SNAP FACT SHEET

The Supplemental Nutrition Assistance Program (SNAP), assists individuals and families with buying groceries. You are able to spend your benefits on groceries from most grocery stores and farmers markets.

AM I ELIGIBLE?

Text “Food” to 74544 or visit https://www.mrelief.com/ to find out if you are eligible to receive SNAP

INCOME LIMIT

To be eligible you must make at or below the income limit for your household size, per month

<table>
<thead>
<tr>
<th>HOUSEHOLD SIZE</th>
<th>INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,580</td>
</tr>
<tr>
<td>2</td>
<td>$2,137</td>
</tr>
<tr>
<td>3</td>
<td>$2,694</td>
</tr>
<tr>
<td>4</td>
<td>$3,250</td>
</tr>
<tr>
<td>5</td>
<td>$3,807</td>
</tr>
<tr>
<td>6</td>
<td>$4,364</td>
</tr>
<tr>
<td>7</td>
<td>$4,921</td>
</tr>
<tr>
<td>8</td>
<td>$5,478</td>
</tr>
<tr>
<td>EACH ADDITIONAL MEMBER</td>
<td>+$557</td>
</tr>
</tbody>
</table>

HOW DO I APPLY?

CALL: 877-456-1233

FIND A SERVICE LOCATION NEAR YOU AND APPLY IN PERSON

EMAIL: MYBENEFITS@dhw.idaho.gov

MAIL: SELF-RELIANCE PROGRAM, PO BOX 83720, BOISE, ID 83720-0026

Be prepared to provide:
- ID Card
- Household income & resources
- Housing costs
- Current monthly expenses
- If applicable, immigration status
Recertification happens to make sure you are still eligible to receive SNAP benefits. In Idaho you receive a notice in the mail or on your Idalink account letting you know it is time to recertify. You are asked to provide an application to your local service office. If you fail to complete this you will lose your SNAP benefits.

**SNAP FACT SHEET**

**HOW DO I RECEIVE MY BENEFITS?**

Benefits are received through the Electronic Benefits Transfer (EBT) card, in Idaho it looks like the picture above.

**WHAT CAN I NOT BUY?**

- Beer, wine, or liquor
- Cigarette or tobacco
- Non-food items
- Vitamins or medicine
- Hot food or food eaten in the store

**HUNGER HOTLINE**

**USDA NATIONAL HUNGER CLEARINGHOUSE**

What is the USDA National Hunger Hotline?

Hunger Free America operates the National Hunger Hotline on behalf of USDA. The hotline is a resource for information on how to obtain food. The National Hunger Hotline staff will connect you with emergency food providers in your community, government assistance programs, and various social services.

The hotline can be reached at:

1-866-3-HUNGRY
(1-866-348-6479)

OR

for Spanish, 1-877-8-HAMBRE
(1-877-842-6273),

Monday through Friday,
7 a.m. to 10 p.m. ET.

**IDAHO HUNGER RELIEF TASK FORCE**

P.O. Box 15692 Boise, ID 83715
Email: Info@idahohunger.org
Phone: 208-639-0030