

How to Apply

- The application can be downloaded from www.okdhslive.org. Click the “Food Benefits (SNAP)” link and follow the instructions. You can also complete an application at your local DHS office.
- To find the County DHS office nearest to you, go to www.okdhs.org/okdhslocal or call 1.877.653.4798
- Mail or take your completed application to any DHS office.
- A list of the necessary materials to bring to your interview is listed on the “Food Benefits (SNAP)” link found on www.okdhslive.org.
- Initial and renewal applications can take up to 30 days to process.



Benefits for SNAP are placed electronically on the Access Oklahoma Card.



Oklahoma Nutrition Information & Education Project

Keeping Oklahoma Families Strong

www.onieproject.org

@ONIEProject



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This material was developed with funding provided by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. To find out more, contact your local Department of Human Services Office at 1.866.411.1877. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

The Truth about

SNAP Benefits

Truth or Myth?

I own my home, so I cannot receive SNAP benefits.

I cannot have a car and receive SNAP benefits.

I would have to sit in the DHS lobby all day to apply for SNAP benefits or see my caseworker.

Learn the truth about these myths and others to help you and your family get the assistance you need with Supplemental Nutrition Assistance Program [SNAP], formerly known as food stamps.



Myth

I own my home, so I cannot receive SNAP benefits.

Truth

The home and land you own are not considered in deciding eligibility except for certain expenses you have, such as mortgage and other costs.

Myth

If I move I will lose all my unused SNAP benefits.

Truth

You will not lose your benefits if you move. You must report any changes in your residence within 10 days. Tell your caseworker your new address and shelter/utility costs as soon as possible. If you move out of the state, your Access Oklahoma card can be used in your new state.

Myth

Because I am paid in cash, I cannot apply for SNAP benefits.

Truth

You can be paid in cash. If your employer will not provide proof of your income, your caseworker will use the best available information to decide your income.

Myth

I cannot own a car and receive SNAP benefits.

Truth

You can own a car and receive SNAP benefits. Specific rules can be discussed with your caseworker.

Myth

I would have to sit in the DHS lobby all day to apply for SNAP benefits or see my caseworker.

Truth

DHS caseworkers can schedule interviews to be completed by telephone. You can choose to schedule an in-person interview at the county office. Being on time helps things run smoothly for either a telephone or face-to-face interview. If you wait more than 15 minutes beyond your appointment time, let the receptionist know so they can better serve you.

Myth

To receive continuous benefits, I will have to go back to the DHS office every month.

Truth

Most cases are approved for one year at a time. There is a 6 month review, but it can be completed by mail. When it is time for you to reapply/renew for benefits, a notice will be mailed to you.

Myth

An adult must have legal custody of a child in order to receive SNAP benefits for that child.

Truth

Even without legal custody, as long as the child lives in your home the child can be included in your household. Your caseworker will discuss who can be included in your food benefits household during your interview.

Myth

Everyone receives the same amount of SNAP benefits each month.

Truth

Nearly every household is different when it comes to the amount of SNAP benefits received. The amount of SNAP benefits can vary depending on household size, income, living costs, and other factors.

Myth

It takes too long to sign up and process paperwork to receive SNAP benefits.

Truth

You may be eligible for emergency services if your income does not cover rent and utilities or if your income is less than \$150 a month. Emergency services are issued within 1 to 7 days. For non-emergency cases, the process to receive SNAP benefits may take up to 30 days.

Myth

If I receive Medicaid I should automatically qualify for SNAP benefits.

Truth

Your DHS caseworker will check to see if you are eligible for other assistance programs. Each assistance program has different eligibility guidelines. Therefore, it is possible for you to receive benefits from one program but not another.

