

# Supplemental Nutrition Assistance Program (SNAP)

*I just needed a little help...*



"I used to take half-doses of my medicines so they would last longer. SNAP helps stretch my dollars so that I don't have to choose between two critical needs – food and medicine."

"After Pete lost his job, we hardly had any money left for food after paying bills. It's still a struggle for us, but the groceries we purchase through SNAP have helped so much."



"I'm not only 'Grandma' – I'm also her guardian. On a fixed income, I was afraid I wouldn't have enough to feed her properly, so I applied for SNAP. We couldn't get by without it."

Good health and eating nutritious food go hand in hand. The Supplemental Nutrition Assistance Program (SNAP), helps people buy the food they need for good health. There is an income requirement to receive SNAP benefits. Good nutrition and eating a healthy diet can be done on a limited budget. SNAP benefits can help you buy certain foods from approved stores. You may be able to get SNAP benefits if you are:

- Elderly or disabled
- Working for low wages or working part-time
- Unemployed
- Receiving welfare or other public assistance payments



### See if you qualify?

- [CommonHelp](#) is the central, easy to apply for programs for assistance, like SNAP, in Virginia. Using CommonHelp, you will be able to submit a single application to apply for assistance from multiple Department of Social Services (DSS) programs such as: SNAP-Supplemental Nutrition Assistance Program, MA-Medical Assistance and EA-Energy Assistance.

### Learn More

- **[Buying Food with SNAP](#)** The Supplemental Nutrition Assistance Program(SNAP) allows a variety of foods to be purchased with the SNAP benefits. This fact sheet provides what can and cannot be purchased.
- **[SNAP Special Rules for the Elderly or Disabled](#)** This article from USDA provides the special rules in the Supplemental Nutrition and Assistance Program(SNAP) when a household's family members includes someone who is Elderly or Disabled.
- **[USDA's Ask The Expert](#)** Find answers to questions about SNAP benefits, stores, and Farmers' Markets.

## **Resources to Help**

- **[Healthy Eating on a Budget](#)** Pick up some tips on how you can stretch your food dollars while eating healthy and nutritious foods.
- **[Recipes for Healthy Eating](#)** MyPlate.gov offers printable recipes to help you build a healthy plate.
- **[Get Fresh!](#)** You may adopt some healthy eating habits and cooking techniques through cooking demonstrations, nutrition education, and wellness information one meal at a time.

For more information, please contact the Department of Social Services Hotline at (804)726-7000; toll free (800)-552-3431.

Want to find your local Department of Social Services (DSS) office? Visit the VirginiaNavigator [Search](#), type in DSS in the 'Topic' box and either your Zip Code or City/County.

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Putting Healthy Food  
Within Reach

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