



What is SNAP?

SNAP helps single people and families with little or no income to buy food.

How do I get SNAP benefits?

Look in the county government section (blue pages) of your phone book. You can find SNAP under “social services.”

Call the social service office to set up a meeting with a worker. Ask what papers you need to bring. The worker will need to see your pay stubs, rent or mortgage payments, utility bills, child or elder care bills, and child support orders (the court order and canceled checks).

At the county office, you will talk with a worker, answer some questions, and sign some papers. If you can't go to the county office, you may send a relative or a friend to talk with the worker. Or you may be able to talk with a worker on the phone.

You may also apply for SNAP by completing an online application at:

<https://apply.dhs.nd.gov>

Can I get SNAP benefits just for myself if I live with my family or with others?

People who live together and buy food and prepare meals together are grouped as a “household.” Husbands and wives and most children under age 22 must be one household.

Will I have to get a social security number?

Yes, you must have or will have to get a social security number for each household member.

Can legal noncitizens get SNAP benefits?

You may be able to get SNAP benefits. Talk with a county worker about this. Even if you can't get SNAP benefits, family members born in this country can. Getting SNAP benefits won't hurt you if you want to become a citizen.

Can I get help if I'm not working?

If you're able to work, you must look for work, take a job offer, or go to training.

How many assets can we have?

Households with a member who is 60 or older or disabled may have up to \$3,250 in countable assets. Other households may have up to \$2,250. We don't count the assets of people who are receiving state cash assistance (TANF), federal Supplemental Security Income (SSI), or TANF Information and Referral Services. Check out TANF Information and Referral Services at your local county social service office.

How much income can we have?

We count most types of income. *Gross* income means income before any deductions. *Net* income means gross income minus allowable deductions.

TANF and SSI households are income eligible. TANF Information and Referral households must meet the 200% gross income and 100% net income levels.

For October 1, 2016, through September 30, 2017, the income limits are:

People In Household	200% Gross Income	130%Gross Income	100%Net Income
1	\$1,980	\$1,287	\$ 990
2	2,670	1,736	1,335
3	3,360	2,184	1,680
4	4,050	2,633	2,025
5	4,740	3,081	2,370
6	5,430	3,530	2,715
7	6,122	3,980	3,061

What are the allowable deductions?

- 20 percent of earned income;
- a standard deduction based on household size;
- medical expenses over \$35 a month for elderly or disabled members;
- certain dependent care costs when needed for training, education, or work;
- legally owed child support; and
- a percentage of shelter costs.

Is SNAP cash?

In North Dakota, a plastic card is used to access SNAP benefits that are deposited into an account just like you would a bank card, but only to purchase food.



If my household is eligible, how much will we get?

For October 1, 2016 through September 30, 2017, the table below shows the most you could get if you have no income. As your income goes up, the amount of SNAP benefits you will get may go down.

People in Household	Maximum Monthly Allotment
1	\$ 194
2	357
3	511
4	649
5	771
6	925
7	1,022
8	1,169

What if I have more questions?

You should call your local county social service office.

For more information call the North Dakota Department of Human Services toll-free at 1-800-755-2716. (North Dakota Only)

Visit our website:
www.nd.gov/dhs/services/financialhelp

The USDA is an equal opportunity provider and employer.

Good food choices promote a healthy future at every stage of life.

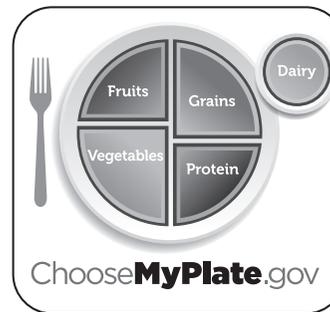
SNAP expands your ability to eat a variety of foods. The Family Nutrition Program (FNP) helps you use your SNAP to make better food choices on a budget. With FNP you can learn how to:

Increase Healthy Foods

- Cook easy and delicious recipes at home.
- Make half your plate colorful fruits and vegetables.
- Read labels to make half your grains whole grain.
- Make the switch to fat-free or low-fat (1%) dairy.

Save Money on Healthy Foods

- Plan meals ahead of time and make a grocery list.
- Use leftovers and planned overs in delicious ways.
- Compare “Unit Prices” to find the best buy.
- Buy fruits and vegetables in season.



Supplemental Nutrition Assistance Program Education (SNAP-Ed) is available to SNAP recipients through NDSU Extension Service’s Family Nutrition Program. Please see www.ag.ndsu.edu/foodwise for more information.



NDSU EXTENSION SERVICE



The Supplemental Nutrition Assistance Program (SNAP) in NORTH DAKOTA

