## **College Students: Stretch Your Food Dollar with SNAP** (food stamps)



You know nutritious food can help to succeed in college. But it's hard to afford.



You want food that gives you energy



You want to get stuff done



You want to focus on what matters

It's all possible with the the Supplemental Nutrition Assistance Program (SNAP). Most students ages 18 through 49 who attend higher education at least half time may be eligible for SNAP! Start the process to strethcing your food dollar today.

## 3 steps to apply

additional criteria?

Do you meet one



Apply in one of three ways

income guidelines? 1 person family earning =

or less than \$1,860/month

Do you meet the

**2 person** family earning = or less than \$2,504/month

**3 person** family earning = or less than \$3,149/month

In work-study? Have a paying job? Caring for a child under 6? Receiving TANF?

Unable to work? Receiving unemployment? In Workforce training?

1) Contact a Multnomah **County SNAP Enrollment Specialist** -503-320-6880 or 503-928-9689

2) Apply online: apps.state.or.us/connect/ 3) Visit a Dept. of Human

**Services Branch** 

## **Common questions**

I have a meal plan at school, but it doesn't cover all of my meals, would I be eligible for food benefits?

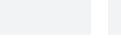
Will receiving SNAP benefits affect my financial aid?

Can I work any number of hours per week of work study (even just 1) and be eligible for SNAP?

Is my financial aid considered income?

Yes

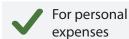
No



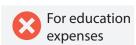












Multnomah County SNAP Enrollment Specialist are available to answer any questions. Call or text Emily: 503-320-6658 or Juan 503-928-9689

