



For Immediate Release

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Top five EITC tax tips for working families

Nearly 1 in 5 eligible Oregonians leave thousands of dollars on the table with the EITC

PORTLAND—Nearly one in five eligible Oregonians do not claim the Earned Income Tax Credit (EITC), many because they don't know it exists. But the EITC can mean thousands of dollars back to help with rent, groceries and other households expenses.

As Oregonians prepare their taxes, the Bureau of Labor and Industries is urging low- and middle-income filers to check to see if they qualify.

Top five EITC tips at tax time for low-income working families:

- 1) If you worked at all last year, you **may qualify** for a tax refund **even if you do not owe any taxes**. To get this cash benefit, you must file a tax return and claim the Earned Income Tax Credit, also known as the EITC.
- 2) Even if you are self-employed or an **independent contractor**, you may still be eligible for the EITC.
- 3) On average, Oregonians who filed for the EITC got **\$2,100 back**. See your eligibility and how much you may receive at www.eitcoutreach.org/help.
- 4) You didn't claim the EITC the past few years, but you probably qualified? No worries. You can file or refile a tax return and **claim a refund for the past three years**.
- 5) You may be able to **avoid fees and costs** by contacting [Cash Oregon](#) for free tax assistance, and you may be able to use the IRS's [Free File](#) service at no cost.

As part of the effort to increase awareness of the EITC, the Oregon Department of Human Service has also developed an EITC [video found here](#).

For more information about BOLI's efforts to support Oregon's workforce and provide technical assistance to Oregon employers, please visit <http://www.oregon.gov/BOLI>.

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