



SNAP Food Assistance: Workers who lost hours or job due to COVID-19

Who is eligible for SNAP?

If you were laid off or lost income and need help putting food on the table, SNAP (Supplemental Nutrition Assistance Program) is here to help. Here are some **core eligibility rules**:

- If you live with your spouse or your children under age 22, they are part of the same SNAP household. If you live with others, you can apply separately unless you buy and prepare most of your food together.
- If you are not a US Citizen, there are special immigrant status rules.
- If your income is below 200% of the Federal Poverty Level (FPL), you may be eligible for SNAP. For example, for a household of 3 people, 200% of the FPL is \$3,556/month.

I lost my job or work hours because of COVID-19. What should I know?

You can **apply for SNAP at any time**.

- The Office of Public Assistance (OPA) will work with you to verify income information if you were laid off by your employer during COVID-19.

If you are denied SNAP or cash benefits or disagree with a decision OPA has made:

- Request a hearing if you disagree with OPA's decision. There is an appeal form on the back of the OPA notice. During COVID-19 **hearings are held by phone**.
- Contact Montana Legal Services and request free, legal help. Public Benefits are legal issues! 1-800-666-6899

How do I apply for SNAP?

Because of COVID-19, you currently **cannot apply in person** at OPA. To apply:

- **Online** visit apply.mt.gov. You can also check the status of your case and upload documents:
- **Over the phone** by calling Montana Food Bank Network's SNAP Hotline at **(406) 239-6475** or the Montana Public Assistance Helpline at **1-888-706-1535**.
- **Email** hhsspapplicationcustomersupport@mt.gov for a PDF SNAP application.

What if I am sick or need someone to help me buy food?

OPA will issue only one SNAP EBT card per household with the name of the head of household printed on the card. Everyone in the household has the right to use the card for food shopping. You can give your card to a trusted family member or friend to food shop for you.

MONTANA FOOD BANK NETWORK
Our mission is to end hunger in Montana.



ADDRESS 5625 Expressway | Missoula | 59808
PHONE (406) 721.3825
ONLINE mfnb.org