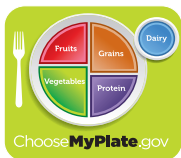


HOW CAN MY FAMILY EAT BETTER?



You want the best for your family. You want everyone to stay well and for your kids to grow and learn. Using SNAP benefits to purchase healthy foods for your family can help make this happen.

Ask your SNAP worker for information about eating and shopping for healthy food and getting physical activity for better health. Try these tips to help your family eat better and stay healthy:

- Vary your vegetables...dark green, orange, peas and beans.
- Focus on fruits. Choose fresh, frozen, canned, or dried fruit.
- Eat at least 3 ounces of whole-grain cereal, breads, crackers, rice, or pasta every day.
- Choose lean meats and milk products that are lower in fat.
- Make physical activity a regular part of your day.



I am not a U.S. citizen. Can I get SNAP benefits? Can my children?

Only citizens and certain qualified alien non-citizens who are legally present in the U.S. may participate in SNAP. Most of these noncitizens have a 5-year waiting period before they may be eligible for the program. Some legal immigrants are eligible without a waiting period, such as qualified alien children under age 18 and certain elderly and disabled individuals.

If you are not eligible due to immigration status, you may still apply for SNAP benefits on behalf of U.S. citizen or eligible noncitizen household members. For example, citizen children may be eligible for SNAP even if the children's parents are ineligible because of their immigration status.

Household members who apply for SNAP are required to provide documentation of legal status as a condition of eligibility, but you do not have to provide information about your immigration status when applying for benefits on behalf of others.

If I get SNAP benefits, will I be a "public charge"?

No. Applying for or receiving SNAP benefits does not make a noncitizen a public charge.

Call for more information about SNAP in your State.
Telecommunications Relay Service (TRS) is available nationwide by dialing 711 on any telephone.

Alabama	334-242-1700
Alaska	907-465-3347
Arizona	800-352-8401
Arkansas	800-482-8988
California	877-847-3663
Colorado	800-536-5298* or 303-866-3122
Connecticut	855-626-6632
Delaware	800-372-2022
Washington, DC	202-724-5506
Florida	866-762-2237
Georgia	877-423-4746
Guam	671-735-7245
Hawaii	855-643-1643
Idaho	877-456-1233
Illinois	800-843-6154
Indiana	800-403-0864
Iowa	877-347-5678
Kansas	888-369-4777
Kentucky	855-306-8959
Louisiana	888-524-3578
Maine	800-442-6003
Maryland	800-332-6347
Massachusetts	877-382-2363
Michigan	855-ASK-MICH or 855-275-6424
Minnesota	800-657-3698
Mississippi	800-948-3050
Missouri	855-373-4636
Montana	800-332-2272*
Nebraska	800-383-4278
Nevada	800-992-0900
New Hampshire	603-271-9700
New Jersey	800-792-9773
New Mexico	888-473-3676
New York: Upstate	800-342-3009
New York City	718-557-1399 or 311*
North Carolina	866-719-0141
North Dakota	800-755-2716* or 701-328-2328
Ohio	866-244-0071
Oklahoma	877-OKDHS98 or 877-653-4798 211* or 800-723-3638
Oregon	800-692-7462 or 800-451-5886 (TDD)
Pennsylvania	877-991-0101*
Puerto Rico	401-462-5300
Rhode Island	800-616-1309
South Carolina	877-999-5612
South Dakota	866-311-4287
Tennessee	211* or 877-541-7905
Texas	866-526-3663
Utah	800-479-6151
Vermont	340-774-2399
U.S. Virgin Islands	800-552-3431
Virginia	877-501-2233
Washington	800-642-8589
West Virginia	800-362-3002
Wisconsin	800-457-3659* or 307-777-5846
Wyoming	

* Indicates numbers are for in-State calls only.
All other numbers are for in-State and out-of-State callers.

Where can I get more information about SNAP in my State?

- Locate your State phone number.
- Call the toll-free national SNAP information line at 1-800-221-5689.
- Visit www.fns.usda.gov/snap/snap-application-and-local-office-locators.
- Look in the phone book in the government pages under "social services" or "human services" for the phone number.

USDA
United States Department of Agriculture



Attach contact information label here



Supplemental Nutrition Assistance Program

Buying, selling, or otherwise misusing benefits from USDA's nutrition assistance programs is a crime. To report suspected abuse call (800) 424-9121, email: usda_hotline@oig.usda.gov, or write the U.S. Department of Agriculture, Office of the Inspector General, PO Box 23399, Washington, DC, 20026-3399.

United States Department of Agriculture Food and Nutrition Service
FNS-313-E
October 2014 | Slightly revised October 2015

USDA is an equal opportunity provider and employer.

1-800-221-5689
www.fns.usda.gov/snap





What is SNAP?

SNAP helps low-income people buy the food they need for good health. SNAP benefits are not cash. SNAP benefits are provided on an electronic card that is used like an ATM or bank card to buy food at most grocery stores.

Can I get SNAP benefits?

To get SNAP benefits, your income and other resources have to be under certain limits.

Income

There are two income limits: Gross and Net. Your total income, before taxes or any other subtractions, is called gross income. However, certain subtractions to your gross income, called deductions, are allowed. These can be for things like housing costs, child support payments, child or dependent care payments, and monthly medical expenses over \$35 for elderly or disabled people. The amount left over after these deductions is called net income.

Most households must meet both income limits. If everyone in your household receives Supplemental Security Income (SSI) or Temporary Assistance for Needy Families (TANF), you do not need to meet any income limit.

A separate insert with two tables on it has been included with this booklet. Look at the income table to see what the limits are for SNAP benefits.

Resources

Talk with your local SNAP worker to see what resources you have and the maximum amount of resources you can have and still qualify for SNAP. Checking or savings accounts are resources. If you own your home, it is not counted as a resource. In some States, you may have at least one car. The resources of people who receive TANF or SSI do not count.



HOW DO I APPLY FOR SNAP BENEFITS?

- You apply for benefits by completing a State application form. There are several ways to get an application form:

- Pick it up at a local SNAP office, or
- Call the local SNAP office. Ask the local SNAP worker to mail it to you, or
- Ask the SNAP worker if there are other places where you can pick up the form, or
- Print the form from your State's Web site at www.fns.usda.gov/snap/outreach/map.htm, or
- Apply online (this is not yet available in all States).

- Fill out the SNAP application form as much as you can. If you need help, ask the local SNAP worker. You can also ask a friend or people who work at places like legal services or food banks to help you fill out the form.

Get the application form to your local SNAP office as soon as possible by taking it to the local SNAP office, mailing or faxing it, or by submitting it online if your State provides this option.

- If you pick up your application form at a SNAP office, put your name and street address on the form and sign it. Leave that part of the form (usually the first page) at the SNAP office. This starts the process and helps you get healthy food sooner, if you are eligible. Take the rest of the form with you to fill out later.



- Before leaving the office, make an appointment for an interview with a SNAP worker. If you are at a SNAP office, ask the SNAP worker to write down what you need to bring to the interview. If you are calling for an appointment, ask the SNAP worker what you need to bring.

- Have an interview. You can also have a friend or relative go with you or in your place, or you can request an interview over the phone.

- Show the local SNAP office papers like pay stubs, rent or mortgage payments, utility bills, child or elder care bills, and child support payments. The local office can tell you exactly what other information you will need.

- After reviewing your application, the local SNAP worker will tell you if you qualify for SNAP benefits and, if so, how much you will get.

Do I need a Social Security number?

Yes, you must have or apply for a Social Security number if you want SNAP benefits. People who do not want to apply for SNAP benefits do not have to give a Social Security number, but they do have to give their financial information.

Can I get SNAP benefits if I am not working?

Yes. But if you are able to work, you must look for work, take a job, or go to training.

If I am approved, what can I expect?

You will get an electronic card, similar to a bank card or ATM card, to use to buy food at most grocery stores.

If I am denied SNAP benefits, can I ask why?

Yes. Call or visit the local SNAP office to ask why. If you wish, ask to speak with the local SNAP worker's boss. If you think there is a mistake, ask for a "fair hearing" as soon as possible. This means that a State person will meet with you and the local SNAP office to discuss your application. There is no cost for a fair hearing.

