



# SNAP Can Help You Stretch Your Grocery Budget!

Don't go hungry, let SNAP fill the gap.

## What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) serves as the first line of defense against hunger. It enables eligible families to buy nutritious food with an Electronic Benefits Transfer (EBT) card, called "Access Oklahoma." that works like a debit card. Benefits are automatically loaded monthly for participating households to buy eligible food from authorized retailers.



## Who is eligible for SNAP?

To be eligible for SNAP benefits a person must have documentation of being:

- A United States citizen.
- A U.S. non-citizen national
- An alien who is both qualified and eligible; or non-Citizen who has documentation of qualified alien status
- An alien not required to meet qualified alien status.

## A Note About Citizenship:

If your citizenship status does not qualify for SNAP, but your children are U.S. citizens, then your children are still eligible for SNAP. As the parent/guardian of U.S. citizen children under the age of 18 you can apply on their behalf. You will still need to submit proof of income for the household. However, benefits will only be calculated based on the number of individuals/children who qualify for SNAP benefits.

*Applying for SNAP on behalf your citizen children will not impact your immigration status or be considered in your public charge evaluation for changes to immigration status!*

## What is SNAP's income limit?

SNAP's income limit is based on the number of people, within a household, for whom you are applying.

Household size	Gross monthly income
1	\$1,580
2	\$2,137
3	\$2,694
4	\$3,250
5	\$3,807
6	\$4,364
7	\$4,921
8	\$5,478

Only Oklahoma Department of Human Services (OKDHS) can determine if you qualify for benefits. This is especially important if your income is only slightly over the limits or if anyone in your home is over age 60 years or disabled.

Above is a general overview of income limits based on household size.

## Where can SNAP benefits be used?

Retailers that accept EBT. Such as:

- grocery stores,
- convenient stores,
- big box stores, and/or
- participating Farmers Markets\*

\*Participating farmers markets will offer “double up” tokens. These tokens can be used to purchase a variety of fruits, vegetables, herbs and plants that grow food. Visit the information booth and market staff will assist you with the tokens.



## What can SNAP benefits buy?

SNAP participants can use their benefits for any food or food product for household meal preparation except alcoholic beverages, tobacco, and hot foods or hot food products ready for immediate consumption. The USDA provides a simple breakdown of what can and cannot be purchased:

### Yes



### No



## Apply for SNAP in less than 30 minutes!

Applying for grocery assistance is quick and confidential.



You can apply for SNAP online at any time at [okdhslive.org](https://okdhslive.org).

-or-

If you would like assistance, our trained SNAP specialists are available to help with the SNAP application process.

Fill out [this form online at rfbo.org/snap](https://rfbo.org/snap) for us to contact you or call us at 405-600-3168 (English)  
405-600-3192 (Spanish).