

Supplemental Nutrition Assistance Program helps people with low incomes buy food

With proper nutrition, children learn more easily, adults work more productively, and seniors are healthier and more apt to maintain independence. Federally funded through the U.S. Department of Agriculture, the Supplemental Nutrition Assistance Program (SNAP) helps people with low incomes buy food, as well as plants and seeds to grow food. The program was formerly called Food Stamps by the federal government; in Minnesota, it was once called Food Support.

Impact and funding

- In state fiscal year 2022, more than 432,337 Minnesotans received SNAP assistance every month.
- The average monthly benefit payment (including E-SNAP) in state fiscal year 2022 was \$228.81 per person.
- In state fiscal year 2022, more than \$1.1 billion in federal SNAP assistance benefits were paid in Minnesota.

Eligibility

- To apply for SNAP assistance, Minnesotans first complete a paper or online application and are then interviewed by phone or in person by a county or Tribal Nation human services worker to determine their eligibility for SNAP.
- Household size, income and other factors determine SNAP eligibility and assistance amounts.
- Legal noncitizens, age 50 and older, who are not eligible for SNAP can receive state-funded assistance from the Minnesota Food Assistance Program.
- Families with children who receive financial assistance also receive SNAP assistance as part of the Minnesota Family Investment Program.

Access to benefits

- SNAP recipients receive monthly assistance via Electronic Benefit Transfer cards similar to debit cards.
- Recipients can use the cards to make eligible food purchases from authorized grocers, farmers markets, Meals on Wheels and certain online retailers.

SNAP outreach

- In 2022, DHS contracted with 31 hunger relief organizations and one Tribal Nation to provide SNAP outreach and application assistance statewide.
- The [MNfoodhelper website](#) provides information about SNAP and easily connects households to community partners for one-on-one assistance.
- The Minnesota Food HelpLine (888-711-1151) assists with food needs in multiple languages. Helpline hours are from 10 a.m. to 5 p.m., Monday through Friday.



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