



CENTRAL  
DISTRICT  
HEALTH

## 2019 Novel Coronavirus [COVID-19]

[cdh.idaho.gov/dac-coronavirus](http://cdh.idaho.gov/dac-coronavirus) | [cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

To Apply for SNAP (Food Stamps):

**Call: 1-877-456-1233 (toll free)**

**Email: [MyBenefits@dhw.idaho.gov](mailto:MyBenefits@dhw.idaho.gov)**

The Supplemental Nutrition Assistance Program, also known as SNAP or Food Stamps, helps Idaho families put healthy food on the table. Families meeting certain eligibility requirements will receive benefits on a debit-like card to use at grocery stores, participating farmer's markets and other food outlets. Monthly benefit amounts depend on several factors such as the number of people in the household, income, and household expenses. Generally, the larger the household size or the lower the income, the higher the benefit amount. There are some restrictions on what individuals can buy with SNAP Benefits. For example, non-food items, hot foods, items that will be eaten in the store, beer, wine, cigarettes and tobacco are not eligible for purchase.

If you need food assistance immediately, and are eligible, we can provide benefits within seven days. You must meet certain criteria in order to qualify for the expedited services.

In order to qualify for SNAP, a family must meet the following eligibility requirements:

- Live in Idaho
- Be a US Citizen or a lawful permanent resident
- Show proof of identity
- Meet certain income guidelines
- Have less than \$5,000 in resources

Be prepared to provide this information with the application:

- ID Card
- Household Income
- Housing Costs
- Current Monthly Expenses
- If applicable, Immigration Status

SNAP is an equal opportunity provider. For the full nondiscrimination statement and contact information to file a complaint, please visit the Idaho SNAP website at

<https://healthandwelfare.idaho.gov/FoodCashAssistance/FoodStamps/tabid/90/Default.aspx>