WHAT IS SNAP

A government program helping families in MN and across the US get more nutritious and balanced meals. SNAP can be used at various grocery stores, farmer’s markets, and senior dining sites.

SNAP PROGRAM

Supplemental Nutrition Assistance Program: helping those with low-income get the food they need for good health.

HOW IT WORKS

SNAP recipients get an Electronic Benefit Transfer (EBT) card, which works like a debit card. Each month, your benefits will be transferred to your card.

WHAT CAN I BUY?

Any food for the household, such as:
- Fruits & vegetables
- Meat, poultry, & fish
- Dairy products
- Breads & cereal
- Seeds & plants that produce food for the household to eat.

CANNOT use SNAP benefits to buy:
- Beer, wine, liquor, cigarettes, & tobacco.
- Vitamins, medicines, & supplements.
- Prepared foods/hot foods
- Nonfood items - pet foods, cleaning supplies, paper products, hygiene items, household supplies, etc

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CONTACT US

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APPLYING

COMPLETE A PRESCREENING
& GET AN APPLICATION

SEWA staff are trained to prescreen for eligibility and help with completing the application. Make sure you have all the necessary documents.

- Identity (driver’s license, birth certificate, passport)
- Social Security Card/Immigration Status
- Residency in MN (mortgage statement, rental agreement, state ID)
- Proof of Income (Pay stubs, tax forms, unemployment statement)
- Housing Costs (rent/house payment receipt)
- Medical Costs (prescriptions, medical bills)

Your completed application should be submitted to your local county. The county will contact you for an interview. You have the option to request for an in-person or telephone interview.

Applications can also be found online at ApplyMN.dhs.mn.gov.

ELIGIBILITY

Anyone who is eligible for General Assistance (GA), Supplemental Security Income (SSI), Minnesota Supplemental Aid (MSA) can be eligible for SNAP. If anyone in your household is on one of the below programs you may also be eligible for SNAP benefits.

- Diversionary Work Program (DWP)
- Basic Sliding Fee Child Care Assistance
- Transitional Year Child Care Assistance

Are immigrants eligible for SNAP?
Depending on your immigrant status, you may be eligible for SNAP. If you do not qualify for federally funded SNAP and you are 50 or older, you may qualify for the MN Food Assistance Program.

How much help can I get?
SNAP is a supplemental program. Your household is expected to spend about 30 percent of your income on food. The amount of benefits you can get depends on the number of people in your household and their income.

If I am working, can I receive SNAP?
Yes, if you meet income limits and all other program rules.

WORK REQUIREMENTS

If you are age 16-59 and able to work, you will likely need to meet the general work requirement to get SNAP benefits.

The general work requirements include registering for work, participating in SNAP Employment and Training (E&T) or workfare if assigned by your state SNAP agency, taking a suitable job if offered, and not voluntarily quitting a job or reducing your work hours below 30 a week without a good reason. You are excused if you are:

- Already working at least 30hrs a week.
- Taking care of child under 6 or incapacitated person.
- Unable to work due to physical limitation.
- Participating regularly in an alcohol or drug treatment program.

This institution is an equal opportunity employer.

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