of 2025" changed how LIHEAP benefits affect SNAP (food stamp) eligibility. Households receiving LIHEAP must now have an elderly or disabled member to automatically qualify for higher utility allowances. Contact your local office if you receive both benefits.

# Income Eligibility Guidelines by State

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**Important Note:** Income limits vary significantly by state and change annually. Always verify current limits with your state's official LIHEAP website before applying.

State	Family of 1	Family of 2	Family of 3	Family of 4	Basis
Alabama	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Alaska	\$30,450	\$41,175	\$51,900	\$60,788	150% FPL
Arizona	\$32,195	\$43,545	\$54,895	\$64,788	150% FPL (Monthly)
Arkansas	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
California	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Colorado	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Connecticut	Varies	Varies	Varies	Varies	60% SMI
Delaware	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Florida	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Georgia	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Hawaii	\$28,014	\$37,881	\$47,748	\$55,789	150% FPL
Idaho	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Illinois	\$46,062	\$62,934	\$79,806	\$76,884	60% SMI
Indiana	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Iowa	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Kansas	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Kentucky	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Louisiana	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Maine	\$42,503	\$58,087	\$73,671	\$70,839	Custom
Maryland	Varies	Varies	Varies	Varies	60% SMI

# Income Eligibility Guidelines by State

## (Page 2 of 2)

**Important Note:** Income limits vary significantly by state and change annually. Always verify current limits with your state's official LIHEAP website before applying.

State	Family of 1	Family of 2	Family of 3	Family of 4	Basis
Nebraska	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Nevada	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
New Hampshire	Contact state for current limits	Contact state	Contact state	Contact state	60% SMI
New Jersey	Contact state for current limits	Contact state	Contact state	Contact state	60% SMI
New Mexico	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
New York	Contact state for current limits	Contact state	Contact state	Contact state	60% SMI
North Carolina	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
North Dakota	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Ohio	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Oklahoma	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Oregon	\$24,360	\$32,940	\$41,520	\$48,225	150% FPL
Pennsylvania	Contact state for current limits	Contact state	Contact state	Contact state	60% SMI
Rhode Island	Contact state for current	Contact state	Contact state	Contact state	60% SMI

# Maximum Benefit Amounts by State

**Important Note:** Benefit amounts vary based on household size, income, energy burden, and local utility costs. Always check with your state for current benefit calculations.

State	Regular Benefit Info	Crisis Assistance	Notes
Arizona	Max \$640 (Reg)	Max \$500 (Crisis)	Verified state max
California	Max \$1,500 (Reg)	Crisis: Varies	Higher max than most
Florida	\$400-\$1,350 (Reg)	Crisis: Varies	Wide range by local cost
Illinois	Reg: Energy burden based	Crisis: Varies	No set max, need-based
Maine	Contact state	Contact state	Varies by heat type
Massachusetts	Contact state	Contact state	Prev. figure corrected
New York	\$400-\$900 (Reg)	Crisis: Varies	Range varies by circumstances
Pennsylvania	\$200-\$1,000 (Reg)	\$25-\$1,000 (Crisis)	Wide range by need
Texas	Contact state	Contact state	Varies by region/fuel

*Most states calculate benefits individually based on household circumstances rather than using fixed maximums*

## Regular Benefits

Seasonal payments for heating/cooling costs.

## Crisis Assistance

Emergency aid for energy emergencies/shut-offs.

## Variable Amounts

Benefits based on income, household, energy costs.

# Application Timeline and Priority Periods

## State Application Opening Dates for 2025-2026 Program Year

 **Important Note:** Application dates change annually and are set by each state. Always verify current dates with your state's official LIHEAP website.

State	Priority Groups Start	General Public Start	Application Deadline
Illinois	October 1, 2025	November 1, 2025	August 15, 2026 or until funds exhausted
Maine	August 1, 2025	August 1, 2025	Check state website for current deadline
New York	November 3, 2025	November 3, 2025	Check state website for current deadline
Pennsylvania	Check state website	Check state website	Check state website for current deadline
Other States	Contact your state	Contact your state	Contact your state

**Typical Application Season:** Most states open applications between September and November for the winter heating season. Priority periods for vulnerable populations (elderly, disabled, families with young children) may begin earlier.

### Households with members age 60 or older

Senior citizens receive priority processing for LIHEAP applications

### Households with members with disabilities

Disabled individuals and their families qualify for expedited review

### Households with children under age 6

Families with young children receive priority consideration

### Households with high energy burden

When utilities cost over 30% of household income

# Required Documents Checklist

## Essential Documents for All Applicants



### Proof of Identity

Government-issued photo ID for applicant



### Social Security Numbers

For all household members (cards not always required)



### Proof of Citizenship/Legal Residency

Birth certificate, passport, or immigration documents



### Proof of Income

For all household members over 18

### Income Documentation

#### Choose One:

- Most recent pay stubs (4 weeks for weekly pay, 2 months for bi-weekly/monthly)
- Letter from employer on company letterhead
- Self-employment records or tax forms
- Unemployment benefits statement
- Social Security/SSI award letters
- Pension or retirement income statements
- TANF, SNAP, or other benefit award letters

### Utility and Housing Documentation

- **Recent Utility Bills:** Past 2-3 months for all energy sources
- **Shut-off Notice:** If applying for crisis assistance
- **Lease Agreement:** For renters to show responsibility for utilities
- **Landlord Affidavit:** If utilities not clearly specified in lease

### Special Situations Documentation

- **Medical Documentation:** For disability-related priority status
- **Birth Certificates:** For children in household for priority status
- **Vendor Information:** For deliverable fuels (propane, oil, wood)

# How to Apply: Step-by-Step Process



## Determine Your Eligibility

1. Check your state's income guidelines in the table above
2. Verify you're responsible for paying energy costs
3. Determine if you qualify for priority application periods



## Complete Your Application

- Provide accurate information about all household members
- Include all required documentation
- Double-check all information before submitting
- Keep copies of everything you submit



## Choose Your Application Method

Select the method that works best for your situation and timeline needs



## Follow Up

- Save your confirmation number or receipt
- Respond promptly to requests for additional information
- Check application status regularly
- Contact your local agency with questions

Method	Processing Time	Pros	Cons
Online	1-2 weeks	Fastest, available 24/7	Requires internet access
Phone	2-4 weeks	Personal assistance	May have long wait times
Mail	3-6 weeks	No internet needed	Slowest processing
In-Person	1-3 weeks	Face-to-face help	Requires appointment

# State Contacts: Alabama - Massachusetts

⊗ **Important Disclaimer:** Contact information changes regularly. Always verify current information on the official state website before calling or applying.

State	Website	Phone	Local Agencies
Alabama	<a href="#">Official Website</a>	1-800-284-4340	Comm. Action Agencies
Alaska	<a href="#">Official Website</a>	1-907-465-5515	Reg. Housing Authorities
Arizona	<a href="#">Official Website</a>	1-855-432-7587	Comm. Action Programs
Arkansas	<a href="#">Official Website</a>	1-800-482-8988	Comm. Action Agencies
California	<a href="#">Official Website</a>	1-866-675-6623	CSD Dept.
Colorado	<a href="#">Official Website</a>	1-866-432-8435	County DHS
Connecticut	<a href="#">Official Website</a>	1-800-842-1508	Comm. Action Agencies
Delaware	<a href="#">Official Website</a>	1-302-255-9827	DE Housing Authority
Florida	<a href="#">Official Website</a>	1-850-717-9000	DCF
Georgia	<a href="#">Official Website</a>	1-877-423-4746	DFCS
Hawaii	<a href="#">Official Website</a>	1-808-586-7900	BESSD
Idaho	<a href="#">Official Website</a>	1-800-926-2588	Comm. Action Partnership
Illinois	<a href="#">Official Website</a>	1-877-411-9276	Local Agencies
Indiana	<a href="#">Official Website</a>	1-800-382-9895	IN Housing Auth.
Iowa	<a href="#">Official Website</a>	1-800-432-9209	Comm. Action Agencies
Kansas	<a href="#">Official Website</a>	1-800-432-0043	DCF
Kentucky	<a href="#">Official Website</a>	1-800-456-3452	Comm. Action Agencies
Louisiana	<a href="#">Official Website</a>	1-888-524-3578	DCFS
Maine	<a href="#">Official Website</a>	1-800-452-4668	Comm. Action Programs

# State Contacts: Michigan - Wyoming

State	Website	Phone	Local Agencies
Michigan	<a href="#">Official Website</a>	1-800-292-2780	DHHS
Minnesota	<a href="#">Official Website</a>	1-800-657-3710	Comm. Action Programs
Mississippi	<a href="#">Official Website</a>	1-800-421-0762	DHS
Missouri	<a href="#">Official Website</a>	1-855-373-4636	FSD
Montana	<a href="#">Official Website</a>	1-800-332-2272	HCSD
Nebraska	<a href="#">Official Website</a>	1-800-383-4278	DHHS
Nevada	<a href="#">Official Website</a>	1-775-684-0500	DWSS
New Hampshire	<a href="#">Official Website</a>	1-800-852-3345	Comm. Action Programs
New Jersey	<a href="#">Official Website</a>	1-800-510-3102	DCA
New Mexico	<a href="#">Official Website</a>	1-800-283-4465	HSD
New York	<a href="#">Official Website</a>	1-800-342-3009	OTDA
North Carolina	<a href="#">Official Website</a>	1-877-626-4327	County DSS
North Dakota	<a href="#">Official Website</a>	1-800-755-2716	DHS
Ohio	<a href="#">Official Website</a>	1-877-644-6327	Local Agencies
Oklahoma	<a href="#">Official Website</a>	1-800-522-0310	DHS
Oregon	<a href="#">Official Website</a>	1-800-453-5511	Comm. Action Agencies
Pennsylvania	<a href="#">Official Website</a>	1-866-857-7095	County Asst. Offices
Rhode Island	<a href="#">Official Website</a>	1-401-462-5300	RI EAP

# Tips for Success & FAQ

## Before You Apply



### Prepare Documents

Gather all required paperwork and make copies before starting your application.



### Complete Application

Be honest, complete, and accurate in all your responses to avoid delays.



### Follow Up Regularly

Check status frequently and respond quickly to requests for information.

## During the Application Process



### Be Honest & Complete

Ensure all responses are truthful and fully completed to prevent delays.



### Respond Quickly

Promptly provide any additional information requested.



### Keep Detailed Records

Maintain records of all communications and submissions.



### Follow Up Regularly

Continuously check on your application's status.

## Frequently Asked Questions

### Can I apply if I receive other benefits?

**A:** Yes, other government benefits like SNAP, TANF, or SSI do not disqualify you.

### What if I'm behind on utility bills?

**A:** LIHEAP helps with past-due bills, especially if facing shut-off.

### How long does approval take?

**A:** Approval times vary by state (1-6 weeks); crisis applications are processed faster.

# Action Checklist

## Your Next Steps:

### 1 Check your state's income eligibility requirements

Use the tables in this guide to verify you meet the income guidelines for your household size

### 2 Determine your application opening date

Find your state's specific timeline and priority periods to apply at the right time

### 3 Gather all required documents

Use our comprehensive checklist to collect all necessary paperwork before applying

### 4 Choose your application method

Select online, phone, mail, or in-person based on your preferences and timeline

### 5 Submit your application early in the season

Apply as soon as applications open to ensure funding is still available

### 6 Follow up on your application status

Check regularly and maintain contact with your local administering agency

### 7 Respond promptly to any requests for additional information

Quick responses prevent delays and keep your application moving through the system

### 8 Keep copies of all documents and correspondence

Maintain organized records throughout the entire application process

#### Remember:

LIHEAP is designed to supplement, not completely cover, your energy costs. Apply early, provide complete information, and don't pay anyone to help you apply - the service is always free.

# Important Disclaimers & Updates

*Last updated: September 2025 | Information based on available FY 2025 program guidelines*

*Always verify current information with your state's official LIHEAP website*

*Income figures and benefit amounts are subject to annual changes*

## **Stay Informed**

LIHEAP guidelines, income limits, and benefit amounts change annually. State application dates and contact information may also change. Always verify the most current information directly with your state's official LIHEAP program before applying.

This guide provides general information about LIHEAP programs across all 50 states. While we strive for accuracy, program details vary significantly by state and change frequently. Use this guide as a starting point, but always confirm specific requirements, deadlines, and procedures with your state's official program administrators.



### **Verify Information**

Always check your state's official website for the most current program details and requirements



### **Apply Early**

Funding is limited and distributed on a first-come, first-served basis in most states



### **Free Service**

Never pay anyone to help you apply for LIHEAP - legitimate assistance is always free

For the most reliable and up-to-date information about LIHEAP in your state, contact your state's designated administering agency directly using the contact information provided in this guide. State agencies are the authoritative source for current program guidelines, application procedures, and benefit calculations.