



What SNAP benefits are

SNAP (Supplemental Nutrition Assistance Program) gives you a monthly amount of money for food on an EBT card (works like a debit card).

- You can use it at grocery stores, supermarkets, and many online retailers
 - Funds reload every month
 - It's run federally but managed locally (in your case, Suffolk County, NY)
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What you can buy

- ✓ Fruits, vegetables, meat, dairy
 - ✓ Bread, cereal, pantry items
 - ✓ Snacks & non-alcoholic drinks
 - ✓ Seeds/plants to grow food
 - ✗ You **cannot** buy:
 - Alcohol or cigarettes
 - Hot/prepared foods (most cases)
 - Household supplies (paper towels, soap)
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How much you can get (monthly)

Amounts depend on income & household size. Approximate **maximums (2026)**:

- 1 person: ~\$290
- 2 people: ~\$535
- 3 people: ~\$766
- 4 people: ~\$975

👉 Many people get **less than the max** based on income, rent, etc.



Who qualifies

You may qualify if:

- Your income is low or moderate
- You're working, unemployed, or disabled
- You're a U.S. citizen or certain legal resident

💡 Important:

Even if you work, you can still qualify—many people do.



Fast-track option (Expedited SNAP)

If you have:

- Very low income
- Little or no money in the bank

👉 You may get benefits in **as little as 5 days**

How to apply:

 **Health and Welfare Council of Long Island,**
(516) 559-4453
Free help applying (recommended)

-  They help you:
- Fill out the application
 - Upload documents
 - Avoid mistakes/delays

Suffolk County Department of Social Services

- This is the **main agency that actually approves SNAP benefits**
 -  You can:
 - Apply online, by mail, or in person
 - Call to request an application: **(631) 854-9935**
-  Go in person for fastest help

Online (fastest start)

- Apply through **New York State Office of Temporary and Disability Assistance** website:
<https://mybenefits.ny.gov>

What you'll need

Try to gather:

- ID (driver's license or similar)
- Proof of income (pay stubs, benefits letter)
- Rent/utility info
- Social Security number (if you have one)

 Don't wait if you don't have everything—they'll still help you start.

How long it takes

- Normal: **~30 days**
- Expedited: **~5 days**