



SNAP Food Benefits Quick Reference Sheet

As an AmeriCorps member, you will be provided a letter to assist you in applying for food assistance. It is entirely optional to apply for food assistance, at your own personal discretion. However, should you choose to apply, you may find the following information to be helpful. Please note that Northwest Youth Corps does not guarantee that you will receive SNAP benefits if you do apply – we will provide assistance and documentation, but the final determination of benefits is outside of our control.

What does my letter do for me?

Federal law states that allowances, earnings, and payments to participants in AmeriCorps programs “shall not be considered income for the purposes of determining eligibility for and the amount of income transfer and in-kind aid furnished under any federal or federally-assisted program based on need, other than as provided in the Social Security Act.” 42 U.S.C. § 12637(d). That means that AmeriCorps State and National benefits are excluded from income for food stamp purposes. Your letter contains this information and should be provided alongside your application for food stamps to ensure your case manager understands how to evaluate your income.

How do I apply for food stamps?

For Idaho, Oregon, and Washington, there are multiple ways to apply for food stamps. From past experience, we recommend applying in person at a local office, as access to benefits tends to occur sooner when you do. However, you can also apply online in both states and Oregon also allows you to mail or fax a completed application to their offices. More information regarding each state’s application process, as well as portals to their online applications, can be found at the following websites:

Oregon: <http://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/Eligibility-Apply.aspx>

Washington: <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>

Idaho: <https://healthandwelfare.idaho.gov/FoodCashAssistance/FoodStamps/>

What do I need to apply for food stamps?

We recommend that you take a few forms with you when you apply for food stamps. While not all the forms may be required, it’s better to be over-prepared than to have to get out of line to run home to grab something you forgot. Refer to this list to ensure that you are well-prepared before you go to the local office.

- SNAP Letter & Hire Letter
- Position Description
- Proof of Income (Hire Letter, Position Description, Paystubs)
- Identification (Driver’s License, Passport, etc.)
- Financial Statements (Checking, savings, etc.)
- Proof of Monthly Expenses (Utility bills, rent receipts, etc.)
- Social Security Number