Could you be eligible for grocery assistance?

SNAP is available to many North Carolinians who meet income guidelines - including college students! If you are considered a student for SNAP purposes, you must also meet at least one student exemption to potentially qualify.

Step 1: Meet income guidelines

Your ***household size*** is the number of people who buy and make food with you. Your ***gross monthly income***, the amount your household make before taxes, must be less than the household income guidelines below (effective October 1, 2025 – September 30, 2026).

Number of People in Household	Maximum Gross Monthly Income (200%)*	Maximum Benefit Amount**
1	$2,610	$298
2	$3,526	$546
3	$4,442	$785
4	$5,360	$994
5	$6,276	$1,183
6	$7,192	$1,421
7	$8,110	$1,571
8	$9,026	$1,789
Each additional member	$918	$218

* Some individuals must meet standard gross income limits (130%), and Division of Social Services (DSS) will make this determination.
**SNAP allotment will not exceed this dollar amount, but may fall below it.

See if you might be eligible!

Scan the QR code or visit:

NC COLLEGE FOOD BENEFITS

NCCollegeFoodBenefits.org

Step 2: If you are a student...

For SNAP purposes, you are considered a student if you are enrolled at least half-time in higher education (see credit hour details below).

- Undergrad: 6 credit hours
- Graduate: 4.5 credit hours

Step 3: Meet student exemption

If you are considered a student (see Step 2), you must meet at least one of these exemptions to potentially qualify for SNAP.

- Work 20+ hours per week
- Participate in a federal or state work-study program
- Have a physical or mental disability or condition that prevents you from working
- Care for a young dependent child
- Receive Temporary Assistance for Needy Families (TANF)
- Enrolled in college through certain employment & training programs, such as SNAP E&T, Workforce and Innovation Opportunity Act (WIOA), and others
- Participate in an on-the-job training program
- Be under age 18 or over 49

USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

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