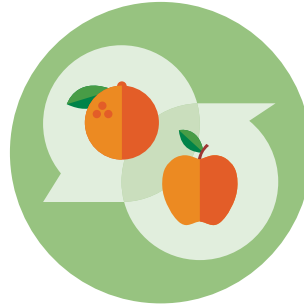




What is the Supplemental Nutrition Assistance Program (SNAP)?

SNAP helps eligible people supplement their food budgets. If you qualify, you will receive an **Electronic Benefit Transfer (EBT) card**, which is like a debit card, that will be loaded with your monthly allotment to buy food at authorized SNAP retailers such as participating grocery and convenience stores.

Just like Medicare and Medicaid **there's enough SNAP for everyone that is eligible** for the program and SNAP rules make it easier to qualify if you are an older adult (60 years old or older) or defined as disabled by federal guidelines.



Have more questions answered or apply now:

Department of Economic Security

- **DES Phone:** 855-432-7587
- **DES Fax:** 844-680-9840
- **SNAP Application:** healtharizonaplus.gov
- **DES In-person:** azdes-community.secure.force.com/EOL
- **Find Application Assistance:** healtharizonaplus.gov/App/Enrollment_Entity_Search_results.aspx?link=Assistor
- **Eligibility Check:** arizonaselfhelp.org/prescreen



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

SNAP: Healthy Food Within Reach



Can SNAP benefits be used to purchase groceries online?

Yes, SNAP benefits can be redeemed online for groceries at certain retailers, including Amazon, Walmart, and Aldi/Instacart. Learn more about *Arizona's SNAP Online Program*: <https://bit.ly/SNAPonlineAZ>.

What are the financial requirements to qualify for SNAP benefits?

Your household resources and income must be below certain limits. However, certain resources (for example, owning a vehicle) are NOT counted when determining SNAP eligibility and deductions for certain expenses (for example, utility costs) can apply to ensure you get the most SNAP benefit possible.

If everyone in your household only receives Supplemental Security Income (SSI) or Temporary Assistance for Needy Families (TANF) there are no additional income limits. A trained SNAP Assistor will be able to answer any questions about your eligibility, including income limits, resources and deductions.

What are the work requirements for SNAP?

Most adults must register for work, not voluntarily quit their job, take a job if offered, or participate in an employment and training program if assigned to one. If

you are an able-bodied adult with no children, there may be other work requirements. Households that consist entirely of older adults or disabled members are not subject to work requirements. Learn more by contacting the Department of Economic Security.

Will this impact my ability to use other benefits I need, like unemployment insurance?

No, with the exception of the Food Distribution Program on Indian Reservations (FDPIR), which cannot be used in combination with SNAP benefits.

How much will I receive if I qualify?

One person households may be eligible for up to \$234 a month in SNAP benefits. Applicants can use the *Arizona Self-Help online tool* to estimate eligibility and what your monthly benefit might be: arizonaselfhelp.org.

What else can SNAP do for me?

Make benefits go further for fruits and veggies using *Double Up Food Bucks*: doubleupaz.org.

Sign up for the *Restaurant Meals Program* (older adults 60+, disabled or homeless): <https://bit.ly/SNAP-RMP-Info>.

Rolling benefits over for special occasions like birthdays or holidays!

And, SNAP may unlock community benefits:

- **Utilities with APS:** <https://bit.ly/APS-Support>
- **Utilities with SRP:** <https://bit.ly/SRP-Econ-Plan>
- **Comcast:** <https://bit.ly/Comcast-Internet>
- **Cell Phone:** <https://bit.ly/American-Assistance>
- **Amazon Prime:** <https://amzn.to/3cp4D26>



How do I apply for SNAP?

1. **Complete an online or paper application**, filling out as much as you can.
2. **Submit the application** to the Arizona Department of Economic Security (DES) online, by fax or in person.
3. **Complete an interview in person or by phone** and be prepared to share copies of verification documents like pay stubs, rent or mortgage payments.