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 human service zone 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 human service zone office, you will talk with a worker, answer some questions, and sign some papers. If you can’t go to the human service zone 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 human service zone 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 $3,500 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 human service zone 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.

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.

<table>
<thead>
<tr>
<th>People In Household</th>
<th>200% Gross Income</th>
<th>130% Gross Income</th>
<th>100% Net Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,128</td>
<td>$1,383</td>
<td>$1,064</td>
</tr>
<tr>
<td>2</td>
<td>$2,874</td>
<td>$1,868</td>
<td>$1,437</td>
</tr>
<tr>
<td>3</td>
<td>$3,620</td>
<td>$2,353</td>
<td>$1,810</td>
</tr>
<tr>
<td>4</td>
<td>$4,368</td>
<td>$2,839</td>
<td>$2,184</td>
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<tr>
<td>5</td>
<td>$5,114</td>
<td>$3,324</td>
<td>$2,557</td>
</tr>
<tr>
<td>6</td>
<td>$5,860</td>
<td>$3,809</td>
<td>$2,930</td>
</tr>
<tr>
<td>7</td>
<td>$6,608</td>
<td>$4,295</td>
<td>$3,304</td>
</tr>
</tbody>
</table>
If my household is eligible, how much will we get?

For October 1, 2020 through September 30, 2021, 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.

<table>
<thead>
<tr>
<th>People in Household</th>
<th>Maximum Monthly Allotment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$204</td>
</tr>
<tr>
<td>2</td>
<td>$374</td>
</tr>
<tr>
<td>3</td>
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<td>4</td>
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<td>6</td>
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<td>7</td>
<td>$1,071</td>
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<tr>
<td>8</td>
<td>$1,224</td>
</tr>
</tbody>
</table>

What if I have more questions?

You should call your human service zone 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.

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.