

HEAP Frequently Asked Questions

What is HEAP?

HEAP refers to the Home Energy Assistance Program. This program assists qualified homeowners and renters with energy costs like heating oil, wood, and electricity.

How do I apply?

You can apply at your local Community Action Agency.

In York County, you can make an appointment by calling York County Community Action at **(207) 324-5762** or coming directly into our office on **6 Spruce Street in Sanford**.

When can I apply?

CAA's will begin taking applications on August 1, 2025, and will continue taking applications through the last working day of May 2026.

What documentation do I need to apply for HEAP?

Some of the most requested documents are:

- Social Security Number Verification for all household members
- Proof of US Lawful Status
- Valid Govt ID
- Most recent electric bill
- All household income

Are there income guidelines? Can I deduct any household expenses?

The income guidelines are posted below. If you are over the income guidelines, there may be an opportunity to deduct ***paid*** medical expenses.

I submitted my application: what next?

If any additional information is needed, your local CAA will contact you. If all the information needed to complete your application is available, you will receive a credit notification via mail from Maine State Housing Authority.

HOUSEHOLD SIZE	HOUSEHOLD INCOME		
	1 MONTH	3 MONTHS	12 MONTHS
1	\$3,070	\$9,209	\$36,836
2	\$4,014	\$12,043	\$48,170
3	\$4,959	\$14,876	\$59,504
4	\$5,903	\$17,710	\$70,839
5	\$6,848	\$20,543	\$82,173
6	\$7,792	\$23,377	\$93,507
7	\$7,969	\$23,908	\$95,632
8	\$8,146	\$24,439	\$97,757
9	\$8,324	\$23,971	\$99,882
10	\$8,501	\$25,502	\$102,008