



SNAP benefits are accepted at many farmers' markets.

If you're still not sure...

Here are three more reasons to apply for SNAP

1. Food is the key to good health. Children with enough to eat do better in school. Adults are more productive and seniors are healthier and better able to remain independent.
2. You choose your food. SNAP benefits empower you to purchase the healthy foods your family needs and wants.
3. Applying for SNAP is discreet. When a SNAP outreach worker helps you apply for benefits, your private information is kept completely confidential.

Do you have questions?

- How can I meet a SNAP outreach worker in my community?
- Can you help me determine if I qualify for SNAP?
- What documents do I need to apply for SNAP?

Get answers

For the answers to these and other SNAP questions, call toll-free

877.653.9522

or email

SNAP@harvesters.org



Don't miss meals!

If your grocery budget is tight,
SNAP can help.





Seventy-six percent of SNAP households include a child, elderly or disabled person.



SNAP Myths! Learn the truth about SNAP

● What is SNAP?

SNAP stands for the Supplemental Nutrition Assistance Program (formerly food stamps), which helps low-income families struggling with hunger afford healthy food from most grocery stores and many farmers' markets. SNAP provides monthly benefits to individuals, families and seniors. Benefits are provided on an electronic card similar to an ATM card or bank card.

● Harvesters and SNAP

Harvesters—The Community Food Network provides emergency food assistance to low income families. Hunger rates are at an all time high, and many families at risk of hunger need more than one-time, emergency help with food. The SNAP program helps provide people with a consistent means to purchase their own food.

● Myth: Applying for SNAP is a hassle!

Wrong! Harvesters' SNAP outreach team member will help determine if you qualify for SNAP and assist in completing and filing your application. This may be done on site or over the phone. You do not have to visit a government office or stand in line.

● Myth: I have a job, so I don't qualify for SNAP

Many low-income working families need help with food. Being employed, unemployed or receiving unemployment benefits does not automatically disqualify someone from receiving SNAP benefits.

● Myth: I'm not a U.S. citizen, so my family doesn't qualify for SNAP.

U.S. citizens and certain legal non-citizens are eligible for SNAP benefits. Even if you are not eligible due to immigration status, your children or household members who are citizens may qualify.

Do you qualify for SNAP?

SNAP eligibility is based on residency, family size, income and assets. Households with elderly or disabled members may be eligible for medical deductions. Harvesters' SNAP outreach worker will help you determine if you qualify for benefits and assist you with filing your application.

SNAP Income Guidelines

| Household Size | Gross Monthly Income |
|----------------|----------------------|
| 1 | \$1,245 |
| 2 | \$1,681 |
| 3 | \$2,116 |
| 4 | \$2,552 |
| 5 | \$2,987 |
| 6 | \$3,423 |
| 7 | \$3,858 |
| 8 | \$4,294 |