

SNAP

SUPPLEMENTAL NUTRITION
ASSISTANCE PROGRAM,
THROUGH THE USDA



Apply for **SNAP** today
(formerly known as the
Food Stamp Program)

SNAP can help you have
more money for food

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Second Harvest Heartland can assist
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Who is Eligible?

SNAP is intended to help supplement the food and nutrition needs of people with low incomes. These benefits are for eligible families and individuals of all ages, including children and seniors. SNAP eligibility depends on your household's size and income. See chart below for income guidelines:

	General Households	Seniors (60+)/ Disabled
Household size	Monthly income before taxes	Net monthly income (deductions may be applied)
1	\$1,605	\$973
2	\$2,163	\$1,311
For each add. household member add:	+\$559	+\$339

*Income guidelines valid thru 9/30/2015.

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- SNAP helps put more nutritious food on the table
- Benefits can be saved for 365 days
- Our SNAP outreach specialists are trained and ready to help you with applying!

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For more information or to schedule confidential screening and application assistance please call:
Metro 651.209.7963
Toll Free: 1.888.339.3663 ext. 7963
2harvest.org/SNAP

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