



SNAP (Food Stamps) Frequently Asked Questions

Why is SNAP a good option for food assistance?

SNAP is a great option for food assistance because it is 100% client choice. If you are eligible for the program, you receive an EBT card (like a debit card) that can be used at any store that accepts EBT to buy food. It allows people to choose the food that best meets their dietary and/or cultural needs.

I've never applied for SNAP before. How should I proceed?

If this is your first time applying, or you have questions about the process, please call Harvesters' SNAP Helpline at 816-929-3300 or 1-877-653-9522. Team members can answer questions about the application process and help you complete an application over the phone.

How easy is it to apply, or how does Harvesters' SNAP Outreach Team make the process easier and less intimidating?

Harvesters' SNAP Outreach Team helps people complete an application over the phone. Team members make the process simple and smooth. They will set people up with either an online or paper application and make sure it is submitted to the state. Online applications can be submitted immediately. The team will explain the next steps after the application is submitted and provide contact info you need for those steps.

How long does it take to receive benefits, once I apply?

If you are emergency eligible (which the state determines), and you are approved, you should have benefits within 7 days. If you are not emergency eligible, it may take up to 30 days, so it's a good idea to submit an application as soon as you realize you need help.

What kind of information is needed to submit an application?

A copy of a photo ID is the main piece of information. Beyond that, it depends on each household submitting an application and what financial information is declared on the application. Copies of paycheck stubs are needed for those who are employed and bank account balances may be needed in other cases.

When are SNAP benefits distributed? Does everyone get them at the first of the month?

It varies from state to state. For Missouri here is the distribution schedule for food stamp benefits:

<https://mydss.mo.gov/food-assistance/ebt/ebt-availability-dates>

In Kansas, the first letter of your last name determines which day you get benefits, and they are issued from the 1st through the 10th of the month.

What is Pandemic EBT?

As a result of the Families First Coronavirus Response Act of 2020, children who would receive free or reduced price meals if not for school closures are eligible to receive assistance under this provision. This would help provide for the meals missed due to the schools being closed. This benefit will be administered by the states.

What is Pandemic SNAP?

Pandemic SNAP allows states to issue maximum benefits to households based on household size. This has been approved for both Missouri and Kansas for the months of March and April. After April, each state would have to re-file with USDA to see if they can continue to issue P-SNAP.

Are restrictions still in place for able-bodied adults without any dependents?

Due to recent legislation from the Families First Coronavirus Response Act, the three-month time limit for adults who do not have a minor child in the home or a disability, has been suspended until one month after the COVID emergency is declared over.

If you lost your job and are unable to find work and do not have minor children or a disability, and as long as you qualify for the program, you would not be disqualified for work requirements. However, if you are a college student, you will still have to work 20 hours or more a week to be exempted.

These guidelines can be confusing and are often changing quickly, so please contact us to see if you still might be eligible for benefits despite these restrictions.

What can people do to protect SNAP and push for more funding?

Contact their federal lawmakers. Tell them we need more from SNAP. It's a quick and easy way to inject money into impacted areas during a crisis, and the money is spent at local retailers, so it spreads further than just benefits to the individual. SNAP has a great economic impact.

Additional Resources

<https://www.fns.usda.gov/disaster/pandemic/covid-19>

<https://mydss.mo.gov/covid-food-stamp-info>