

# A Guide to SNAP in Idaho

For Families and Individuals



Updated 1/2024

# Supplemental Nutrition Assistance Program (SNAP)

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# SNAP: Benefits of Participation<sup>1,2</sup>

## Individual

- Self-sufficiency
  - On average SNAP lifted 30,000 people above the poverty line per year between 2014-2018
- Healthier diets
- Childhood nutrition

## Community

- Every \$1 in new SNAP benefits results in an average of \$1.80 in community spending in turn boosting local economies.

# SNAP: Eligibility<sup>3,4</sup>

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- Must be a citizen or legal immigrant
- Must be an Idaho resident
- Must meet household income limits
- With some exceptions, must work or participate in an employment and training program

# SNAP: Work Requirement<sup>5,6</sup>

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- Age 16-59 and able to work
- Work a minimum of 30 hours a week or register to participate in SNAP Employment and Training
  - Must not voluntarily quit job or reduce hours below 30 a week without a good reason

# SNAP: Work Requirement Exemptions<sup>5</sup>

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- Taking care of a child under 6 or an incapacitated person
- Unable to work due to physical or mental limitation
- Participating regularly in an alcohol or drug treatment program

# SNAP: Able Bodied Adult Without Dependents (ABAWD)<sup>5</sup>

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- If 18-50, able to work, and don't have dependents, must meet both the general work requirements and the ABAWDs requirements to receive SNAP for more than 3 months in 3 years
- Requirements
  - Work at least 80/hr a month (20/hr a week); participate in work program at least 80/hr a months (20/hr a week); or participate in a combination of work and work program for a total of 80/hrs a month (20/hr a week)

# SNAP: Excused from ABAWD<sup>5</sup>

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- Physical or mental limitation;
- Pregnant;
- Have someone under 18 in your SNAP household;
- Excused from general work requirements;
- A veteran;
- Experiencing homelessness;
- Or age 24 or younger and in foster care on 18<sup>th</sup> birthday.

# SNAP: Student Eligibility<sup>7</sup>

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- Considered a student if enrolled at least half-time in an institution of higher education (half-time is determined by the institution)
- Students may be eligible for SNAP if they meet one of the following
  - Work at least 20 hours a week
  - Participate in state or federal work study program
  - Care for a child under the age of 6
  - Care for a child age 6 to 11 and lack necessary childcare enabling you to work 20 hours a week or participate in work study
  - Single parent enrolled full time and taking care of a child under 12
  - Receive Temporary Assistance for Needy Families (TANF)
  - Are assigned to, placed in, or self-placed in an institution of higher education through SNAP Employment and Training program

# SNAP: Income Limit<sup>4</sup>

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Household size	Income
1	\$1,580
2	\$2,137
3	\$2,694
4	\$3,250
5	\$3,807
6	\$4,364
7	\$4,921
8	\$5,478
Each Additional Member	+\$557

# SNAP: Assets<sup>3,4</sup>

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- Most households must have resources equaling less than \$5,000
  - Resources include:
    - Cash
    - Bank Accounts
    - Stocks & Bonds
- Home, retirement and educational savings, and 1 car per adult in the household do not count towards assets

# SNAP: How To Apply<sup>4</sup>

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- Apply over the **phone**
  - Call: 877-456-1233
- Visit **in person**
  - [Closest field office](#)
- Apply by mail, email, or fax
  - Download and complete [application](#)
  - Email: [mybenefits@dhw.Idaho.gov](mailto:mybenefits@dhw.Idaho.gov)
  - Fax: 1-866-434-8278
  - Mail: Self-Reliance Program, PO Box 83720, Boise, ID 83720-0026

# SNAP: How To Apply<sup>4</sup>

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- Be prepared to provide:
  - ID Card
  - Household income & resources
  - Housing costs
  - Current monthly expenses
  - If applicable, immigration status

# SNAP: Receiving Benefits<sup>8</sup>

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- Electronic Benefit Transfer (EBT) card, similar to a debt card
  - In Idaho they are called Quest cards
- EBT cards are accepted at most grocery store and corner stores, as well as most farmers markets



# SNAP: Using Benefits<sup>8,9,10</sup>

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- SNAP may only be used for eligible food purchases
- Quest cards are accepted at a variety of locations including grocery stores and most farmers markets.
- Ineligible purchases
  - Any non-food item; alcohol and tobacco; vitamins and medicine; hot foods and food to be eaten in the store
- [www.snapretailerlocator.com](http://www.snapretailerlocator.com)

# SNAP: Double Up Food Bucks<sup>11,12</sup>

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- Provides participant in the SNAP program with one-to-one match to purchase healthy, locally grown fruits and vegetables.
- How it works:
  - Find farmers market info booth or SNAP/EBT booth at a listed market
  - Swipe Quest card for desired amount and receive tokens or equal value or double the value at participating double up markets
  - Exchange your tokens for eligible healthy, local food.



**DOUBLE UP  
FOOD BUCKS™**

# SNAP: Managing Benefits<sup>8,13</sup>

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- Create an account
- Check balance
- Review transaction history
- Edit PIN
- Review recertification date
- Report changes (name, address, marital status, etc)



# SNAP: Seniors and Disabled<sup>14</sup>

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- Policies in place to make it easier for them to qualify
  - Eligibility interview can be done over the phone
  - Can have an authorized representative apply on behalf of the individual
  - Seniors may still be eligible to use their benefits to pay for Meals on Wheels
  - Households where all members are over 60 or disabled are certified to receive food stamps for 24 months.

# SNAP: Staggered Issuance<sup>4</sup>

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- SNAP benefits are disbursed throughout the 1<sup>st</sup> and 10<sup>th</sup> days of the month. The day of the month that one's benefits are disbursed depends on the last number of their birth year.
  - If you were born in 1994, you will receive benefits on the 4<sup>th</sup>

# SNAP: Recertification<sup>8,13</sup>

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- Required re-evaluations happen periodically
- When household is due for recertification, the Department will notify participants and provide the necessary forms
- Register on the Idalink portal (<http://idalink.idaho.gov>) to look up recertification date
- If any information changes (ie., mailing address, name change, etc) participants are responsible for informing the Idaho Department of Health and Welfare

# SNAP: Nutrition Education<sup>[15](#),[16](#)</sup>

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- Free community nutrition courses provided throughout Idaho
  - [Find classes near you](#)
- Healthy Recipe database
  - [Find Recipes](#)

# References

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16. Eat Smart Idaho. <https://www.uidaho.edu/extension/eat-smart-idaho>