

Need help buying food?

Apply for SNAP



SNAP (*formerly Food Stamp Program*) helps low-income individuals and families buy nutritious food.

Call a SNAP Specialist at Food Bank for the Heartland to:

- Find out if you may be eligible
- Receive help applying for benefits
- Discover more information

1-855-444-5556

Se habla Español



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SNAP Facts

1. Buying food with SNAP is easy and discreet. Benefits are put on an EBT card that looks like a credit card.
2. The average monthly benefit per household in Nebraska is \$280 per month.
3. You do not have to be unemployed to receive SNAP; many SNAP recipients are working. Plus you may be able to deduct childcare expenses which will increase your benefit amount.
4. About 9% of Nebraska's population received benefits in 2010. However, about 1/3 of those who were eligible did not receive benefits.
5. You can get SNAP even if you own your home and your car.
6. You are not taking benefits away from others. SNAP is an entitlement program. Anyone who applies and is eligible will get SNAP benefits.

You can also apply online at: AccessNebraska.ne.gov

USDA is an equal opportunity provider and employer.

Could I be eligible?

Household Size	Gross Monthly Income
1	\$ 1,180
2	1,594
3	2,008
4	2,422
5	2,836
6	3,249
7	3,663
8	4,077

- If your gross income (before any deductions) is at or below the income limits, you may be eligible.
- If anyone in your household is 60 or older or disabled, a different income limit must be met.

Questions? Call 1-855-444-5556 for prescreening and application assistance.

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