



10 Myths and Facts About SNAP for Homeless Persons

1

MYTH: You must have housing and a mailing address to get SNAP benefits.

FACT: You can get SNAP benefits even if you live on the streets and don't have a mailing address. If you live in a shelter, bring a letter from a shelter employee that says you live there when you apply.

2

MYTH: People who live in shelters can't get SNAP benefits because they already get free meals.

FACT: You can get SNAP benefits even if you live in a shelter with meals. You can't be turned down only because you live in a homeless shelter with meals.

3

MYTH: You must have a place to cook and store food to get SNAP benefits.

FACT: You can't be turned down for SNAP benefits because you don't have a kitchen or a place to cook.

4

MYTH: You need a photo ID to get SNAP benefits.

FACT: You need proof of identity. A photo ID is one way to prove identity. You can't be turned down for SNAP benefits because you don't have photo ID. You can use another ID like a work or school badge, a health benefits card, an ID from another social service, a pay stub, a birth certificate, or a voter registration card. The SNAP worker can also check your identity by calling shelter workers or employers.

5

MYTH: You can buy food only at grocery stores.

FACT: Homeless people can use SNAP benefits at other places. You can use SNAP benefits to pay for meals at soup kitchens and homeless shelters that are authorized to accept SNAP benefits.

6

MYTH: Homeless people can't use SNAP benefits at restaurants.

FACT: In some States, homeless people can use SNAP benefits at certain restaurants. Tell your SNAP worker if you are homeless and want to use SNAP benefits at restaurants. You will get a special card to buy meals at restaurants.



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7 **MYTH: It is difficult for homeless people to apply and there is no help available.**

FACT: SNAP offices must set up ways to serve homeless people. They can find an authorized representative or mail your benefits to the shelter where you stay. Most States certify recipients for at least six months.

8 **MYTH: Homeless youth have to provide their parent's income when they apply for SNAP benefits.**

FACT: Homeless young people can apply for SNAP benefits on their own. Their parent's income does not count. If you live in a shelter, bring a letter from a shelter employee that says you live there when you apply.

9 **MYTH: You are required to work in order to apply for SNAP benefits.**

FACT: SNAP requires people to register for work, participate in employment or workfare programs (if referred by the State), not reject a suitable job offer, and not voluntarily quit a job. Work requirements typically do not apply to people with children 6 years old or younger; people with disabilities; senior citizens; and in certain areas in some States. Your SNAP worker will tell you which work requirements apply to you.

10 **MYTH: SNAP benefits have to be paid back.**

FACT: People who get the right amount of SNAP benefits do not have to pay them back. Make sure the information you give when you apply is correct. If you get SNAP benefits based on wrong information, then you will have to pay them back.



U.S. Department of Agriculture
Food and Nutrition Service
Supplemental Nutrition Assistance Program (SNAP)

For more information, call 1-800-221-5689 or go online to www.fns.usda.gov/snap

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