

NEED HELP STRETCHING YOUR FOOD BUDGET?

Let the Arkansas Foodbank help you apply for SNAP benefits today! Give us a call or start your application process on our website listed below.

GIVE US A CALL FOR SNAP AID

870-532-8151

arkansasfoodbank.org/SNAP



YOU COULD BE ELIGIBLE FOR SNAP...

- If you work at least 20 hours per week
- If you participate in work-study
- If you participate in WIC, LIHEAP, TEA, CSFP, or TEFAP
- If you are 65 years old or older
- If you care for a child under 7 years old



ARKANSAS
**FOOD
BANK**

snap@arkansasfoodbank.org
arkansasfoodbank.org/snap

Back to (SNAP) Basics

What is SNAP?

SNAP (food stamps) stands for the Supplemental Nutrition Assistance Program which helps people buy the food needed for good health. SNAP benefits are put on an electronic card that is used like an ATM or bank card.

Where can I use SNAP?

You can use SNAP at most super-markets, grocery stores, convenience stores, and even some farmers' markets!

What can I purchase with SNAP?

SNAP can be used to buy any food except prepared, hot food. You can also buy seeds and plants that grow food. SNAP cannot be used in restaurants or to buy alcohol, cigarettes, paper or cleaning products, medicine, or pet food.

Who is SNAP for?

SNAP is for anyone and everyone with eligibility and needs help. There are different groups of people who qualify, children, seniors, individuals, and families

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SNAP GUIDE

Look inside for HELP

arkansasfoodbank.org/SNAP

Breaking down SNAP Myths

MYTH 1:

“Someone needs it more than me.”

FACT:

SNAP is an entitlement program, which means that everyone who is eligible can get help. You are not taking benefits from someone else by applying. There are no waitlists.

MYTH 2:

“It’s a government handout.”

FACT:

SNAP is made possible through your tax dollars. You’ve paid into the program. By getting SNAP benefits, you are just getting some of your tax dollars back so food is less expensive. It is kind of like the Social Security program.

MYTH 3:

“Applying for SNAP is too difficult”

FACT:

It’s not as hard as you might think—and you can get help with signing up with the Arkansas Foodbank SNAP Help Center. You’ll be asked for some basic information such as:

- The size of your household
- Your annual income
- Any assets you have (e.g., cash, property, etc.)



MYTH 4:

“It’s not worth it. I’ll only receive \$23 a month.”

FACT:

The \$23 monthly SNAP benefit figure that’s often discussed only represents the minimum monthly benefit you can receive.

And there are still many ways to stretch your dollar to get the most out of a minimum benefit.

Every little bit helps!

How much can you buy for \$23?

While \$23 may not cover a full month of groceries, it can help your household purchase essential pantry staples and ease some of the strain on your food budget.



ARKANSAS
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Find Food Near You



Visit Our Website

Go to our website to the “Find Food” tab or arkansasfoodbank.org/find-food/ to find the closest community partners to you by zip code, keyword, or current location



Text Our FindFood Number

Text “**findfood**” to: **844.381.3663**

It will populate a list of all our closest community partners to your given zip code



What to expect on your visit to a food pantry:

- You don’t have to pay for food
- How often you can visit is determined by each pantry
- Some are drive-thrus and others require you to go inside
- You may have to fill out paperwork and show ID
- At some pantries, you may not have to show proof of income or residency