

What is SNAP?

SNAP is a program that helps single people and families buy food. **SNAP** benefits are provided on a plastic electronic card that is used like an ATM or bank card to buy food at most grocery stores. Some farmer's markets may also accept **SNAP** cards for the purchase of fresh fruits and vegetables.

Can working people get SNAP?

SNAP is NOT cash assistance. Even if you are no longer receiving TFA benefits, you still may be eligible. You may be eligible even if you are working. It all depends on your income, the amount of money you have saved, and how many people live in your household. If you meet certain guidelines, you can get **SNAP**.

What if I am not a U.S. Citizen?

Most adult legal immigrants must wait five years before they can get **SNAP** benefits. There are some exceptions: children under 18; some people who are elderly or disabled; or legal refugees and people with asylum in the U.S. can get benefits without a waiting period. Sometimes enough work history or a military connection can eliminate the wait for legal immigrants. People who are not eligible because of immigration status may be eligible if they have children who are U.S. citizens.

The Hispanic Health Council offers bi-lingual assistance to help you determine if you are eligible and help with the application process. For more information, please call the Hispanic Health Council at 860-527-0856, ext. 250.

