

OVERVIEW

Financial Assistance for Needy Families (FANF) (TANF)	New Hampshire	U.S. Average or Total
Annual (federal-only) block grant amount	\$38,394,141	\$16,488,600,000 (total)
% of TANF block grants spent on cash assistance, 2024	41.4%	21.8%
% families who participated in TANF per 100 families with children living in poverty, 2022-23	22%	20%
Total # families receiving TANF in 2025	2,423	848,631 (total)
% of cases designated "Child-Only" in 2025	56%	39.3%
"Unobligated balance" (or stockpiled amounts, which must be used for cash assistance or admin)		
TANF Funds "unobligated balance," as of 2024	\$70,774,085	\$7,986,470,560 (total)
"Unobligated balance" as share of total block grant amount	184.3%	49.5%
Change (+ or -) in "unobligated balance" from 2023	+\$4,015,491	+\$241,306,628

NEW HAMPSHIRE'S CASH ASSISTANCE (TANF) POLICY

HOW MUCH CASH ASSISTANCE CAN A FAMILY OF THREE RECEIVE?		
Flexibility	Current policy	Potential improvement
Maximum benefit allowed What is the maximum monthly amount a family of three could receive in cash assistance?	\$1,329/month, or 58% of Federal Poverty Level (FPL)	N/A
Recurring benefit increases Has New Hampshire mandated increases to these amounts, as costs of living increase?	Yes.	N/A
Deductions for calculation of benefit amount Can parents deduct some earnings or expenses from their income when calculating the benefit amount?	Yes. Parents may deduct 50% of gross earned income.	Consider a larger deduction for a period after employment. Example: Rhode Island allows a deduction of 100% of earned income for six months when an adult first gains employment.

HOW ELSE DOES NEW HAMPSHIRE DETERMINE THE GENEROSITY OF CASH ASSISTANCE?		
Flexibility	Current policy	Potential improvement
<p>Time limit</p> <p>Does New Hampshire allow families to receive cash assistance up to the federal limit of 60 months?</p>	Yes.	N/A
<p>Transitional cash benefits for families who become ineligible after receiving cash assistance</p> <p>Will parents and caregivers who are newly ineligible for cash assistance receive additional cash support for a limited period?</p>	No.	<p>Consider providing a portion of the benefit once parents increase earnings, to avoid benefit cliffs and support economic stability.</p> <p>Example: Vermont families can receive transitional assistance for six months after traditional benefits stop.</p>
<p>Providing one-time cash payments to families in with specific financial needs</p> <p>Does New Hampshire provide a formal diversion program to support families with specific short-term needs?</p>	No.	<p>Consider providing a generous one-time “diversion” payment that can help families with critical expenses (such as car repairs), enabling caregivers to remain employed and deferring the need for cash assistance.</p> <p>Examples: Vermont and Maine provide diversion payments.</p>
<p>Eligibility for monthly assistance less than six months after a diversion payment</p> <p>Can families who receive diversionary payments apply for monthly assistance within six months afterward?</p>	N/A	N/A

Flexibility	Current policy	Potential improvement
<p>Providing assistance with housing</p> <p>Does the state provide housing vouchers with TANF funds?</p>	No.	<p>Extending housing assistance to families alongside cash assistance may reduce parental stress and improve children’s developmental outcomes.</p> <p>Examples: Maine provides some form of housing assistance to those receiving cash assistance.</p>
<p>Providing assistance with diaper purchases</p> <p>Does New Hampshire provide assistance to families with diaper expenses using TANF funds?</p>	No.	<p>Providing assistance with diaper costs provides significant support for families with young children.</p> <p>Examples: Hawaii and Washington provide assistance with diapers for families with very young children receiving TANF cash assistance.</p>

WHO IS ELIGIBLE FOR CASH ASSISTANCE?

Flexibility	Current policy	Potential improvement
<p>Maximum income</p> <p>How much can a family of three earn and still be considered for cash assistance eligibility?</p>	Families can earn up to \$1,329/month and remain eligible.	<p>Consider increasing the gross income limit to provide assistance to more families.</p> <p>Example: Rhode Island’s gross income limit is \$4,997/month, or 225% FPL in 2025.</p>
<p>Deductions for assessment of benefit eligibility</p> <p>Can families deduct a portion of earnings or some expenses from their income to meet income eligibility requirements?</p>	Yes. Families may deduct 20% of their earned income.	<p>Consider increasing disregards in order to provide support for more families.</p> <p>Example: In Maine, families deduct \$108 per employed adult, and then 50% of remaining earned income.</p>

New Hampshire

TANF State Profile Summary 2025/2026

Flexibility	Current policy	Potential improvement
<p>Asset limit</p> <p>How much can a family maintain in savings while still being eligible for cash assistance?</p>	<p>Families may retain \$1,000 and remain eligible during the application process. Once they receive the benefit, they may retain up to \$5,000.</p>	<p>Consider increasing or eliminating the asset limit to support families' retention of savings.</p> <p>Examples: Vermont allows families to retain up to \$9000, including liquid and non-liquid assets. Massachusetts has eliminated the asset limit.</p>
<p>Eligibility during pregnancy for parents without children</p> <p>Are pregnant individuals with no children in the household eligible for cash assistance?</p>	<p>No.</p>	<p>Consider providing cash assistance during pregnancy to support development and reduce parental stress.</p> <p>Examples: Connecticut and Massachusetts provide cash assistance in any trimester of pregnancy.</p>
<p>Provision of federal TANF cash assistance to immigrant families who are lawful permanent residents (LPRs) *after* five years' residence in US</p> <p>Can parents who hold green cards access cash assistance in New Hampshire once they have been in the country <i>for five years or longer</i>?</p>	<p>Yes.</p>	<p>N/A</p>

Flexibility	Current policy	Potential improvement
<p>Use of state funds to provide cash assistance to immigrant families who are lawful permanent residents (LPRs) with less than five years' residence in US</p> <p>Can parents who hold green cards access cash assistance in New Hampshire if they have been in the country for <i>less than five years</i>?</p>	No.	<p>Consider using state funds to provide cash assistance. Example: Connecticut and Maine provide cash assistance to some caregivers before five years' residence, using state funds.</p>

HOW DOES NEW HAMPSHIRE TREAT CHILD SUPPORT OWED TO A FAMILY APPLYING FOR AND RECEIVING CASH ASSISTANCE?

Flexibility	Current policy	Potential improvement
<p>Child support pass-through</p> <p>Does New Hampshire “pass through” a portion of the payments received by the state in child support for the family?</p>	None.	<p>Consider “passing through” at least a portion of child support payments collected by the state.</p> <p>Example: Maine, Rhode Island and Vermont pass through a portion of child support to the household.</p>

WHAT ARE NEW HAMPSHIRE’S WORK REQUIREMENTS FOR CASH ASSISTANCE?

Flexibility	Current policy	Potential improvement
<p>Provision of cash assistance to out-of-work parents before they search for a job</p> <p>Does New Hampshire provide eligibility to parents without a search for employment?</p>	Yes, there is no job search required.	N/A

Flexibility	Current policy	Potential improvement
<p>Counting educational activities as “core” work requirements</p> <p>Does New Hampshire provide credit for all educational activities, including college, as “core” work activities for cash assistance?</p>	No.	<p>Consider allowing postsecondary attendance and vocational education to count as “core” work participation.</p> <p>Examples: Vermont and Maine count postsecondary education for different periods as “core” work activities.</p>
<p>Exemption for caregivers of infants</p> <p>Are parents or caregivers caring for a child under twelve months of age exempt from work requirements?</p>	Yes, there is an exemption for single parents of children under 12 months.	N/A
<p>Other exemptions from work requirements</p> <p>What are other conditions for exemptions from work requirements?</p>	<p>Other conditions for potential exemptions include:</p> <ul style="list-style-type: none"> • Having a health condition • Taking care of a household member with a health condition 	<p>Consider including care of a family member with a disability and pregnancy as exemptions from work requirements.</p> <ul style="list-style-type: none"> • Domestic violence • Drug or alcohol treatment • Inability to obtain childcare for child under six

WHICH RESTRICTIONS ON CASH ASSISTANCE HAS NEW HAMPSHIRE EASED?

Flexibility	Current policy	Potential improvement
<p>Lifting full-family sanctions</p> <p>Are other family members able to continue receiving cash benefits if an adult does not meet work requirements?</p>	No, the state will enact full-family sanctions although not immediately.	<p>In cases of non-compliance with work requirements, consider only reducing the benefit amount instead and eliminating full-family sanctions.</p> <p>Examples: Vermont merely withdraws a portion of the benefit, never enacting a full-family sanction.</p>

New Hampshire

TANF State Profile Summary 2025/2026

Flexibility	Current policy	Potential improvement
Lifting drug felony bans Are persons convicted of drug-related felonies eligible for cash assistance?	Yes.	N/A
Refraining from drug testing applicants or recipients Does New Hampshire refrain from enforcing drug testing of caregivers who are either receiving or applying for cash assistance?	Yes.	N/A
Lifting the family cap for a new birth Can families receive additional cash assistance if they have another child while receiving assistance?	Yes. New Hampshire has never enacted a family cap ban.	N/A

NOTES ON SOURCES:

TANF state profiles were compiled by extensive review of administrative guidelines including those published in state TANF manuals. Additionally, NCCP researchers referred to enacted state legislative resources.

NCCP gratefully acknowledges the of states' TANF-to-poverty ratios as developed and provided by the Center on Budget and Policy Priorities:

Center on Budget and Policy Priorities. (2025, April 11). *AFDC and TANF caseload and poverty data*. <https://www.cbpp.org/research/income-security/afdc-and-tanf-caseload-and-poverty-data>

We have drawn on the publication of federal data on states' TANF block grant spending, including financial data, spending allocations, and caseload information:

Office of Family Assistance. (2026, February 10). *TANF and MOE spending and transfers by activity, FY 2024*. Administration for Children and Families, U.S. Department of Health and Human Services. <https://acf.gov/ofa/data/tanf-and-moe-spending-and-transfers-activity-fy-2024>

Office of Family Assistance. (2025). *TANF caseload data 2025*. Administration for Children and Families, U.S. Department of Health and Human Services. <https://acf.gov/ofa/data/tanf-caseload-data-2025>