

Facts about the Supplemental Nutrition Assistance Program (SNAP) and Childhood Nutrition Program

- Supplemental Nutrition Assistance Program (SNAP) strives to provide nutritious and healthy foods to low-income households.
- More than half of all adults will use food benefits in their lifetime.
- Food benefit dollars are provided on a food benefit card. It works like a bank debit card at grocery stores and some farmers' markets.
- Families who get food benefits may also qualify for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Childhood Nutrition Program, school meals and phone bill aid programs.
- SNAP brings millions of federal tax dollars back to Oregon to keep our economy and families healthy.
- There are free, healthy and delicious meals available to youth through age 18 years! No application or registration. For serving time and location of the site nearest you, please call **1-866-3Hungry (1-866-348-6479)** or **1-877-8Hambre (1-877-842-6273)**.



To apply online visit:
<https://apps.state.or.us/connect>
www.snap.oregon.gov
Or call 2-1-1



You can get this document in other languages, large print, braille or a format you prefer. Call 503-378-3486, or email SNAP.policy@state.or.us. We accept all relay calls or you can dial 711.

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Spread the word: HEALTHY food is within reach

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM



Many people are surprised to find out they can get SNAP.

If you know people who need help putting healthy food on the table, tell them about SNAP! They may be surprised to learn they can get food benefits.

INCOME LIMITS MAY BE HIGHER THAN THEY THINK:

Household size	Monthly income
1	\$1,860
2	\$2,504
3	\$3,149
4	\$3,793
5	\$4,437
6	\$5,082
Add \$645 for each additional person.	

Income guidelines updated annually.

Assets such as a house or a car won't be counted for most people.

What can I do to help?

Tell friends and family they have options.

1. Apply at any food benefits office.
2. Go to www.snap.oregon.gov to find other options.
3. Call 2-1-1 or visit www.211info.org to find out:
 - The location of the nearest office;
 - Answers to eligibility questions; and
 - What types of verification they will need in order to apply.
4. Visit www.oregonhelps.org to find out about food benefits and other resources.
5. Call **1-866-3Hungry (1-866-348-6479)** or **1-877-8Hambre (1-877-842-6273)** to find out more about free summer meals for youth.

MOST PEOPLE WILL NEED TO PROVIDE:

- Identification (such as a driver's license);
- Social Security numbers for everyone applying;
- Proof of income (such as check stubs).
- Non-citizens will need to show proof of the legal immigrant status of household members applying for food benefits.

Oregonians look out for each other.

That's just what we do. That's why we want you to know about the Supplemental Nutrition Assistance Program (SNAP).

When people are going through tough times, SNAP can help them buy the food they need to stay healthy. And when they use their food benefit card to buy groceries, they aren't just helping themselves. They are also supporting their local community.

