



# SNAP Food Assistance:

## Workers who lost hours or job due to COVID-19

If you were laid off or lost income and need help putting food on the table, SNAP food assistance is here to help. SNAP, the Supplemental Nutrition Assistance Program (formerly known as food stamps), gives individuals and families money to buy food at grocery stores, convenience stores, and certain farmers markets. You have the right to apply for SNAP any time you need help.

### Who is eligible for SNAP?

Most households with low or no income are eligible for SNAP. Here are some core rules:

- If you live with your spouse or your children under age 22, they need to be part of the same SNAP household.
- If you live with other people, you do not need to apply with them unless you buy and prepare most of your food together.
- If you are not a US Citizen, there are special immigrant status rules.
- In general, if your income is below 200% of the Federal Poverty Level (FPL), you may be eligible for SNAP. For example, for a household of 3 people, 200% of the poverty level is \$3,620/month.

### I lost my job or work hours because of COVID-19. What should I know?

You can **apply for SNAP at any time**. You do not have to wait to file an application.

- The Department of Transitional Assistance (DTA) should not count income you are no longer getting because your job stopped.
- During COVID-19, DTA should not ask for proof you were laid off by your employer.
- You may be eligible for expedited SNAP benefits within 7 days of the date of your application if your income is less than your shelter costs or if you have very low or no income or assets.

If you have children, you are aged 65+, or you are disabled, you might also be eligible for **monthly cash benefits** from DTA. Call any DTA office by phone to apply or go to [DTAConnect.com](http://DTAConnect.com) to apply online or to learn more.

### How much can I get in SNAP each month to help buy food?

Household size	Max. SNAP benefit
1	\$194
2	\$355
3	\$509
4	\$646
5	\$768

The maximum grant is more for larger households. The amount you get is based on your household's net countable income.

As part of the federal response to COVID-19, SNAP households who do not already receive the maximum grant will receive emergency SNAP allotments in the future in addition to their regular monthly benefit.