

## Is it hard to apply for SNAP?

Not at all. Application forms are shorter and simpler. You can even submit an application online yourself or at your local NOEP's office. Most SNAP applicants have their interview over the phone rather than having to go in to the Department of Human Services.

## How do I use SNAP?

Using SNAP is easy and discreet. Just shop for your food, go to the checkout, swipe your SNAP card, enter your PIN, and whatever amount isn't covered by your SNAP benefit, you pay for yourself.

## Where can I use SNAP?

You can use SNAP at any participating business, including, but not limited to, supermarkets, dollar stores, convenience stores, farmer's markets, and co-ops. SNAP helps bring federal dollars into your community.



For a free confidential  
SNAP prescreening  
and/or application  
assistance in Monroe  
County, call:

Nutrition Outreach and  
Education Program  
(NOEP)

**(585) 295-5624**  
or  
**1-866-277-9411**

Updated 11/2/18

*Prepared by a project of Hunger Solutions  
New York; funded by NYSOTDA  
and USDA/FNS. This Institution is an equal  
opportunity provider.*

# SNAP

*Can Help You  
Stretch  
Your Food Budget!*

**The Nutrition Outreach  
and  
Education Program**

*Serving Monroe County*

**Legal Assistance  
of  
Western New York, Inc.®  
One West Main Street  
Suite 400  
Rochester, New York 14614**

The Supplemental Nutrition Assistance Program (SNAP) is a program that can boost your monthly budget for purchasing groceries.

- You may be eligible to receive SNAP benefits even if you own a home, a car, or have money in the bank.
- You can receive SNAP benefits and still receive WIC, Meals-On-Wheels, and other benefit programs.
- SNAP benefits are now automatically deposited on an Electronic Benefits Card.

### Income Guidelines

October 1, 2018 – September 30, 2019

Household size	Persons younger than 60 and/or NOT disabled Maximum Gross monthly Income (Non-working Households)	Persons younger than 60 and/or NOT disabled Maximum Gross monthly Income (Working Households)	Households w/ at least one person 60 and/or DISABLED Maximum Gross monthly Income
1	\$1,316	\$1,518	\$2,023
2	\$1,784	\$2,058	\$2,743
3	\$2,252	\$2,598	\$3,463
4	\$2,720	\$3,138	\$4,183
5	\$3,188	\$3,678	\$4,903
6	\$3,656	\$4,218	\$5,623
7	\$4,124	\$4,758	\$6,343
8	\$4,592	\$5,298	\$7,063
Each additional person	+ \$468	+ \$540	+ \$720

## What is NOEP?

The Nutrition Outreach and Education Program (NOEP) offers you a free and confidential prescreening to help you find out if you may be eligible for SNAP.

### WHAT NOEP CAN DO FOR YOU:

- Help you complete and submit the SNAP application.
- Help you gather, copy, and submit the supporting paperwork that you need to apply for SNAP.
- Inform you of your rights as a SNAP applicant, and advocate on your behalf to ensure your rights are being met according to SNAP regulations.



**Are you trying to decide between heating your home and buying groceries? With SNAP, you no longer have to choose.**

If you are eligible for SNAP, you may also be eligible for HEAP. Together, they can help you stay warm and nourished.



**If you are a college student, SNAP can help you buy the food you need to stay healthy and focused on your studies.**

Funds are loaded monthly onto a special debit card you can use at grocery stores and farmers' markets. As a college student, special considerations may help you qualify for SNAP benefits.