A College Student's Guide to SNAP/FNS Benefits

NC COLLEGE FOOD BENEFITS

What are SNAP/FNS Benefits?

- Supplemental Nutrition Assistance Program (SNAP)/Food and Nutrition Services (FNS) is a federal program that helps low-income households access nutritious food.

Are college students eligible?

- College students **enrolled at least half-time** at an institution of higher education may be eligible if they meet income requirements and certain conditions.
- Half-time means that undergraduates are enrolled in at least 6 credits and graduate students are enrolled at least 4.5 credits.



What are the SNAP/FNS income eligibility requirements?

- Income requirements are determined by **household size.**
- Household size is defined as anyone **you buy and prepare food with.** If you live with a roommate but do not purchase food and eat together, they are NOT a part of your household.
- A household's **gross income** must be **at or below 200% of the poverty level**.
    - Gross income is the total income before taxes or deductions.

Household Size	Maximum Gross Monthly Income	Maximum Monthly Benefit Amount
1	$2,660	$306
2	$3,608	$562
3	$4,554	$808

https://www.morefood.org/using-snap/am-i-eligible/

For additional information on student income, please visit NCCollegeFoodBenefits.org.

What additional SNAP/FNS eligibility requirements are there for college students?

- College students **must meet at least one** of the following conditions:
  - Be under age 18 or over age 49
  - 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

If you think you might be eligible for SNAP/FNS benefits, please visit NCCollegeFoodBenefits.org and take the eligibility quiz!

What can recipients purchase with SNAP/FNS benefits?

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat



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SNAP Supplemental Nutrition Assistance Program