

# College Students: Stretch Your Food Dollar with SNAP (food stamps)



You know nutritious food can help to succeed in college. But it's hard to afford.



**You want food that gives you energy**



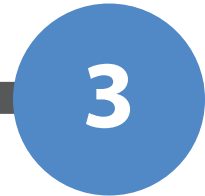
**You want to get stuff done**



**You want to focus on what matters**

It's all possible with the the Supplemental Nutrition Assistance Program (SNAP). Most students ages 18 through 49 who attend higher education at least half time may be eligible for SNAP! Start the process to stretching your food dollar today.

## 3 steps to apply



**Do you meet the 2019 income guidelines?**

- 1 person** family earning = or less than \$1,926/month
- 2 person** family earning = or less than \$2,607/month
- 3 person** family earning = or less than \$3,289/month
- Add \$682 for each additional person**



**Do you meet one additional criteria?**

- In work-study?
- Have a paying job?
- Caring for a child under 6?
- Receiving TANF?
- Unable to work?
- Receiving unemployment?
- In Workforce training?
- Working toward a career certificate program?



**Apply in one of three ways**

- 1) **Contact a Multnomah County SNAP Enrollment Specialist** -503-320-6658 or 503-928-9689
- 2) **Apply online:** [apps.state.or.us/connect/](https://apps.state.or.us/connect/)
- 3) **Visit a Dept. of Human Services Branch**

## Common questions

	Yes	No
I have a meal plan at school, but it doesn't cover all of my meals, would I be eligible for food benefits?		✗
Will receiving SNAP benefits affect my financial aid?		✗
Can I work any number of hours per week of work study (even just 1) and be eligible for SNAP?	✓	
Is my financial aid considered income?	✓ For personal expenses	✗ For education expenses

Multnomah County SNAP Enrollment Specialist are available to answer any questions. Call or text Emily: 503-320-6658 or Juan 503-928-9689

