



# How do I apply for the Supplemental Nutrition Assistance Program?

*(formerly known as the Food Stamp Program)*

*Is your gross monthly income (before deductions) less than these limits? If so, you could qualify to receive food benefits.*

| Number of People in Household | Monthly Limit<br><i>Effective 10-1-09</i> |
|-------------------------------|---|
| 1                             | \$1,174                                   |
| 2                             | \$1,579                                   |
| 3                             | \$1,984                                   |
| 4                             | \$2,389                                   |
| 5                             | \$2,794                                   |
| 6                             | \$3,200                                   |
| 7                             | \$3,605                                   |
| 8                             | \$4,010                                   |

## How to apply for... SUPPLEMENTAL NUTRITION ASSISTANCE?

The first thing you must do is to complete a Request for Services Form (PS-1). You can go in to your local OK Department of Human Services office and complete this form. Another option is to request the form and send it in to the OKDHS office. A list of OKDHS county offices can be found at [www.okdhs.org](http://www.okdhs.org) or you can call **1-866-411-1877**. After you have completed a request form, a social services specialist will schedule an interview for you.

## What kind of information will I need to take to the interview?

- Proper identification (preferably a photo ID).
- Social Security numbers for each member of your household.
- Verification of all income received by your household for at least the last 30 days (pay stubs from a job, self employment records or tax return, child support payment receipts, award letter from Social Security income, proof of unemployment benefits, money received from family or friends, and any other income received.)

## You will also be asked to provide information and verification of expenses paid by your household such as:

- shelter and utility costs
- child care expenses
- child support payments
- medical expenses (if your household has an elderly or disabled member)

# **FREQUENTLY ASKED QUESTIONS ABOUT...**

# **Supplemental Nutrition Assistance Program**

*(formerly known as Food Stamps)*

## **When will I know if I qualify?**

You will be sent a letter within 30 days to let you know if your food benefits application was approved.

You may receive food benefits within 7 days if:

- your household receives very little or no money
- your shelter and utility expenses are more than your gross income
- you meet the special requirements for a migrant worker household

## **How do I receive and use food benefits?**

When you are approved for food benefits, you will be issued an Access Oklahoma card. You will be asked to watch a video presentation that explains the proper use of your card. Each month your food benefits will be deposited in your card account. You can use this card to purchase food at most grocery stores.

## **What can I buy with food benefits?**

You may use food benefits to buy any food or food product for human consumption, and seeds and plants to produce food.

Households may not use food benefits to buy:

- alcoholic beverages and tobacco
- lunch counter items or foods to be eaten in the store
- vitamins and medicines
- any non-food items (such as soaps, paper products, laundry products, grooming items)
- hot foods

**Oklahoma DHS is an equal opportunity provider and employer.**