

Myths About SNAP Services

Myth: People don't use SNAP because they don't want the benefits.

Fact: Many people don't know they are potentially eligible for SNAP benefits or believe there is a stigma attached to participating in the program.

Myth: If you receive SSI or SSDI, you are ineligible for SNAP.

Fact: Most people who receive Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) will also be eligible for SNAP benefits.

Myth: SNAP is only for families.

Fact: SNAP is for anyone who meets the eligibility criteria, including individuals, families, the elderly, children, the homeless, students, persons with disabilities, and ex-offenders.

Myth: People who use SNAP are lazy and do not want to work.

Fact: Nearly half of SNAP participants are children, and the majority of able-bodied, non-elderly adult participants are working or actively looking for work.

Myth: People stay on SNAP as long as they can.

Fact: Half of SNAP participants leave after 9 to 10 months. Most leave within two years.

Myth: You won't qualify for SNAP benefits, especially if you were previously denied.

Fact: You won't know until you apply. SNAP guidelines can change throughout the year. Even if a person was previously denied, he or she might now be eligible.

Myth: It's not worth the time and hassle to sign up for SNAP benefits for \$16.00 a month.

Fact: \$16.00 is the minimum benefit amount for a household of one or two people, and it may be higher depending on your circumstances. Plus, \$16 a month adds up to an extra \$194 a year.

Fact: SNAP benefits roll over to the next month. However, not using your benefits may raise questions about need. It's recommended you use them every month, even if it is only a small purchase.

