

Food is Medicine: Sign-Up for SNAP!

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, and should apply if your household meets the following income eligibility criteria:

(Effective from February 2019- January, 2020)

Household	Annual	Monthly	Bi-Weekly	Weekly
2	\$31,284	\$2,607	\$1,304	\$652
4	\$47,638	\$3,970	\$1,985	\$993
+ 1 Add	\$8,172	\$681	\$341	\$171

Income is defined as money earned from paid work or income from cash benefits such as retirement or Social Security Disability.

Household is defined as people who are married or anyone who purchases and prepares food together, regardless of relationship. Children under the age of 18 are considered part of the same household as the adults caring for them.

Things you should know:

- Single adults without dependents, and seniors and adults with disabilities cannot have any liquid assets amounting to over \$5,000.
- Single adults (between 18-49) without dependents must also follow work requirements.
- If you live in subsidized housing, or if your heat is included in your rent, you will need to apply for LIHEAP to receive the maximum amount of SNAP benefits. Contact Opportunity Alliance to apply for LIHEAP: 553-5900.

Even if you are here legally you may not be able to receive SNAP if (as defined by MEJP):

1. You are a Lawful Permanent Resident (LPR) in your first 5 years with that legal status (and you are not a Refugee or Asylee)
2. You have filed an application for permanent status and are still waiting for a decision
3. You have applied for Asylum status or another change in immigrant status with the federal immigration authorities and are waiting for a decision
4. You have another less common legal status.

If you believe you may be eligible, apply for SNAP:

1. Online: maine.gov/mymaineconnection
2. In person: DHHS Office finder gateway.maine.gov/dhhs-apps/office_finder
3. Mail paper application to: **DHHS, 114 Corn Shop Lane, Farmington, ME 04938**
4. Fax paper application to: **778-8400**

After sending in your application you will hear from DHHS about an interview date. If you do not hear within two weeks, call 822-2000 and request an interview. Once you receive a date you can call anytime on or before that date to complete your phone interview.

Following your interview, you will be asked to mail or fax proof of income including pay stubs, rent or mortgage payments, and bank statements.

You should receive a determination about your eligibility within 30 days of the date you applied, completed your interview and submitted your paperwork. If you do not, call 822-2000 to inquire about your application.