

Understanding SNAP Benefits

Supplemental Nutrition Assistance Program (SNAP)

SNAP is a federal program that provides food benefits to low-income individuals and families.

It is also known as the food stamps program. Although SNAP is financed by the federal government, the program is administered by the states.

SNAP Quick Facts:

- Anyone who earns 130% of the federal poverty level or less is eligible for SNAP.
- SNAP benefit amount is based on income and expenses.
- Paper vouchers from the food stamps program have been completely replaced by electronic payment cards as the method for cash delivery in 2014.

- SNAP can be used to purchase:
 - o Fruits and vegetables
 - o Meat
 - o Dairy
 - o Breads and cereals
 - o Snack foods
 - o Nonalcoholic beverages
 - o Seeds and plants that can produce food

- SNAP cannot be used to purchase:
 - o Alcoholic beverages
 - o Vitamins, medicines, and supplements
 - o Live animals
 - o Nonfood grocery items including household supplies and pet supplies
 - o Foods that are hot at the point of sale

Below are links and resources that can help guide you on determining your SNAP eligibility.

SNAP Overview
SNAP Benefits by State
SNAP Applicant/Recipient
SNAP Eligibility
SNAP State Directory of Resources
SNAP FAQs