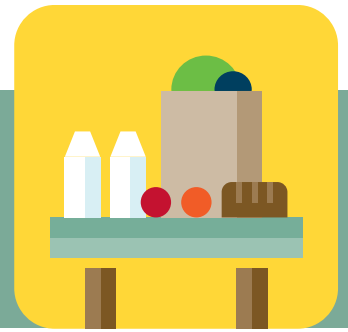


SNAP in Nebraska



SNAP can help make ends meet in hard times

With so many Nebraskans facing unemployment and reduced income, many are confronting challenges making ends meet. The Supplemental Nutrition Assistance Program, or SNAP (formerly known as food stamps) can help individuals and families get nutritious food on their tables.

Who is eligible for SNAP?

In general, SNAP is available to households with little or no income.

2022 MONTHLY GROSS AND NET INCOME LIMITS

If anyone in your household is disabled or over the age of 60, your household's gross income does not matter. However, you must still meet the net income limit after your out-of-pocket expenses are deducted.	Household Size	165% FPL (GROSS)	100% FPL (NET)
	1	\$1869	\$1133
	2	\$2518	\$1526
	3	\$3167	\$1919
	for each add'l person add:	\$649	\$393

Gross income is your household's overall income (money you receive from work, unemployment insurance, child support, and so on) and net income is what is left after certain expenses are deducted (childcare, housing, and some other costs). Even if you are not sure that you meet the income guidelines, you may still want to apply; you could be surprised by the assistance you qualify for.

Are immigrants eligible for SNAP?

Maybe - in general, immigrants must be "qualified" to be eligible for SNAP. This includes some lawful permanent residents, refugees, asylees, and others. Households that are mixed-status (those with citizens/qualified immigrants and undocumented immigrants/DACA recipients) may receive SNAP benefits for eligible household members.

How do people buy food with SNAP?

Those eligible for SNAP will get an Electronic Benefits Transfer (EBT) card. The EBT card will be loaded monthly with money that can be used to buy food and works just like a credit card. SNAP can only be used to purchase food and seeds for growing food (no medicine or nonfood items) at participating locations. Most grocery stores, convenience stores, and even many farmers markets accept SNAP as payment.

How do people apply for SNAP?

There are several ways to apply, so you can choose whichever works best for you. You can call the Food Bank's SNAP Outreach hotline at 855-444-5556. You can also file an application online through ACCESSNebraska ([English](#)); ([Español](#)). If you prefer a paper application, the forms can be printed from the ACCESSNebraska website or you can call DHHS at 800-383-4278 to request an application be mailed to you. See the back of this sheet for some helpful tips about the application process.

After a person applies, how long until they receive their EBT card?

It may take up to 30 days to get SNAP benefits, but applicants in crisis (generally those whose incomes are lower than their monthly rent or mortgage payment) will have their applications processed within seven days.

TIPS FOR A SUCCESSFUL SNAP APPLICATION

Consider applying via the Food Bank's SNAP Outreach hotline (855-444-5556).

Outreach workers are available to speak with you in English or Spanish (and can arrange for interpretation services for speakers of other languages). The worker will screen you for SNAP and complete your full application over the phone. They will talk you through the next steps and what to expect in the process. And, the worker will follow up with your case and support you if more information is needed, which can help you avoid unnecessary confusion or delays.

Try to have some basic information ready before you start the application.

This may include the names and social security numbers of all household members, the last 4 weeks of pay stubs for each member of your household, the amount of money you spend on rent or childcare each month. Having this information on hand early in the process can speed up the process and spare you the trouble of locating it later on.

Make sure your contact information is up-to-date.

Especially if you have applied for or received benefits in the past, be sure to provide a current mailing address, phone number, and email to ensure that you don't miss out on any important communication.

Know who to call if you run into problems--and reach out to them right away.

The Food Bank's SNAP Outreach Hotline (855-444-5556) can help you figure out the status of your application, explain any additional information or documents that are needed, and answer other questions you may have about your benefits.

Nebraska Appleseed's Community Assistance Line (402-438-8853 ext. 205) can help you find information about SNAP rules and regulations and the appeal process for challenging a mistaken decision about your eligibility or the amount of your benefits.

The State Ombudsman's Office (402-471-2035) can be an advocate for you in resolving other complaints or problems related to ACCESSNebraska or DHHS.

P: 402-438-8853
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