



Community FoodBank of New Jersey's Supplemental Nutrition Assistance Program (SNAP) FAQ

What Is The Supplemental Nutrition Assistance Program (SNAP)?

SNAP is New Jersey's Food Stamp Program. This program helps low-income people get food for their families. It puts money on a debit card that can only be used for food. You can use it in stores and online.

Who Can Get SNAP?

Many people do not know they meet the income limits for SNAP. You can get SNAP even if you work. You can get SNAP even if you own a home or a car. You do NOT have to be on welfare (TANF) to get SNAP. You can be a working college student and get SNAP.

NOTE: The number of people in your family changes the amount of SNAP you get. A family or household is any group of people who live and eat together.

How Do I Get SNAP?

You fill out a form to see if you meet the income limits for SNAP. You can do this:

- In person at your County SNAP office (some have early and late hours)
- Online at <https://www.nj.gov/humanservices/njsnap/apply/ways/>
- Through the mail by writing your County SNAP office

Someone can help you with your form. This help is free. Call 1 (908) 838-4831 or go to SNAPOutreach@cfbnj.org.

In order to get SNAP you must show:

- How much money you have on hand
- How much money each person in your family makes or gets from the government

You may be able to get more SNAP if:

- Anyone in your family is disabled,
- Anyone in your family is age 60 or over.

If you meet the income limit you will have an interview to explain more about your family needs. This can be in person or on the phone.

How Long Does It Take To Get SNAP?

If you meet the rules for SNAP you can get it in 30 days. If you have emergency need you can get SNAP in 7 days.

Copies of Papers Needed (Or Can Be On Your Phone)

You need these for everyone in your household who wants to get SNAP:

- A valid ID – driver's license, birth certificate (children under 18 only), government ID
- Proof of where you live – lease, rental agreement, *unless you are homeless*
- How much money each person makes at a job – two recent paystubs, employer letter
- How much money each person gets from the government – benefits award letters
- How much money you have in the bank – bank statements
- Social Security Number for at least one person in the household
- Immigration status proof (if you are not a US citizen)
- Enrollment proof if you are a college student

You can get more SNAP if you can show:

- How much you spend on housing – rent receipts, mortgage statement, property tax bill
- Your phone and utility costs
- The medical expenses of anyone in your household who is 60 or older or disabled
- Any child care or adult care costs
- Child support paid by a person in your household

NOTE: Even if you can't find all these papers, you can apply anyway!

If I Get SNAP, How Long Does It Last?

- SNAP lasts for 5 years if your need stays the same, but it is okay if your pay changes from month to month
- SNAP comes onto your card every month on the same day of the month
- If you do not use your SNAP card for 9 months, you will lose the money on the card

NOTE: Every 6 months you have to show proof that you still need SNAP — this could be an interview or a form. It is very important to fill out this form and send it back on time to keep getting SNAP. Keep a copy of the form in case of a problem.

USING SNAP

How Do I Find Stores That Take SNAP?

You can use your card at any store that has the SNAP logo or says SNAP/EBT Accepted Here. This includes most large grocery chains. You can always ask a store clerk if the store takes SNAP.



To find a store in your town you can look online here: <https://www.fns.usda.gov/snap/retailer-locator>

- SNAP can also be used in many online stores such as Amazon, ShopRite, Stop N Shop, and Walmart. There is a list here: <https://www.nj.gov/humanservices/njsnap/recipients/benefits>
- Information on using SNAP with Instacart can be found here: <https://www.instacart.com/ebt-snap>. NOTE: You cannot use SNAP to pay the fees or tips that come with using Instacart.



What Can I Buy With My SNAP Card?

The card can be used for FOOD ITEMS ONLY:

- Fruits and Vegetables
- Meat, Fish, Poultry, Milk, Cheese, Yogurt
- Bread, Cereal, Rice, Tortillas, Pasta
- Nuts, Grains, Seeds
- Baby Food

How Do I Use My SNAP Card?

Go shopping as you always do. At checkout slide your SNAP card through the machine like a debit card. Enter your PIN.

Check that you are being charged the right amount for your food. If it is wrong, tell the clerk. Don't let the clerk leave with your card. Save the receipt so you know how much money is left on the card.

If you have problems with your card, you can go to www.NJFamiliesFirst.com or call 1 (800) 997-3333.

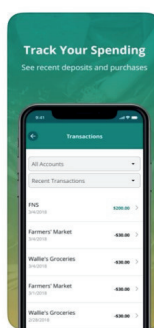
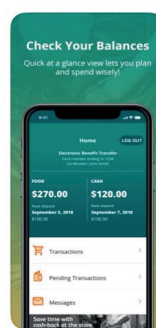
NOTE: You can never get cash back when using your SNAP card.



ConnectEBT

Finance

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There is also a free app for your phone called ConnectEBT.

With the app, you can:

- Check your SNAP Balance
- Confirm your Last Deposit
- Change your PIN
- See your payments

SNAP CANNOT Be Used To Buy:

- Hot or Prepared Food or Meals
- Alcohol
- Tobacco
- Cleaning Products, Pet Food, Paper Products, Diapers, Soap
- Vitamins or Medicine

NOTE: There is a law that you can't sell, trade or give away SNAP. Do not buy something with SNAP and sell it later. Do not use someone else's SNAP.