

# SNAP GUIDE FOR FAMILIES



## ELIGIBILITY FOR SNAP

**SNAP eligibility is based on income and resources. Your household must have less than \$2,250 in resources. Your 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 resources or income.**

Household Size	Monthly Gross Income
1	\$1,383
2	\$1,868
3	\$2,353
4	\$2,839

**In addition to meeting income requirements, families can be eligible if they meet at least one of these criteria:**

- Receive Temporary Assistance for Needy Families (TANF)/Families First or Social Security (SSI)
- Care for a child under age 18
- Household member who is pregnant

**If all household members are between ages 18 to 49, check for additional requirements:**

<https://bit.ly/SNAPABAWD>

**Call 211 to be screened for eligibility.**

## SUPPLEMENTAL ASSISTANCE NUTRITION PROGRAM (SNAP)

Formerly known as Food Stamps, helps individuals and families put food on the table. SNAP is the nation's most effective program, keeping 8 million Americans out of poverty, including 4 million children. Over 900,000 Tennesseans rely on SNAP to escape hunger.

### HOW MUCH CAN I GET?

SNAP benefit amount depends on your income, expenses, and the number of people in your household. In Tennessee, the maximum monthly benefit amount for an individual is \$204. The average monthly benefit amount is \$150. Benefits are loaded onto an Electronic Benefit Transfer (EBT) card every month.

### HOW DOES MY EBT CARD WORK?

The EBT card works like a debit card and is accepted at nearly all grocery stores and supermarkets. It can be used to buy food to prepare at home. You can buy vegetable seeds and plants you can eat. Many farmer's markets now accept SNAP. Some markets offer "bonus bucks" to spend on fresh produce if you use your EBT card. Check with your local market about this opportunity.

### APPLY FOR SNAP

Apply online: <https://onedhs.tn.gov/csp>. Apply by fax or mail to the Tennessee Department of Human Services (DHS) county office. Find your county office: <https://bit.ly/SNAPOffices>.

### APPLICATION PROCESS

It's free and confidential. The online app takes about 30 minutes. Applications must be filed in the DHS office in the county of the applicant's residence. Be prepared to report income (wages/money from parents), expenses (rent, utilities, childcare costs), and resources (bank account info). Supporting documentation is necessary. An interview with a DHS caseworker is scheduled after paperwork is submitted, and DHS has 30 days to process your application. **Call us with application issues.**

