



Myths and Facts about SNAP Benefits (formerly the Food Stamp Program)

Myth: SNAP is welfare.

Fact: The Supplemental Nutrition Assistance Program (SNAP) is a nutrition assistance program. It helps low income people buy nutritious foods. It is not welfare.

Myth: Only unemployed people can get SNAP.

Fact: Most people who work at low wage jobs can get SNAP benefits. Many working people use SNAP benefits to help make ends meet.

Myth: You can't get SNAP if you get unemployment.

Fact: People who get unemployment may still qualify for SNAP benefits.

Myth: If you have too many assets, you can't get SNAP.

Fact: Your household may have up to \$2,000 in assets. But some assets like your home and car do not count. Getting SNAP also depends on your household size, income and some expenses, like child support and housing and child care costs.

Myth: SNAP is only for families.

Fact: SNAP benefits are for anyone who applies and qualifies.

Myth: Other people will know I use SNAP.

Fact: Shopping with SNAP benefits is easier now. People who get SNAP benefits get an electronic card, similar to a debit card. You use the benefits by running the card through a machine at the grocery store. Other people will not know you use SNAP benefits.

Myth: Elderly/Disabled people only receive \$14 a month in SNAP benefits.

Fact: Statistics show:

Elderly/disabled people who lived alone received an average of \$53 a month; and

Elderly/disabled people not living alone received an average of \$123 a month.

Myth: Elderly/Disabled people do not receive credit for medical and prescription drug bills.

Fact: Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them. Only the amount over \$35 can be deducted.

Myth: Other people need SNAP more than the elderly/disabled individuals need. If an elderly/disabled person is certified for SNAP, he or she will be taking them away from others who have more of a need.

Fact: The SNAP is an entitlement program. In other words, everyone who applies and who is determined to be eligible will get SNAP benefits.

Myth: You have to be a U. S. Citizen to get SNAP.

Fact: Some legal immigrant can get SNAP. If you are an “eligible immigrant,” you may qualify. Ask your local DES/Family Assistance Administration (FAA) Local Office.

Myth: Getting SNAP hurts your chances of becoming a citizen.

Fact: If you are a legal immigrant and you get SNAP, it will not hurt your chances of becoming a citizen.

Myth: Children of undocumented immigrants can't get SNAP.

Fact: Children of undocumented immigrants can get SNAP, if they are citizens or legal permanent residents.

Myth: Undocumented people who ask about the SNAP or live with people who get SNAP are reported to United States Citizenship & Immigrations Services (USCIS).

Fact: SNAP information is confidential. But, the SNAP office checks the immigration documents you give them with USCIS. If you are not documented, you won't be asked for your immigration documents. Other members of the household can still apply and may be eligible.