

# Food Assistance through SNAP

## Supplemental Nutrition Assistance Program (SNAP)

The [Supplemental Nutrition Assistance Program \(SNAP\)](#), formerly known as food stamps, is a federal program that operates under the requirements of the U.S. Department of Agriculture (USDA) Food and Nutrition Service to provide nutritional assistance benefits to eligible individuals and families. SNAP provides a monthly benefit to households through an [Electronic Benefits Card \(EBT\)](#) to supplement the purchase of nutritious foods. Eligibility for SNAP benefits is based on financial and nonfinancial criteria.

To determine eligibility and/or apply for SNAP benefits online, visit [CommonHelp](#). Alternatively, paper applications are available and may be submitted manually to the applicant's [local department of social services](#).

### For more information:

- [SNAP & SNAPET \(Supplemental Nutrition Assistance Program\)](#)
- [EBT \(Electronic Benefit Transfer\)](#)
- [Nutrition and You](#)
- [Pandemic Electronic Benefit Transfer \(P-EBT\)](#)
- [Temporary SNAP Eligibility for College Students](#)
- [Virginia Restaurant Meals Program \(VRMP\)](#)
- [All About Virginia SNAP Benefits](#)



⇒ Apply Online Using [CommonHelp](#)

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## **How to support Virginian's experiencing food insecurity**

The Federation of Virginia Food Banks represents the Commonwealth's largest charitable response to food insecurity, serving nearly 1,800 partner agencies and direct distribution sites statewide. All food donations can be dropped off at your [local food bank](#).

### [Food Banks Most Needed Items](#)

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Virginia Department of Social Services

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<https://www.dss.virginia.gov>

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