

SNAP GUIDE FOR TENNESSEANS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP (Food Stamps) helps people put food on the table. SNAP is the nation's most effective anti-hunger program, keeping 8 million American's out of poverty, including 4 million children. Hundreds of thousands of Tennesseans rely on SNAP to escape hunger.

ELIGIBILITY FOR SNAP

SNAP eligibility is based on income. Household income must be below the income limits listed below. Households with someone over age 59 or receiving disability benefits may qualify even if they have more income.

Household Size	Monthly Gross Income
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1	\$2,608
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2	\$3,525
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3	\$4,442
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4	\$5,358
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5	\$6,275
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Tennesseans can also be eligible if they receive Temporary Assistance for Needy Families (TANF)/Families First or Social Security (SSI/SSDI)

If all household members are between ages 18 to 64, check for additional requirements: <https://bit.ly/SNAPABAWD>

[Call 211 to be screened for eligibility.](#)

HOW MUCH CAN I GET?

\$298

max monthly benefit for an individual

\$190

average monthly benefit

SNAP benefit amounts depend on your income, expenses, and the number of people in your household. Benefits are loaded onto an Electronic Benefit Transfer (EBT) card every month.

APPLY FOR SNAP

Apply online: <https://onedhs.tn.gov/csp>. Apply by fax or mail to the Tennessee Department of Human Services (DHS).

APPLICATION PROCESS

1

Apply Online

Takes about 30 minutes

4

DHS Interview

Scheduled after you apply

2

Report income & expenses

Wages, gifts, rent, utilities, childcare

5

DHS Must Decide

If you qualify within 30 days of applying

3

Provide documents

Submit information to support the application

⚡

Urgent need?

Get SNAP within 7-day

HOW DOES THE EBT CARD WORK?

- Works like a debit card at most grocery stores and supermarkets.
- Buys food to prepare at home, plus vegetable seeds and edible plants.
- Some farmers markets accept SNAP and offer "bonus bucks" for fresh produce. Ask your local market.

HAVING TROUBLE WITH YOUR CASE?



CONTACT TJC!

(615) 255 - 0331

tnjustice.org/freehelp