

# 🍏 Supplemental Nutrition Assistance Program 🍏 (SNAP/Food Stamps)

## What is SNAP?

In New York, what people sometimes call Food Stamps is more formally called SNAP benefits. These benefits are issued electronically and can be used to purchase approved groceries/food.

## Who is Eligible?

U.S. citizens, or non-citizens with qualifying immigration status who meet the income guidelines based on their gross income for their family size, may be eligible for benefits. For example: a family of 4 with earned income needs to make under \$3313 monthly gross income to qualify. The source of your income and the ages of your household members will affect the calculation of benefits.

## Maximum SNAP Benefits Allowances

The exact amount of benefits awarded depends on household size and eligibility criteria but there is a maximum amount available based on household size. For example: the maximum amount that could be awarded for a family of 4 is \$835. This does not mean that every family of 4 that qualifies receives \$835, that is the maximum they could receive.

## Frequently Asked Questions

### How do I apply for Temporary Assistance?

To apply for Temporary Assistance, fill out an application at your local Department of Social Services (DSS) or at a Job Center, if in NYC. There may be more than one interview or requests for additional documentation.

### What documents will I need to apply?

You will need to provide proof of several eligibility factors with your application. Common documents requested are: proof of identification for all members of the household, proof of where you live, proof of living expenses (rent/mortgage payments, and utilities), employment status, immigration status and other income or assets you own.

### What if I don't live with family but have a roommate?

For SNAP purposes, everyone who lives together and purchases and prepares meals together is grouped together in one household. Roommates would need to show that they do not share meal expenses.

### Can I get SNAP right away?

For emergency situations, if you have little or no money, you may qualify for "expedited" SNAP within 5 days of your application.



Community Legal Advocates of New York, Inc.  
38 Old Country Road, Garden City, NY 11530  
(516) 210-6763 | [info@cla-ny.org](mailto:info@cla-ny.org) | [f](#) [t](#) [i](#)  
[www.CLA-NY.org](http://www.CLA-NY.org)