

Common Myths about SNAP benefits (Food Stamps)

"You cannot get SNAP benefits if you have a job."

Individuals may work and still have income low enough to receive SNAP benefits. In fact, nearly 40 percent of SNAP households had earnings (not including public assistance) in 2010.

"SNAP is a welfare program."

SNAP is a nutrition support program designed to help individuals and families stay healthy during tough times.

"Other people need SNAP benefits more than I do."

By receiving SNAP benefits, **you are not taking any benefits away from another person.** Everyone who applies and is determined to be eligible will get SNAP benefits.

"It's embarrassing to use food stamps at my local grocery store."

Instead of receiving paper coupons, **you can now use an EBT card, which acts like a debit card.** Also, every dollar you spend at the grocery store, whether from your paycheck or SNAP benefits, helps support that local business.

"As a legal immigrant I have to wait 5 years until I am eligible for SNAP."

SNAP is now eligible for **legal immigrants who are either children or who receive benefits for a disability or blindness.**

"Some people only receive \$16 a month in benefits"

While some people do receive the minimum benefit of \$16 a month, **that adds up to \$192 a year** in extra cash! Also, the **average benefit for a household in Pennsylvania is \$257.64/month.**

"I won't be eligible because I own a car/house or have an IRA or CD?"

Owning a house, vehicle, or monetary resources, such as IRAs, CDs, and savings, are no longer considered in determining SNAP eligibility. The only time they are used to calculate your benefits is as income if (for example) you receive interest or annuity payments from them.