

## *Frequently Asked Questions About Anti-Hunger Programs*

### How do I apply for SNAP?

You must apply for SNAP in the state where you currently live. You should contact your state agency online, by phone, or in person for more information on how to apply for SNAP benefits. Additional information on how to contact the state agencies in each state is available at:

<https://www.fns.usda.gov/snap/state-directory>.

### Do I qualify for SNAP if I am getting unemployment insurance?

Your household must meet certain requirements to be eligible for SNAP and receive benefits, even if you are getting unemployment insurance. If your state agency determines that you are eligible to receive SNAP benefits, you will receive benefits back to the date you submitted your application.

### How long will I be able to get SNAP?

If you are determined to be eligible for SNAP, you will receive a notice from the state agency that tells you how long you will receive SNAP. H.R. 6201 gives USDA the authority to allow states to extend the period for households to continue receiving SNAP without re-enrolling. Additional information on states with this option is available at: [https://www.fns.usda.gov/disaster/pandemic/covid-19\\_](https://www.fns.usda.gov/disaster/pandemic/covid-19_)

### How much will I receive?

States calculate monthly SNAP benefit amounts for each household, based on the household's net income, up to the maximum monthly allotment amount for the household's size. Current maximum monthly allotment amounts are available at: <https://fns-prod.azureedge.net/sites/default/files/media/file/FY20-Maximum-Allotments-Deductions.pdf>. H.R. 6201 gives USDA the authority to allow states to provide temporary emergency CR-SNAP benefits so all participating households receive up to the maximum monthly allotment for the household's size. Additional information on states with this option is available at: <https://www.fns.usda.gov/programs/fns-disaster-assistance/fns-response-covid-19/snap-emergency-allotments-current-snap>.

### What can I buy with SNAP benefits?

You can use SNAP benefits to buy most food items, except hot foods; prepared foods for immediate consumption; alcohol; tobacco; vitamins, medicines, and supplements; and any nonfood items.

### Do I qualify to get emergency food at a food bank?

Qualifying income limits vary but are, in general, not as rigid as SNAP limits.

### Where are food banks in my state?

Start here: <https://www.feedingamerica.org/find-your-local-foodbank>