Need Money to Help Buy Food?

Apply for SNAP at The Training Source, Inc. to put more nutritious food on your table!

What is SNAP?
The Supplemental Nutrition Assistance Program, known as SNAP, is the official name for the Federal Food Stamp Program. SNAP helps people with little or no income buy all sorts of foods including fruits and vegetables. In these hard times, more people are eligible than you might think. In fact, in Prince George’s County, MD, as many as 50% of potentially eligible residents fail to apply for benefits.

SNAP offers nutrition assistance to millions of and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service (FNS) works with State agencies, nutrition educators, and community and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Can I get SNAP benefits?
• To receive benefits, your income and resources have to be under certain limits.
• People with lower incomes receive more benefits.
• When determining your income, allowable expenses such as rent, utilities, child or elder care, or medical bills (if you are elderly or disabled) are subtracted to find out how much food help you might get.
• Resources include the amount of money you have in bank accounts.

How can I tell if I might be eligible?
• Call or visit The Training Source, Inc. at 59 Yost Place | Seat Pleasant, MD 20743 | 301-499-8872 for pre-screening and application assistance, as well as information about job training and other programs and services that can change your life.
• Go to www.mydhrbenefits.dhr.state.md.us and complete the Am I Eligible? assessment.
• Visit the Prince George’s County Department of Social Services.

This material was funded by USDA's Supplemental Nutrition Assistance Program. In accordance with Federal law and USDA policy, The Training Source is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. USDA and The Training Source are equal opportunity providers and employers.
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)
(FY-2019 Pre-Screening Tool)

Please complete the questionnaire below to help The Training Source determine if we can assist you with applying for or maintaining SNAP benefits and/or employment and training services

1. Are you currently receiving public assistance (check all that apply)? _____Yes   _____No
   _____ SNAP Only          _____ TCA           _____ Unemployment   _____ Medicaid
   _____ SSI                      _____ SSDI           _____ Other

2. Do you have dependent children, under 18, who live with you? _____ Yes _____ No

3. Do your family size and monthly income on the chart below indicate that you might be eligible for assistance? _____ Yes _____ No

<table>
<thead>
<tr>
<th>Number of People in Your Household</th>
<th>Gross Monthly Income Limit</th>
<th>Net Monthly Income Limit</th>
<th>Maximum Monthly Benefit (if eligible)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,316</td>
<td>$1,012</td>
<td>$192</td>
</tr>
<tr>
<td>2</td>
<td>$1,784</td>
<td>$1,372</td>
<td>$353</td>
</tr>
<tr>
<td>3</td>
<td>$2,252</td>
<td>$1,732</td>
<td>$505</td>
</tr>
<tr>
<td>4</td>
<td>$2,720</td>
<td>$2,092</td>
<td>$642</td>
</tr>
<tr>
<td>5</td>
<td>$3,188</td>
<td>$2,452</td>
<td>$762</td>
</tr>
<tr>
<td>6</td>
<td>$3,656</td>
<td>$2,812</td>
<td>$914</td>
</tr>
<tr>
<td>7</td>
<td>$4,124</td>
<td>$3,172</td>
<td>$1,011</td>
</tr>
<tr>
<td>8</td>
<td>$4,592</td>
<td>$3,532</td>
<td>$1,155</td>
</tr>
<tr>
<td>Each Additional Person</td>
<td>+$468</td>
<td>+$360</td>
<td>+$144</td>
</tr>
</tbody>
</table>

Note: If your household has a person who is 60 or older or disabled, only the net income limit must be met.

Name: __________________________________________   Date: _____________________________

Address: ____________________________________________________________________________

Phone: __________________________________   Email: ____________________________________

59 Yost Place | Seat Pleasant, MD 20743 | 301-499-8872 (phone) | 301-499-3997 (fax) | www.thetrainingsource.org