



What You Should Know About SNAP

SNAP is the Supplemental Nutrition Assistance Program, formerly known as “food stamps.” SNAP provides a monthly benefit to qualified, low income consumers to purchase food.

SNAP benefits are provided via an electronic benefits transfer (EBT) card—in Texas, the Lone Star Card. To qualify, a household must have gross monthly income less than 130 percent of the federal poverty guidelines (currently \$24,600 for a family of four), monthly net income of 100 percent of the federal poverty guidelines, and assets of less than \$2,000.

Families receive benefits monthly, which can be spent at authorized food retailers such as grocery stores, convenience stores, and farmers markets. Benefits may only be spent on food. SNAP cannot be used to purchase household items, prescriptions, alcohol, or tobacco.

How much is the benefit? The monthly SNAP household benefit depends on the number of people in a household. The average benefit is \$125 per person per month.

Do you have to work to be on SNAP? SNAP recipients must meet work requirements to continue receiving SNAP unless they are exempt. Exempt individuals include children, seniors, pregnant women, and those mentally and physically disabled who cannot work.

Do you have to be a citizen to get SNAP? You must be a citizen or a legal immigrant that meets certain conditions. Undocumented immigrants cannot receive SNAP.

How long are people on SNAP? The average time period a person is on SNAP is one year.

What types of people are on SNAP? 2/3 of SNAP recipients are children, seniors, and people with disabilities. The other 1/3 is made up of a variety of groups—parents, adults without children, veterans, the working poor, and others.

