

MARKET BUCKS

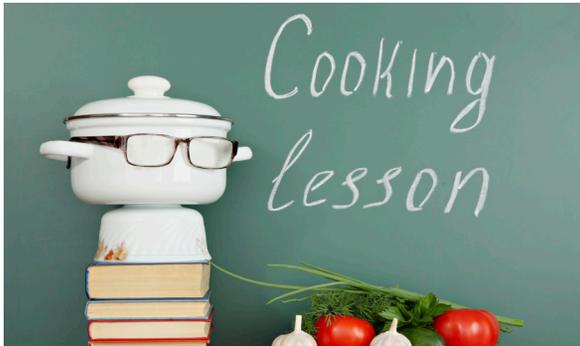
80% of all Farmers Markets in Minnesota accept SNAP/ EBT benefits. All of those markets also offer Hunger Solution's Market Bucks.

What are market bucks? When you first arrive at a Farmers Market and swipe your EBT card at the EBT booth to buy tokens, that amount will be matched in "Market Bucks" up to \$10.

The program begins in the summer upon the opening of farmers markets. Market bucks expire every year at the end of Farmers Market season on Oct. 31.

For a complete list of Farmers Markets in MN that accept SNAP/EBT benefits visit

bit.ly/MNFarmersMarkets



NUTRITION CLASSES

CAP-HC offers Nutrition Workshops tailored to meet the needs of our community members. The workshops provide an opportunity for families, youth, seniors, and partner organizations to come together and share a nutritious and delicious meal while learning about building health, savings, and change in themselves and the community.

For more information please call
952-697-1342



Community Action
Partnership of Hennepin County

PROGRAM OFFICES

St. Louis Park

8800 Highway 7, Suite 401
St. Louis Park, MN 55426

Minneapolis Offices

Minneapolis Urban League

2100 Plymouth Ave N., Suite 112
Minneapolis, MN 55411

Minnesota Council of Churches

122 W. Franklin Ave, 3rd Floor
Minneapolis, MN 55404

Sabathani Community Center

310 E 38th St., Suite 211
Minneapolis, MN 55409

CAP-HC holds regularly scheduled office hours at various locations throughout Hennepin County. Visit our website at caphennepin.org/calendar for complete schedule.

This information is available in alternate formats upon request.



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Supplemental Nutrition Assistance Program

Need Money For Groceries?

Apply for SNAP

Strengthening Community.

Eliminating Barriers.

Creating Opportunity.

952-933-9639

www.caphennepin.org

ABOUT THE PROGRAM

The Supplemental Nutrition Assistance Program (SNAP; formerly known as Food Stamps or Food Support) provides financial assistance to income-eligible individuals and families to buy nutritious and well-balanced groceries. SNAP helps people avoid having to make hard choices between paying their bills and feeding themselves and their families.

Community Action Partnership of Hennepin County (CAP-HC) helps people apply for SNAP benefits.



Using SNAP benefits is easy and confidential

If you qualify for SNAP, using your benefits is simple. The money comes on an Electronic Benefit Transfer (EBT) card that you use like a bank card or credit card to buy food. Each month that you are eligible, money is credited to your card.

EBT cards are accepted at most grocery stores, gas stations, farmers markets, and other retailers.



Visit www.caphennepin.org/SNAP for a complete list of retailers that accept SNAP benefits!

How do I know if I qualify for the program?

CAP-HC can help you determine if you are likely to qualify for the program. You may be eligible if you meet the following guidelines:

- Your monthly income is within the gross and net income limits
- You are a citizen of the U.S. or an eligible, lawfully present non-citizen

How can I apply?

Call CAP-HC at 952-697-1354. A Program Advisor will help you fill out an application.

How much will I receive in benefits?

The amount you receive depends on your income, expenses and the number of people in your household. In Minnesota, the average monthly benefit amount per person is \$118. The minimum monthly benefit is \$16.

Will I need to repay the money I receive from SNAP?

No. SNAP is not a loan and does not need to be repaid.

If I receive support from Minnesota Family Investment Program (MFIP), will I still get SNAP when MFIP ends?

There is no time limit for SNAP. Once MFIP ends, you may still be eligible for SNAP benefits.

How often do I have to re-certify?

If you have earned income you must complete a Household Report Form and return it with proof of income (such as pay stubs) to the county office every six months. If you do not have income from work (no earned income) you will only have to complete the paper work every 12 months.

SNAP & IMMIGRATION

Do I have to be a United States Citizen to get SNAP?

No. You must be a U.S. Citizen OR an eligible, lawfully present non-citizen. If only some members of your household have acceptable immigration status, you can apply for benefits just for them.

If I do not have acceptable immigration status, but my children were born in the United states, can they qualify?

Yes. You can apply for your U.S. born children, even if you do not have acceptable immigration status.

I am an immigrant and want to become a U.S. citizen. Will receiving SNAP benefits prevent me from becoming a citizen?

No. Participation in SNAP will not hurt or affect your eligibility for naturalization.



Stretch your grocery budget with SNAP!

Let us help you apply.

Call **952-697-1354** or visit
www.caphennepin.org/SNAP
for more information