



FACT SHEET – SNAP Program

What is SNAP?

SNAP stands for Supplemental Nutrition Assistance Program and is a government benefit that can be used by people on a low-income to purchase food and groceries.

Is SNAP that same as food stamps?

Yes, SNAP is the program that was formerly known as food stamps.

Is SNAP a Colorado or a Federal program?

SNAP is federally funded but administered by county programs. Our local SNAP benefits are administered through Jefferson County, Colorado.

Am I eligible for SNAP benefits?

Any single-person household making less than \$2126 (gross) per month qualifies for SNAP. If you are a parent to a child or children, you have a higher income threshold and will receive more SNAP benefits.

Where do I apply for SNAP benefits?

Each young adult should have a Colorado Peak account where you apply for and manage benefits you receive, including SNAP. The site can be found at:
<https://coloradopeak.secure.force.com>

How long does it take to get enrolled in SNAP?

If you qualify for SNAP benefits, you will get them no later than 30 days from the date your application was accepted for review on your Colorado Peak account. If you have little or no money and need help right away, you may be able to get expedited SNAP benefits within 7 days. EBT cards are sent to you via regular mail delivery.

How do I buy groceries with SNAP?

You will receive an EBT (Electronic Benefits Transfer) card, which works just like a debit card. Funds are loaded automatically onto the card each month. You can use your EBT card at all major grocery stores and some convenience stores.

How much money can I spend each month? As of Feb, 2021 each single household receives approximately \$213 per month. This amount may fluctuate depending on federal legislation and larger households receive more benefits.

What items can I buy using my EBT card? You can buy most food items including fruit, vegetables, meat, poultry, fish, dairy products, bread, cereals, cold items from the deli, snack foods and non-alcoholic beverages

What items cannot be purchased using SNAP benefits? Items that cannot be purchased using SNAP benefits include: prepared food made for immediate consumption, hot food including rotisserie chickens and hot items from the deli, vitamins/medicines/supplements (if an item has a Supplement Facts label, it is considered a supplement), alcoholic beverages, tobacco products, live animals, any nonfood items such as pet foods, cleaning supplies, paper products, other household supplies, hygiene items and cosmetics.

What stores accept SNAP benefits?

- All major grocery stores including King Soopers, Walmart, Safeway and Target.
- Dollar stores such as Family Dollar
- Warehouse clubs including Costco and Sam's Club (with membership)
- Some convenience stores such as 7-Eleven
- Papa Murphy's pizza chain for take and bake food

Can SNAP benefits be used outside of Colorado?

Yes, your EBT card can be used at any "Food and Nutrition Services" authorized store across the country in order to purchase food

How do I find out the balance on my SNAP account?

There are 3 ways:

1. Check the bottom of your grocery store receipt
2. Log into your EBT account
3. Call the EBT Customer Service number on the back of your EBT card

What if I start earning too much money to qualify for SNAP? Do I contact someone to tell them?

If your household gross income exceeds the monthly limit you must report the change by the 10th day of the month, following the month your income exceeded the gross income limit. It is important to report this change as you will be penalized and expected to pay back benefits used while exceeding the income limit.

Can I still receive SNAP benefits if I'm receiving unemployment? If you are receiving unemployment benefits, that income counts toward the income eligibility limit, which may or may not disqualify you from SNAP

Do I have to do anything to maintain my SNAP benefits?

You will be required to re-authorize your SNAP benefits every six months and will receive paperwork in the mail.

Where do I go if I have questions about SNAP?

For your benefit specific questions, contact Jefferson County's Human Services department at 303-271-1388 or go here: <https://www.jeffco.us/2641/Food>

General links on SNAP:

<https://www.fns.usda.gov/snap/contact-us>

<https://www.colorado.gov/pacific/cdhs/supplemental-nutrition-assistance-program-snap>

<https://www.hungerfreecolorado.org/snap->

[benefits/?gclid=EAIaIQobChMIufi6x9Pa6wIVB9bACh2rwAILEAAYASAAEgIHjFD_BwE](https://www.hungerfreecolorado.org/snap-benefits/?gclid=EAIaIQobChMIufi6x9Pa6wIVB9bACh2rwAILEAAYASAAEgIHjFD_BwE)