

Published on *VirginiaNavigator* (<https://virginiannavigator.org>)

Supplemental Nutrition Assistance Program (SNAP)

I just needed a little help...



"I used to take half-doses of my medicines so they would last longer. SNAP helps stretch my dollars so that I don't have to choose between two critical needs – food and medicine."

"After Pete lost his job, we hardly had any money left for food after paying bills. It's still a struggle for us, but the groceries we purchase through SNAP have helped so much."



"I'm not only 'Grandma' – I'm also her guardian. On a fixed income, I was afraid I wouldn't have enough to feed her properly, so I applied for SNAP. We couldn't get by without it."

Good health and eating nutritious food go hand in hand. The Supplemental Nutrition Assistance Program (SNAP), helps people buy the food they need for good health. There is an income requirement to receive SNAP benefits. Good nutrition and eating a healthy diet can be done on a limited budget. SNAP benefits can help you buy certain foods from approved stores. You may be able to get SNAP benefits if you are:

- Elderly or disabled
- Working for low wages or working part-time
- Unemployed
- Receiving welfare or other public assistance payments



See if you qualify?

- [CommonHelp](#) is the central, easy to apply for programs for assistance, like SNAP, in Virginia. Using CommonHelp, you will be able to submit a single application to apply for assistance from multiple Department of Social Services (DSS) programs such as: SNAP-Supplemental Nutrition Assistance Program, MA-Medical Assistance and EA-Energy Assistance.

Learn More

- **[Buying Food with SNAP](#)** The Supplemental Nutrition Assistance Program(SNAP) allows a variety of foods to be purchased with the SNAP benefits. This fact sheet provides what can and cannot be purchased.
- **[SNAP Special Rules for the Elderly or Disabled](#)** This article from USDA provides the special rules in the Supplemental Nutrition and Assistance Program(SNAP) when a household's family members includes someone who is Elderly or Disabled.
- **[USDA's Ask The Expert](#)** Find answers to questions about SNAP benefits, stores, and Farmers' Markets.

Resources to Help

- **[Healthy Eating on a Budget](#)** Pick up some tips on how you can stretch your food dollars while eating healthy and nutritious foods.
- **[Recipes for Healthy Eating](#)** MyPlate.gov offers printable recipes to help you build a healthy plate.
- **[Get Fresh!](#)** You may adopt some healthy eating habits and cooking techniques through cooking demonstrations, nutrition education, and wellness information one meal at a time.

For more information, please contact the Department of Social Services Hotline at (804)726-7000; toll free (800)-552-3431.

Want to find your local Department of Social Services (DSS) office? Visit the VirginiaNavigator [Search](#), type in DSS in the 'Topic' box and either your Zip Code or City/County.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.ascr.usda.gov/filing-program-discrimination-complaint-usda-customer>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit

USDA is an equal opportunity provider and employer.



**Putting Healthy Food
Within Reach**

Article Source

Copyright © 2024 VirginiaNavigator; ALL RIGHTS RESERVED

Source URL

<https://virginiannavigator.org>

Last Reviewed

Tuesday, January 16, 2024