

March 19, 2020

**ND Dept of Human Services – Economic Assistance Division  
Food Assistance**

**Coronavirus (COVID-19) Frequently Asked Questions**

**If I have self-quarantined and run out of funds to purchase food and groceries, can I get help from SNAP?**

Anyone who is food insecure can apply for assistance from the United States Department of Agriculture Supplemental Nutrition Assistance Program (SNAP). Individuals who have a loss or reduction in income are encouraged to apply.

Individuals can apply utilizing an [online application](#) or via contact with a [Human Service Zone office](#) (the office could mail an application to you).

**What happens after I submit an application?**

The staff who determine eligibility can connect with you via a telephone interview, instead of a face-to-face interview. Once benefits are approved, the Electronic Benefit Card (EBT) can be mailed directly to you.

Is there additional assistance available during the pandemic situation?

**New Options for Food Support related to COVID-19 Pandemic**

Food and nutrition is recognized as a critical need. There are several additional rules included in the Families First Coronavirus Response Act related to reducing food insecurity. If/When the Families First Coronavirus Response Act is passed by Congress, the Department of Human Services will pursue additional provisions to reduce food insecurity. Rules proposed in the Act include:

- SNAP Benefits Due to School Closures – Provides Congressional authority for states to issue temporary SNAP benefits to households with children eligible for free or reduced school meals if schools are closed for a period longer than five days. Affected areas have a public health emergency declaration and an approved State agency plan.
- Waives SNAP Work Requirements – Temporarily waives work requirements in areas with a public health emergency designation, beginning April 1, 2020.
- Adds Flexibility in SNAP Administration – Provides flexibility for states to issue emergency allotments to SNAP recipients to address temporary food needs and to adjust benefit issuance methods based on circumstances on the ground.

**ECONOMIC ASSISTANCE**

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**To help determine whether you might qualify** for Supplemental Nutrition Assistance benefits, use our [Calculator](#) or visit the [AARP Benefits QuickLINK](#).

**To apply for SNAP**, complete the [Application for Assistance](#) and/or contact your local [Human Service Zone Office](#).

For more information on the SNAP Program or other Public Assistance Programs, visit the North Dakota Department of Human Services Public Assistance page at <http://www.nd.gov/dhs/services/financialhelp/index.html>.