



## What do I need to bring to my appointment?

The worker will need to see the following:

- verification of all income
- rent or mortgage payments
- utility bills
- child or elder care bills
- child support orders (the court order and canceled checks)



## How do I receive my benefits?

In North Dakota, a plastic card is used to access SNAP benefits that are deposited into an account just like you would a bank card, but only to purchase food.

## WHAT IF I HAVE MORE QUESTIONS?

If you have more questions, contact the Customer Support Center. You can find their contact information at [www.hhs.nd.gov/applyforhelp/support](http://www.hhs.nd.gov/applyforhelp/support).

You may also contact the North Dakota Department of Health and Human Services toll-free at

1-800-755-2716 (North Dakota only), or visit our website at [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov).

The USDA is an equal opportunity provider.



## GOOD FOOD CHOICES PROMOTE A HEALTHY FUTURE AT EVERY STAGE OF LIFE.

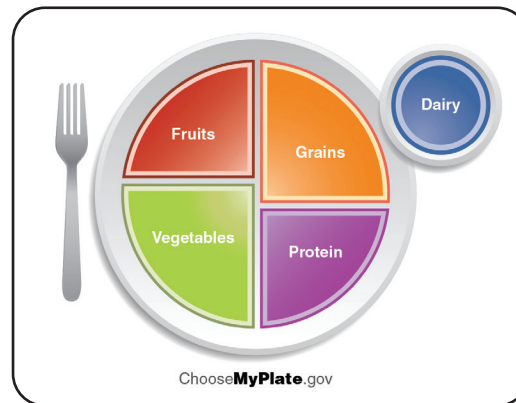
SNAP expands your ability to eat a variety of foods. The Family Nutrition Program (FNP) helps you use your SNAP benefits to make better food choices on a budget. With FNP you can learn how to:

### Increase Healthy Foods

- Cook easy and delicious recipes at home.
- Make half your plate colorful fruits and vegetables.
- Read labels to make half your grains whole grain.
- Make the switch to fat-free or low-fat (1%) dairy.

### Save Money on Healthy Foods

- Plan meals ahead of time and make a grocery list.
- Use leftovers and planned overs in delicious ways.
- Compare "Unit Prices" to find the best buy.
- Buy fruits and vegetables in season.



Supplemental Nutrition Assistance Program Education (SNAP-Ed) is available to SNAP recipients through NDSU Extension Service's Family Nutrition Program. Please see [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.



**NDSU** EXTENSION SERVICE

# SNAP



## Supplemental Nutrition Assistance Program

NORTH **Dakota** Be Legendary.

Health & Human Services

# ABOUT SNAP

The Supplemental Nutrition Assistance Program (SNAP) helps low-income North Dakotans meet their nutritional needs.



## WHO DOES SNAP SERVE?

### Eligible households include:

- People who live together, buy food, and prepare meals together are grouped as a household.
- Spouses and most children under age 22 must be one household.

### Can legal non-citizens get SNAP benefits?

You may be able to get SNAP benefits. Talk with a human service zone worker about this. Even if you can't get SNAP benefits, family members born in this country can. Getting SNAP benefits won't hurt you if you want to become a citizen.

### Can I get benefits if I'm not working?

If you are age 16–59 and able to work, you may need to meet the general work requirements to get SNAP benefits. You may be excused from the general work requirements if you meet an exemption. For more information on work requirements you may contact the Customer Support Center: [www.hhs.nd.gov/applyforhelp/support](http://www.hhs.nd.gov/applyforhelp/support).



## WHO MAY BE ELIGIBLE?

### Can I have assets?

Assets are not counted for most households. Assets are counted for a household when a member of the household is not eligible due to failure to comply with SNAP requirements. Households with a member who is 60 or older or disabled may have up to \$4,250 in countable assets. Other households may have up to \$2,750. We don't count the assets of people who are receiving state cash assistance (TANF), federal Supplemental Security Income (SSI), or TANF Information and Referral Services. Check out TANF Information and Referral Services at your local human service zone office.

### What are the allowable deductions?

- 20 percent of earned income;
- a standard deduction based on household size;
- medical expenses over \$35 a month for elderly or disabled members;
- certain dependent care costs when needed for training, education, or work;
- legally owed child support; and
- a percentage of shelter costs.

### How much income can we have?

Earned and most unearned income is counted. Gross income means income before any deductions. Net income means gross income minus allowable deductions. TANF and SSI households are income eligible. A majority of households must meet the 200% gross income test. Households with members who are not eligible due to failure to comply with SNAP requirements must meet the 130% gross income test.



### Income Limits

People in Household	200% Gross Income	130% Gross Income	100% Net Income
1	\$2,266	\$1,473	\$1,133
2	\$3,052	\$1,984	\$1,526
3	\$3,840	\$2,495	\$1,920
4	\$4,626	\$3,007	\$2,313
5	\$5,412	\$3,518	\$2,706
6	\$6,200	\$4,029	\$3,100
7	\$6,986	\$4,541	\$3,493

Effective October 1, 2022 through September 30, 2023.

## HOW DO I APPLY?

Online: [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov).

By Mail: Print the application for assistance at [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov). Submit the application to the Customer Support Center.

In Person: Call the human service zone office to set up a meeting with a worker. At the human service zone office, you will talk with an eligibility worker, answer some questions, and sign some papers. If you can't go to the office, you may send a relative or a friend to talk with the worker. You may also be able to talk with a worker on the phone.

## WHAT DO I NEED TO KNOW ABOUT SNAP?



### If my household is eligible, how much will we get?

For October 1, 2022 through September 30, 2023, the table below shows the most you could get if you have no income. As your income goes up, the amount of SNAP benefits you will get may go down.



### Maximum Monthly Benefit

People in Household	Maximum Monthly Allotment
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116
6	\$1,339
7	\$1,480
8	\$1,691

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