

# Let us help you put healthy food within reach!

## Supplemental Nutrition Assistance Program

SNAP is the new name for the Federal Food Stamp Program. It is designed to help low-income individuals and families supplement their income to purchase better quality and more nutritious food. If you are having trouble with every day food expenses, consider applying for SNAP benefits - It's a SNAP!

## SNAP Frequently Asked Questions

### Q: Am I eligible?

**A:** Qualification for food benefits is based on income, family relationships and expenses. If you meet the income levels below, it's likely that you would be eligible to receive food benefits.

### INCOME ELIGIBILITY STANDARDS

Effective 10/01/22

Household Size	Elderly/ Disabled Separate Household 165% of Poverty	Maximum Gross Monthly Income 200% of Poverty
1	\$1,869	\$2,266
2	\$2,518	\$3,052
3	\$3,167	\$3,840

**FOR HELP WITH FOOD BENEFITS APPLICATIONS AND RENEWALS,**  
Contact Oscar Sebastian, Modern Maturity Center, 302-734-1200 ext. 174

### Q: Why should I apply?

**A:** SNAP can relieve the need to sacrifice healthy food choices in order to pay for other essentials. If you receive SNAP benefits you will be given an Electronic Benefit Transfer (EBT) card that functions like a debit card to help pay for groceries.

### Q: How do I apply?

**A:** We offer application assistance! Call our SNAP outreach team for an appointment! We will submit your paperwork for you and we promise to make the process easier.

**Call Oscar Sebastian at (302) 734-1200 x174.**

**Cell: (302) 943-5154**

To apply online, visit the Delaware ASSIST web-site at <https://assist.dhss.delaware.gov>.

### Q: What do I need?

**A:** In order to apply you will need a photo ID or other official document verifying your identity and date of birth as well as those of all the members of your household. You will also need your social security number, and proof of income such as social security award letter and pension statement. Always be sure to provide a valid phone number.

## What can/can't be bought with SNAP benefits?

### Households CAN use SNAP benefits to buy:

- Foods for the household to eat such as:
  - Breads and cereals
  - Fruits and vegetables
  - Meats, fish, and poultry
  - Dairy products
- Seeds and plants which produce food for the household to eat.
- In some areas, restaurants can be authorized to accept SNAP benefits from qualified homeless, elderly or disabled people in exchange for low-cost meals.

### Households CANNOT use SNAP benefits to buy:

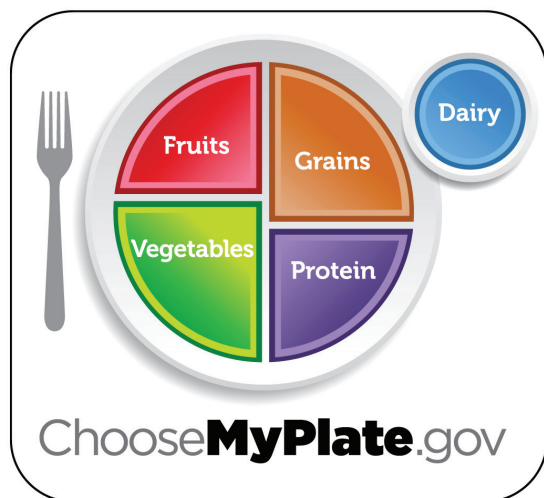
- Beer, wine, liquor, cigarettes or tobacco
- Any nonfood items such as:
  - Pet foods
  - Soaps and paper products
  - Household supplies
  - Hot foods

### Additional information:

- Soft drinks, candy, cookies, snack crackers and ice cream are food items and are, therefore, eligible items.
- Energy drinks with nutrition facts are eligible, energy drinks with supplement facts are not eligible.

**Take Time & Apply Today!**

## Build a healthy plate with SNAP!



### Dietary Guidelines for Americans

#### 1. Build a Healthy Plate

- Make half of your plate fruits and vegetables
- Switch to skim or 1% milk
- Make at least half your grains whole
- Vary your protein choices

#### 2. Cut back on foods high in solid fats, added sugars and salt

- Choose food and drinks with little or no added sugars
- Look out for salt (sodium) in foods you buy - it all adds up
- Eat fewer foods that are high in solid fats

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The Modern Maturity Center can assist seniors with their SNAP application. Please call or email below for application assistance if you are over the age of 50. Anyone can also apply at the following website on their own if they would like.  
<https://assist.dhss.delaware.gov/>

**The Modern Maturity Center can also help with periodic reports and renewals.**

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**SNAP Outreach Coordinator**  
**Oscar Sebastian** 302-734-1200 x174  
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# SNAP OUTREACH

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