

SNAP FAQs

Answers to questions about the North Carolina Supplemental Nutrition Assistance Program



What is SNAP?

SNAP stands for **S**upplemental **N**utrition **A**ssistance **P**rogram. It is a national program that helps people afford healthy food.



Do I qualify?

To get SNAP benefits you must meet all three of the following:

- Be a US citizen or qualified legal immigrant
- Have or applied for a Social Security number
- Meet income & reserve requirements



How can I apply?

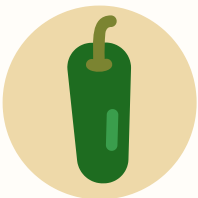
Apply online by visiting

wakegov.com/departments-government/health-human-services/programs-assistance/food-and-nutrition-services



What can I buy with SNAP?

Food like healthy fruits, vegetables, grains, meat, & dairy can be bought with SNAP. Tobacco, alcohol, non-food products like soap, & medicine can **NOT** be bought with SNAP.



Where can I use SNAP?

SNAP benefits can be used at most grocery stores.

Visit fns.usda.gov/snap/retailer-locator for a full list.

SNAP can also be used at local farmers markets in Wake County.



Can my benefits roll over month to month?

Yes, benefits roll over month to month. Benefits not used after 12 months will expire.

Want help applying? Aren't sure if you are eligible?
Visit these websites below to find out if you qualify,
learn more about SNAP, speak to someone on the
phone, & receive further assistance.



Food Bank of Central & Eastern North Carolina

Visit foodbankcenc.org/our-work/programs/benefits-outreach/



More in My Basket

Visit morefood.org/using-snap/

Want to learn more about food security in the local area?
Visit the Wake County Food Security Program website.



wake.gov/departments-government/food-security-program

