



As of October 1, 2008, Supplemental Nutrition Assistance Program (SNAP) is the new name for the Federal Food Stamp Program. Your State may use a different name, but it is still the same program. Finding out about SNAP benefits is easy. Just follow these simple steps:

1 Use the Prescreening Tool

The Prescreening Tool is an online questionnaire that estimates if you might qualify for SNAP. Visit www.snap-step1.usda.gov/fns/ and answer the questions. This questionnaire is **NOT** an application. To find out for sure whether you qualify, fill out and submit your State's application.

2 Get an Application

You can find your SNAP office by calling **1-800-221-5689** or visiting our Web site at www.fns.usda.gov/snap.

- You can go to your SNAP office to pick up an application or call the office and ask for an application to be mailed to you; **OR**
- Call the SNAP office and ask if there are other places in your area to pick up an application; **OR**
- Print the application from your State's Web site. In some States, you can apply online at your State's Web site.

Once you receive the application:

- Fill out as much as you can on your application. Be sure to include at least your name, address, and signature. This will be enough to start the application process.

- If you need help filling out your application, ask a worker in the SNAP office, a friend, or family member. Staff at food banks or neighborhood or faith-based organizations might help, too.

3 Return the Application

- Return your application to the SNAP office as soon as possible. You can send it by mail, fax it, or drop it off, unless you already applied online.
- The SNAP office will tell you what else you need to do after you have turned in your application.

4 Schedule Your Interview

- The SNAP office will contact you to set up an interview. You can ask for a telephone interview.
- Keep your interview appointment or call to reschedule. Collect your papers (next page) and wait for directions from SNAP.
- If you are approved, you will get an EBT card to use in authorized stores and farmers' markets like a debit card. Visit our SNAP Retailer Locator Web site to find stores near you: www.fns.usda.gov/snap/retailerlocator.htm.

5 Easy Steps to SNAP Benefits

5 Bring Papers to Your Interview

Once you have applied for SNAP, the checklist below can help you get ready for your interview. You don't need everything. If you are at a SNAP office, ask the SNAP worker to check the items you need to bring to the interview. If you are calling for an appointment, ask the SNAP worker what you should bring and mark the boxes below. You can also send someone to do the interview for you.

Identity

- Birth certificate
- Driver's license
- Work or school ID card
- Health benefits card
- Voter registration card

Residency

- Utility bills, like electric, gas, or water
- Rental agreement or mortgage statement that shows your address
- Letter from shelter employee where you are living

Medical Expense Deduction

For households with elderly (60 or older) and disabled members

- Billing statements
- Itemized medical receipts, like for prescription drugs
- Medicare card indicating Part B coverage

Earned Income

- Pay stubs
- Statement from employer as to gross wages
- Income tax forms
- Self-employment bookkeeping records

Unearned Income

- Bank statements
- Agency letter showing money received, like Social Security, Veteran's Affairs, child support, alimony, unemployment

Immigration

- Immigration or naturalization papers (only if you were born outside of the United States)

