

You May Qualify for SNAP/Food Stamps – Let’s Find Out!



Toll-Free SNAP Helpline: 844-600-SNAP (7627)

MYTH: *I must be a United States citizen to get food stamps.*

FACT: Anyone who has been a documented permanent resident for 5 years or more may apply. Undocumented noncitizens may not receive SNAP, though they may apply on behalf of children who are citizens.

MYTH: *Because I have a job, I do not qualify.*

FACT: SNAP eligibility is based on your income, **NOT** your employment status (see income guidelines below).

MYTH: *I make too much money to qualify for SNAP.*

FACT: Please see the chart below to find out the maximum *pre-tax* income you can earn and still be potentially eligible for SNAP benefits based on your household size. Other rules may apply.

MYTH: *I’ll receive \$16 per month in SNAP benefits.*

FACT: If you qualify for \$16 per month that is nearly \$200 per year to use toward groceries. You can also save up your benefits so you have a larger amount to shop with when you are ready.

General Household Income Guidelines

Persons in Family or Household	Gross Monthly Income Limit (before taxes and bills)
1	\$1755
2	\$2371
3	\$2987
4	\$3603
5	\$4219
6	\$4835
7	\$5451
Each additional person	+\$616

Income limits for households with at least one member who is a senior (60+ years) or who is receiving government disability

Persons in Family or Household	Gross Monthly Income Limit (before taxes and bills)
1	\$2127
2	\$2873
3	\$3620
4	\$4367
5	\$5113
6	\$5860
7	\$6607
Each additional person	+\$746

MYTH: *If I receive SNAP, I can no longer receive assistance from local food pantries.*

FACT: Pantries will continue to provide food assistance to all clients in need of services regardless of whether you receive SNAP. Pantries may ask you if you receive SNAP to ensure that their clients have access to more available services.

MYTH: *Other people need SNAP more than I do.*

FACT: While this may be true, by receiving SNAP benefits, you are not taking benefits away from another person. Everyone who applies and is determined to be eligible by a state eligibility worker will get SNAP benefits. This is what makes it an “entitlement program” – there is no cap on who can participate.

MYTH: *I am not eligible because I have money in a savings or checking account.*

FACT: Assets like money in the bank are not used to determine eligibility for most people. For some individuals over the age of 60 or those who receive government disability, assets may be considered depending on the household income.

MYTH: *They denied my SNAP application once before, so I won't get assistance now either.*

FACT: If your situation has changed, such as your income or the number of people in your household, you may now qualify for SNAP. Income limits increase a little bit each year, so it's worth taking a second look.

MYTH: *I am receiving other government assistance already.*

FACT: You may still be able to receive SNAP even if you are receiving other benefits such as TANF, SSI, Social Security, unemployment, and others. In some cases, this will be counted as income.

MYTH: *I cannot receive SNAP because my TANF/cash time limit has run out.*

FACT: You can still receive SNAP even when you can no longer receive TANF.

MYTH: *I will have to use stamps in the store and everyone will know I receive SNAP.*

FACT: Illinois, like all 50 states, uses an Electronic Benefits Transfer (EBT) card also known as a Link Card. Your benefit amount will be uploaded onto the card each month and you can swipe it at the grocery store just like any other debit card.



**Contact Northern Illinois Food Bank to Learn More
844-600-SNAP (7627) | snap@northernilfoodbank.org**