

SNAP Guide: Seniors and Individuals with a Disability



The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is the nation's most effective anti-hunger program, providing money for food to over 800,000 Tennesseans each month.

Eligibility

Eligibility for SNAP is based on your income and resources. You can qualify as a senior if you are over 59, or if you get disability benefits from Social Security, and have less than \$3,750 in resources, such as savings. Deduct monthly expenses like housing and medical costs, to determine if your income is below the limits listed to the right.

Household Size	2022 Monthly Net Income
1	\$1,074
2	\$1,452
3	\$1,830
4	\$2,209

Deduct medical expenses on your SNAP application to get more benefits:

- Unpaid medical bills
- Medicare and other insurance premiums
- Copays for prescriptions and doctor visits
- Medical equipment
- Transportation costs to and from the doctor
- And more!

How does the EBT card work?

The EBT card works like a debit card and is accepted at most grocery stores and supermarkets. It can be used to buy food items and non-alcoholic beverages. Some farmers markets now accept SNAP and may offer "bonus bucks" to spend on fresh produce with a SNAP EBT card. Check with your local market about this opportunity.

Application Process

- Apply by fax or mail to the Tennessee Department of Human Services (DHS) county office
- Call DHS to find your county office: 1-866-311-4287
- Apply online: onedhs.tn.gov
- Call 877-608-1009 to be screened for eligibility or for help to apply

It is free and confidential. Be ready to report income (social security income, retirement, wages, pay stubs), expenses (rent, lease, utilities, medical expenses), and resources (bank account info). An interview with a DHS caseworker is scheduled after your application is submitted. DHS has 30 days to process your application.

Call Tennessee Justice Center at 877-608-1009, or visit www.tnjustice.org, for help.