



Supplemental Nutrition Assistance Program (SNAP)

What is SNAP? How can it benefit me?

SNAP is a federal food assistance program that provides money to individuals and families that have limited income. Funds are loaded onto the participant's electronic benefits transfer card (EBT Horizon card) each month, which can be used as you would use a debit card. The card can then be used to purchase food items at participating grocery stores and food vendors.

Who qualifies for SNAP?

Eligibility for SNAP benefits is determined by monthly income and household size. The gross monthly income* for most household sizes must be at or below 130% of the national poverty level. Elderly or qualified disabled households only have to meet the 100% net income limit. The Department of Workforce Services (DWS) oversees eligibility determination, so working directly with them will help you best understand your eligibility.

How can I receive SNAP benefits?

SNAP benefits are administered and funded by the USDA Food and Nutrition Service, but funds are distributed through DWS. File an application through the DWS website (QR code below), at your nearest employment center, or through a mail-in process.



Can non-citizens apply for benefits?

Non-citizens can apply for SNAP and can be included in the benefit if they meet eligible and qualified criteria in SNAP Policy 215-2B. This policy can be read if you scan the QR code on the back page. Even if a parent is not an eligible and qualified non-citizen, they can still apply for SNAP for their eligible children or other eligible household members. Applying for or receiving SNAP does not negatively affect your immigration application.

What should I expect after applying?

After your application has been submitted, it can take up to 30 days for the notice regarding your eligibility status to be returned to you. During this time, you will be required to complete an eligibility interview and provide verifying documents of the information submitted in the application. These interviews are largely done over the phone, but an in-person interview can be scheduled if needed.

You may be eligible for expedited service (receiving SNAP within seven calendar days of your application being submitted). Identity is the only verification you need if you are eligible for expedited SNAP.

What can I purchase with the funds provided to me?

You can buy food for the household to eat, such as:

- Breads and cereals.
- Fruits and vegetables.
- Meats, fish, and poultry.
- Dairy products.
- Plants and seeds to grow food.

The following **cannot** be purchased with an EBT card:

- Non-food items (household items, pet food, hygiene products, alcohol, etc.).
- Hot, ready-to-eat foods.
- Vitamins and medicines.

*Gross income is a household's total, non-excluded income, prior to deductions being made.

Are there work requirements to receive benefits?

Yes, an adult aged 18-59 who does not meet an exemption needs to complete work requirement activities to receive SNAP. These may be as simple as registering for work and not quitting a job without good cause, or could involve working with an employment counselor to complete job search activities. Your eligibility worker will explain which work requirements (if any) apply to you and your household.

What if I don't have a permanent address?

You can still apply for SNAP benefits even if you are at a homeless shelter that provides meals. Submit an application and discuss your circumstances with an eligibility specialist at DWS.

When during the month are benefits available?

During the months that you are eligible, funds will be automatically loaded onto your Horizon card on the 5th, 11th, or 15th, according to the first letter of your last name.

What if my funds don't last me the entire month?

Most people should expect to use some of their personal funds to purchase the food they need. If additional assistance is needed, visit a local food bank or scan the QR code to learn about other programs that may benefit you.

What if I am a student?

Students attending institutions of higher education may qualify to receive SNAP benefits. Learn more about the eligibility criteria by scanning the QR code below.

Double Up Food Bucks Program

Did you know as a SNAP participant that you can "double your dollars" at farmers markets across the state of Utah and receive twice the amount of fresh produce for the price you would usually pay? For example, you could use your Horizon card and put \$10 toward the market; however, you would have \$20 to spend instead! The money can be matched up to \$30, per market day.

Find a participating market near you by scanning the QR code on the right!

To learn more about which retailers accept SNAP, get assistance with the application process or receive additional information about either program, scan here:



Did you know that there is an education program designed to help you stretch your money? Create Better Health provides educational materials to make healthy eating easier. Learn more by scanning the QR code above.

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