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	$2,660	$306
2	$3,608	$562
3	$4,554	$808
4	$5,500	$1,023
5	$6,448	$1,217
6	$7,394	$1,463
7	$8,340	$1,616
8	$9,288	$1,841
Each additional member	$948	$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

SNAP Putting Healthy Food Within Reach
USDA Supplemental Nutrition Assistance Program

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. This institution is an equal opportunity provider.