



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 |
|--|---|--|--|
| Regular LIHEAP | One-time payment for seasonal heating/cooling bills | Based on income, household size, energy burden | Paid directly to utility company or vendor |
| Crisis Assistance | Emergency help for immediate energy crises | Requires shut-off notice, low fuel supply, or verified emergency | Expedited processing, may be paid directly to client |
| Weatherization Assistance Program (WAP) | 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



Choose Your Application Method

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



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

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

State Contacts: Michigan - Wyoming

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