

What is SNAP?

SNAP is the new name for the **Food Stamp Program**. It's a *free* federal benefit that gives low-income households extra money to buy groceries every month on a card just like the one shown below:



You *do NOT* have to choose between paying your bills and buying healthy food. Call today to find out if *YOU* qualify for SNAP.

***Over 45 million
Americans bought their
groceries this month
with the help of SNAP.***



The Montgomery County
Community Action
Development Commission

Food Resource Center

113 E Main Street
Norristown, PA 19401

Luis Rodriguez

SNAP Outreach Coordinator

610-277-6363

Ext. 140



The
Supplemental
Nutrition
Assistance
Program



SNAP Myths

- ◆ **I'm not eligible, I own my home!** — You can own your home, and other things like cars and bank accounts, and still get SNAP benefits.
- ◆ **I'm working, so I can't get SNAP** — You can be working full- or part-time and still get SNAP if your income is under the limits.
- ◆ **I need to be a US citizen** — If you have a legal immigration status you or your children may still qualify for SNAP.
- ◆ **SNAP is full of fraud** — Welfare fraud is down to an all-time low of \$0.01 of every SNAP dollar nationwide.
- ◆ **If I get SNAP, I will be taking it away from someone else** — SNAP is available to everyone that qualifies!

Where can I use SNAP?

SNAP can be used at any store that accepts ACCESS or EBT cards, such as:

- * Major supermarkets like Giant, Acme, or Shoprite
- * Many small grocers & corner stores
- * Some farmers' markets
- * The SHARE Food Program

ELIGIBILITY

Eligibility for SNAP is based on the **income** of the household. A **household** is anyone living together and sharing food and meals more than half of the time.

Household Members	Gross Income Limit (Monthly)	Gross Income Limit for Households with a Disabled or 60+ Member
1	\$1584	\$1980
2	\$2136	\$2670
3	\$2688	\$3360
4	\$3240	\$4050
5	\$3792	\$4740
each additional member	Add \$555	Add \$694

Household **expenses** can impact the size of the benefit. The expenses that are used when you apply for SNAP include:

- ◆ Housing and utilities
- ◆ Child support and child care payments
- ◆ Medical expenses if you are over age 60 or disabled

A program of the United States Department of Agriculture and the Pennsylvania Department of Human Services. SNAP is an equal opportunity provider.

Does SNAP have a time limit?

Not for most households. If approved, the benefits are good for 6-12 months, unless your income or expenses change.

However, if you are 18-49, healthy, and have no children or dependents, your SNAP could be limited to **3 months** unless you are **working, in job training, or volunteering.**

However, if you have **dependents**, are in **school**, get **unemployment**, or can't work right now because of a **medical condition**, **you don't have a time limit.**

Lost benefits recently? Not sure about your benefits? **Call 610-277-6363 ext. 140.**

How Can I Apply?

Our SNAP Outreach Coordinator can help you apply for SNAP.

Just call **610-277-6363 ext. 140** or come to CADCOM's office anytime Monday to Friday between 8:30-12:30 and 1:30-4:30 to start an application.

Most applications can be completed over the phone and through mail. **You do NOT need to go to the County Assistance Office.**

We are here to help you through every step of the process!