

Federal Nutrition Program Overviews

Supplemental Nutrition Assistance Program (SNAP or formerly known as Food Stamps)

SNAP provides food assistance to low-income individuals and households through an electronic benefits transfer (EBT) card known as the Horizon Card.

To apply for benefits go to Department of Workforce Services at jobs.utah.gov/mycase

You may also apply at a Utah Department of Workforce Services Office or we can mail an application to you; however you may lose benefits due to mailing delays.

- No documents are needed to file an application.
- You may be eligible for expedited SNAP benefits receiving SNAP within seven calendar days.

Expedited SNAP benefits are a *faster way* to get your first month of SNAP benefits. You may be eligible for *expedited* SNAP if:

- You have \$150 or less in monthly gross income **and** \$100 or less in liquid assets (cash and money in the bank), **or**
 - Your shelter costs are higher than your combined gross monthly income and cash and savings **or**
 - You are a migrant household with \$100 or less in cash and savings.
- Identity is the only verification you need if you are eligible for expedited SNAP.

For more information, call 1-800-453-FOOD (2561) or visit UAH.org

Use our calculator to see if you might be eligible, or visit our website at: uah.org/get-help/calculator

Are you eligible for SNAP?

Household size	130% of Federal Poverty Limit* October 2019
1	\$1,354
2	\$1,832
3	\$2,311
4	\$2,790
5	\$3,269
6	\$3,748

+Add \$479 for each additional family member



*The amount of money everyone in your household earns or receives each month must equal less than the limit listed above. Gross income means a household's total income (earned and unearned) before any deductions have been taken out.

Women, Infants and Children Program (WIC)

Moms, are you eligible for WIC?

If you qualify for SNAP, you likely qualify for WIC. The Women, Infants and Children Program (WIC) provides nutrition and breastfeeding services and supplemental foods to pregnant women, new mothers, infants and children up to their 5th birthday.

Learn more at wic.utah.gov or call 1-877-942-5437.

Free and Reduced Priced Meals

If you have school-aged children and qualify for SNAP, you likely qualify for free meals. You may also qualify for reduced price meals if your income is below 185% of poverty.

To apply, contact your child's school or school district. Learn more at uah.org/get-help/school-meals It's simple and quick.