

Hunger is a big problem.
Together, we can solve it.



FOODBANK
OF IOWA

SNAP

SNAP (Supplemental Nutrition Assistance Program) is commonly known as Food Stamps. This program, which is administered by the USDA, provides nutrition assistance to low-income individuals and families. SNAP provides funds to purchase your own groceries on your own schedule.

Who Qualifies?

If your household income falls below a certain range, you may be eligible for SNAP assistance. Check the chart below to see if you qualify.

Household Size	Gross Monthly Income
1	\$1,620
2	\$2,196
3	\$2,772
4	\$3,348
5	\$3,924
6	\$4,500
7	\$5,076
8	\$5,652
Each additional member	+ \$576

How to Apply

The SNAP Hotline can help you determine whether you qualify for SNAP, and help with your application for SNAP benefits. You can access the hotline by phone at 1-855-944-FOOD (3663) or at FoodAssistanceOutreach@iowafba.org. You can also apply for SNAP and other helpful programs on the Iowa Department of Human services website.

Questions? Call Vena Burrell, Food Assistance Outreach Specialist, at 515.350.2132.