Students:

Having trouble affording groceries?

SNAP may be able to help, thanks to new rules.

SNAP provides monthly benefits on a debit card that you can use to buy food at grocery stores. Many more students may now be eligible.

Low-income students between the ages of 18 and 49 who are enrolled at least half-time in higher education may be eligible if they meet any of the following:

- Qualify to participate in a work-study
- Have an expected family contribution (EFC) of $0
- Attend a SUNY/CUNY community college, comprehensive college, or technical college and are enrolled in a career and technical education (CTE) program
- Attend an Educational Opportunity Center (EOC) and are enrolled in a career and technical education (CTE) program, remedial courses, basic adult education, literacy, or English as a second language
- Can meet other SNAP rules

Apply for SNAP:

Apply for SNAP online at myBenefits.NY.gov

SUNY/CUNY and EOC students:
Contact your school’s Office of the Registrar (SUNY/CUNY) or Perkins Officer (EOC) for a verification form before applying.

Get help applying for SNAP:
Contact the Nutrition Outreach and Education Program (NOEP). NOEP is free and confidential. Find your local NOEP Coordinator at FoodHelpNY.org

HungerSolutionsNY.org

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