

Food Assistance for Youth From Foster Care!

Transitioning into adulthood is hard. Food assistance through **SNAP** can **help** reduce pressure and allow you to use your money for other things!

What is the Supplemental Nutrition Assistance Program (SNAP)?

SNAP gives financial support to help meet your nutritional needs, especially during challenging financial circumstances.

SNAP recipients get a reloadable card, similar to a credit or debit card, to use at the register when buying groceries.



PRO TIPS:

- Make sure on your application or when you talk with someone about SNAP, they know about your foster care experience.
- Some people might not know about the new guidelines - find a copy to take with you at FosterClub.com/SNAP2024
- You can apply in the state where you go to college and use your benefit at stores in other states when you travel.

You could qualify for SNAP benefits if:

- You were in foster care on or after your 18th birthday
- You left foster care when you were 18 or older but haven't gotten help yet, you can still get it until you're 25.
- Even if you moved to a different state, you can still get assistance if you meet the criteria.

How to Apply:

Contact your local Department of Human Services office, and speak with the benefits office to learn more. Applications in many states are available online.

Find your local SNAP State Directory at:

fns.usda.gov/snap/state-directory

TALK TO US!

Email: outreach@fosterclub.com

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