

You Should Know...

- Children cannot learn as well, adults cannot work as productively and seniors cannot maintain their independence as well without proper nutrition
- 100% federally funded through the Department of Agriculture, Food and Nutrition Service
- Free and reduced school lunch programs are available for those on Food Support
- Enrolling in SNAP can help reduce your overall cost of food or enable you to buy food that is more nutritious as part of a healthier lifestyle



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In Goodhue, Wabasha, Rice, and Olmsted Counties call Three Rivers for information and application assistance:

(800) 277-8418 or (507) 732-7391



Three Rivers works with community partners to provide warmth, transportation, food, housing, advocacy, and education to individuals and families.



SNAP

**Supplemental Nutrition Assistance
Program**



**Add SNAP to your income
and more healthy food to
your table.**

Eat Right When Money's Tight

Do You Qualify for SNAP?

How to Apply

Formerly Food Stamps, the Supplemental Nutrition Assistance Program (SNAP) can help you or someone you know to eat right when money's tight. It can help put healthy food within reach.

To find your county's Social Services office to apply for SNAP benefits in Minnesota Call Toll Free 1-800-657-3698.



Eligibility Requirements:

- You and everyone who lives with you receives Supplemental Security Income (SSI), General Assistance (GA), Minnesota Supplemental Aid (MSA)

OR

- You receive either transitional child care assistance, or subsidized child care assistance

OR

- You participate in the Diversionary Work Program (DWP)

If you don't meet the criteria above, you may still qualify in Minnesota if your income meets the gross income guidelines listed below:

# In Household	Gross Income
1	\$1634
2	\$2203
3	\$2772
4	\$3342
5	\$3911
6	\$4480
7	\$5051
8	\$5623

For each additional family member add \$572

Persons applying for SNAP need to provide verification of:

- Identification (driver's license, state id or passport)
- Income
- Shelter costs
- Child support paid (if applicable)
- Unreimbursed medical expenses

Persons not needing assistance to apply may access the Combined Application Form by applying online at

www.applymn.dhs.mn.gov or one can download the paper application, print it, complete it and send it with their verifications in to their local County Social Services Office.

Once a person is approved for SNAP benefits, he or she will receive an EBT Minnesota debit card which will allow him or her to purchase food from stores and farmer's markets that display the SNAP logo.

