

## Do you know what SNAP is all about?



We all need nutritious food in order to live healthy productive lives.

The Supplemental Nutrition Assistance Program (SNAP) provides benefits to low-income individuals and families to supplement their food budget allowing them to purchase more and better food.

It is a government assistance program that helps low-income households pay for nutritious food with an EBT (Electronic Benefits Transfer) card.

When a household is approved for the program, they get a plastic debit card called an Electronic Benefits Transfer (EBT) card. It looks just like a credit card and it can be used to pay for food at supermarkets and convenience stores, sometimes it can be used at farmer's markets and food co-ops, too.

Each month, benefits are directly deposited into the household's EBT card account. The amount of benefit a household gets depends on the household size, income, and expenses.

Many individuals working full or part time at low wage jobs throughout the year do not make enough to lift themselves out of poverty.



This program is crucial in assisting low-income households feed their families, and is a critical income support when household members have been laid off from work or have had their working hours reduced.

SNAP can benefit households with children, legal immigrants, seniors and disabled members.

It is also a great economic boost for Rhode Island communities by bringing additional food dollars into local grocery stores.

Last year alone, approximately \$104 million federal dollars entered our economy and allowed our neighbors to buy more food.

Still have questions about SNAP?

URI Hunger Center, 1-866-306-0270, [www.eatbettertoday.com](http://www.eatbettertoday.com)