



Know Your Rights



SNAP Food Assistance For College Students

The Supplemental Nutrition Assistance Program or “SNAP” (formerly called Food Stamps) helps eligible low income households buy food. Many low income college students also qualify but do not apply.

Can I get SNAP if I am in college?

There are special rules about SNAP for low income college students. You may qualify for SNAP if you meet federal income limits and **any** of the following:

- Enrolled less than half-time;
- Are younger than 18 or older than 49;
- Work an average of 20 hours per week;
- Have a physical or mental disability;
- Participate in State or Federal Work Study;
- Receive Family Employment Program (FEP) or Workforce Investment Act (WIA) funds;
- Physically care for a dependent child under age 6;
- Physically care for a dependent child age 6-11 if adequate child care is not available; or
- Are a single parent enrolled full-time who physically cares for a dependent child under age 12.

How do I apply for SNAP benefits?

To see if you may qualify, visit <https://www.uah.org/get-help/calculator>. To apply, you can file an application for SNAP through the Department of Workforce Services (DWS):

- Apply online: jobs.utah.gov/mycase
- Fill out a paper application: available at a DWS offices or call DWS at 1-866-435-7414 to receive an application in the mail
- Go in person to a local DWS Office: for a nearby location, call 801-526-WORK (9675) or visit jobs.utah.gov
- With an approved outreach partner: call 1-800-453-FOOD (3663) to find one near you

After you apply, call DWS for an interview at 1-866-435-7414. Then send DWS any verifications they ask for, such as your identity, address, income, and possibly other items. DWS has 30 days to approve or deny your application.

How much SNAP will I get?

It depends! The monthly SNAP benefit amount is calculated based on your countable income and your expenses, such as rent or child care. The *maximum* for one person is currently \$192/month. If you are approved, SNAP benefits are put on an EBT card (like a debit card). Everyone who applies will receive an EBT card, this does NOT mean you were approved.

What if I'm an immigrant?

Normally, you must be a U.S. citizen to qualify for SNAP. There are exceptions if you are a(n):

- Permanent Legal Resident (green card);
- Refugee;
- Asylees (granted asylum);

- Individual granted withholding of deportation or removal;
- Cuban entrant;
- Individual paroled into the U.S. for at least one year by immigration authorities;
- Conditional entrant (temporary green card); OR
- Certain victim of domestic violence or human trafficking.

Some members of your household may meet these exceptions and others may not. Simply having an illegible or undocumented member in the household will not stop others from qualifying. DWS protects the identity of all applicants, and will not disclose anyone to ICE or other services. For more information call Utahns Against Hunger at 1-800-453-FOOD (3663) or Comunidades Unidas (Español) at 801-487-4143.

What income does DWS count?

- Earned income from a job or self-employment,
- Unearned income such as Social Security, child support or unemployment insurance.

Work Study and other federal educational aid does not count as income. State and private educational loans and grants also do not count unless the money is earmarked for living expenses (room and board).

What if I live with other people?

Roommates:

If you buy and prepare more than half of your food *separately from your roommates*, you can apply for SNAP for just *yourself*. If you buy and prepare most of your food *together* (you share the food purchased), you must apply for SNAP with your roommates—and they must report their income and meet other rules.

Parents:

If you are age 22 or older and live with your parents—but you buy and prepare more than half your food separate from your parents—you can apply for SNAP for just yourself to buy your own food.

If you are under age 22, you cannot get SNAP separately from your parents if you live with them. If your parents currently get SNAP, they should ask DWS to add you. If your family is low income and does not get SNAP, your parents can apply for SNAP as a household.

If you are a parent, you may qualify for SNAP if you physically care for a dependent child under age 6; physically care for a dependent child age 6-11 if adequate child care is not available; or are a single parent enrolled full-time who physically cares for a dependent child under age 12.

On-campus:

If you live on-campus and get more than half your meals from a school meal plan, you don't qualify for SNAP benefits. If you have a limited meal plan—for example, 1 meal a day—then you may be SNAP eligible.

What are my rights if I am denied SNAP?

If you think that you were mistakenly denied SNAP:

- Contact DWS Eligibility and ask to speak to a supervisor: 866-435-7414.
- Contact Nikki Stark in Constituent Services: 1-800-331-4341.
- You have the right to a Fair Hearing before an impartial administrative law judge (ALJ). The ALJ cannot change eligibility rules or policy, but decides if eligibility was correctly determined. To request a Fair Hearing:
 - Call 1-877-837-3247
 - Fill out a Request Form: available at <https://jobs.utah.gov/appeals/490.pdf>