

SNAP FOOD BENEFITS



What is SNAP?

- The Supplemental Nutrition Assistance Program (SNAP) provides food benefits to low-income families to supplement their grocery budget
- Provides a **Lone Star Card** that can be used like a credit card at any store that accepts SNAP

Who is it for?

- Low-income families
- Adults age 18-52 with no children (must look for a job/be in an approved work program)
- Elderly (60+) or disabled individuals are eligible for a simplified application: **TSAP** with 3 year term benefits

Eligibility

Your household must meet certain requirements to be eligible for SNAP benefits. Your state agency determines your eligibility.

SNAP Income and Benefits Chart:

Family Size	Max Monthly Income	Monthly SNAP Amount
1	\$2,005	\$291
2	\$2,712	\$535
3	\$3,419	\$766
4	\$4,125	\$973
5	\$4,832	\$1,155
Per extra person	\$707	\$219

How to Apply:

- Complete an online application:
<https://www.yourtexasbenefits.com/Learn/Home>
- For more information about this program contact: **1-877-541-7905**



For more resources, please consult <https://harrishealthcares.org/>

Resources curated by Baylor College of Medicine - Patient Discharge Initiative (BCM-PDI) Volunteers

