

Am. Eligibility



SNAP Nutrition Assistance

Effective October 1, 2015

People in Household	Gross Monthly Income*	Income
1	\$1,276	\$981
2	\$1,716	\$1,328
3	\$2,156	\$1,675
4	\$2,600	\$2,021
5	\$3,078	\$2,368
6	\$3,500	\$2,715
7	\$3,940	\$3,062
8	\$4,430	\$3,408
Each additional	Plus \$451	Plus \$347

Maximum SNAP Allotment (per month)	
Household Size	Maximum Allotment
1	\$194
2	\$357
3	\$511
4	\$649
5	\$771
6	\$925
7	\$1,022
8	\$1,169
Each add'l	Add \$157



For additional information, visit www.heartlandfoodbank.org or call (855) 444-5556 to receive assistance with the SNAP application process, contact:

SNAP Outreach Assistance Hotline
(855) 444-5556

Buying Healthy Food is a SNAP!

*SNAP eligibility is calculated based on household size and gross monthly income. If you meet these income requirements, you may be eligible for SNAP. If you are over the age of 60, different eligibility requirements may exist. Please contact the SNAP Outreach Assistance Hotline at (855) 444-5556 to determine eligibility.

In accordance with Federal law, this program does not discriminate on the basis of race, color, religion, political beliefs, or disability.

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What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, helps low-income individuals and families buy nutritious food by providing a monthly allotment of benefits on an Electronic Benefit Transfer (EBT) card.

How Do I Apply?

There are several ways to apply for benefits:

1. Contact the SNAP Assistance Unit at (855) 444-5556 where you can get an Outreach Worker to assist you with an application.
2. Apply online at <http://www.ACCESSNebraska.com>

Documents you may need to apply:

- Personal identification including driver's license, passport, and social security number for each member applying for benefits.
- Proof of expenses such as rent or mortgage bills, tax statements, utility bills.
- Proof of income for last 30 days including unemployment benefits, Social Security income, child support, etc.

SNAP Facts



1. SNAP benefits come on a card that looks like a bank debit card. Shopping with your SNAP card is just like using a debit card.
2. Many working families receive SNAP. If you are a parent, you can deduct the full amount of your child care expenses, which will help you qualify for higher benefits.
3. Seniors can receive SNAP and still get commodities and meals-on-wheels.
4. You can be receiving SSI, disability-related Medicaid, or even life insurance benefits while participating in SNAP.
5. The average monthly benefit per person in Nebraska is \$123.00 for seniors.
6. You can own a house and still receive SNAP benefits.
7. SNAP benefits do not take benefits away from anyone who needs it more.
8. Parents can apply for SNAP on behalf of their children in the United States without having to become a citizen.
9. Information provided to prove eligibility for SNAP is confidential. If you are an undocumented immigrant, you will not be asked to provide documentation. If you are a legal immigrant, applying for SNAP will not hurt your immigration status.
10. Every family is different. Depending on the household size, income, resources, and expenses the SNAP benefit amount will vary for each family or individual.

