



VPLC
Virginia Poverty
Law Center

SNAP Eligibility CHECKLIST

The Supplemental Nutrition Assistance Program (SNAP) helps families put food on their tables by providing a monthly benefit amount on an Electronic Benefits Transfer (EBT) card that allows families to purchase food online and at local retailers.

There can be a lot of confusion about SNAP, whether your family qualifies, and how much assistance you will receive. **Virginia Poverty Law Center's SNAP calculator** allows you to enter your information and get an estimate of whether you are eligible and how much you may be eligible for. To see whether you qualify, call 866-753-SNAP, or use our online SNAP Calculator.

To help you with this process, we created this checklist to:

1. Help you prepare the right paperwork for a smooth application, and
2. Explain the eligibility factors that affect your eligibility and benefit amount.

This checklist isn't a formal application. To apply for SNAP in Virginia, visit [CommonHelp](#) and click "Apply for All Benefit Programs." VPLC is a non-profit organization and is not associated with the Virginia Department of Social Services.

GROSS INCOME

- Employment income-paystubs
- Self-employment- tax return
- Pension, Unemployment, VA benefits, Social Security Benefits-Award letter(s)
- Child support/alimony court order

Dependent Care Expenses

Verification should only be needed if the household's expenses are questionable. If questionable, the provider can submit a signed statement or signed receipts.

Shelter Expenses

Verification should only be needed if household expenses are questionable

DEDUCTIONS

Medical Expenses

If using the standard deduction, must verify incurred expenses of \$35. If using actual expenses, must verify all expenses. Receipts, insurance premium information, and any other documents that reflect monthly expenses can be used to show medical expenses.

Homeless Shelter Allowance

Verification should only be needed if household expenses are questionable.

CITIZENSHIP/ IMMIGRATION STATUS

Citizenship

Should only be verified if questionable.

Immigration

Includes but is not limited to

- Resident alien card
- Arrival-departure record
- Work authorization card

RESIDENCY

The Agency must allow any verification that establishes that the person lives in the location in which they are applying for benefits. Includes but is not limited to

- A lease
- Driver’s license
- Collateral statement from another individual

IDENTITY

- Driver’s license
- ID for health benefits
- Wage stubs
- Social security card
- Birth certificate

Gross & Net Income Requirements

To be eligible for SNAP, you must meet the gross income and net income requirements.

- Monthly gross earnings must be equal to or less than 200 percent of the poverty line
- Monthly net earnings must be equal to or less than 100 percent of the poverty line

Our SNAP calculator can help you determine where your income falls with respect to these requirements.

You can view the most up-to-date income limits [here](#).

Household Size	Maximum Gross Monthly Income Limits	Maximum Net Monthly Income Limits
1	\$ 2,265	\$ 1,133
2	\$ 3,052	\$ 1,526
3	\$ 3,839	\$ 1,920
4	\$ 4,625	\$ 2,313
5	\$ 5,412	\$ 2,706
6	\$ 6,199	\$ 3,100
7	\$ 6,985	\$ 3,493
8	\$ 7,772	\$ 3,886

What is gross income?

Gross income includes money you've received from employment, Social Security, child support, or any other unearned income. This amount is your total earnings before any taxes or deductions. Gross income includes money you've received from employment, Social Security, child support, or any other unearned income. This amount is your total earnings before any taxes or deductions.

What is net income?

Net income is your gross income minus allowable deductions.

What kind of deductions are there?

Speak with a SNAP assister to learn more about these deductions.

- 20% earned income deduction
 - 20% of your earnings from your wages, self-employment, other earned income can be deducted. However, this does not apply to unearned income such as Social Security Benefits and child support.
- Standard deduction based on household size
- Dependent care deductions are allowed if necessary for a household to accept or continue employment, seek employment, comply with employment and training requirements, attend training, or pursue education that is preparatory for employment. Deductions include
 - Cost of care, including out-of-school supervisory activities (Daycare, summer camps, YMCA after-school programs)
 - Transportation costs.
- Medical expense deduction for elderly or disabled individuals. If you have more than \$35 in medical expenses a month, you can take a standard deduction of \$200. If you have more than \$235 a month, you can use your actual medical expenses. Expenses include but are not limited to
 - Insurance premiums, including Medicare premiums
 - Prescription drugs, including Medicare part D copayments
 - Insurance copayments, coinsurance, and deductions
 - Cost for aid and attendant care
 - Cost of transportation

For more information on medical expenses, please don't hesitate to contact our SNAP assister
866-753-SNAP or at SNAP@vplc.org

- Child support payments paid
- Homeless shelter allowance
- Shelter expenses include, but are not limited to, rent, mortgage, condominium or association fees, real estate taxes, and utilities. You may be eligible to use a standard utility deduction if you pay for heating or cooling your home.

Are there special income rules for individuals who are elderly or disabled? What about individuals in mixed immigrant households?

Yes! You can discuss these rules with a SNAP assister. If someone in your home is disabled or age 60 years or older or if there are mixed immigrant households, you may want to contact our SNAP assister at 866-753-SNAP or at SNAP@vplc.org.

Other Important Eligibility Factors

Household size

Knowing your household size is important, as it determines your maximum income limits and deductions. If you live with a person and buy and cook them food, they are considered a household member. Members also include:

- Spouses
- Children under 18 and under your parental control
- Children age 21 or younger who are your natural, foster, or adopted children.

Citizenship/immigration status

To qualify for SNAP benefits, you must be either a citizen or a qualified immigrant.

Qualified Immigrant status includes:

- Lawful Permanent Residents (must have been in the country for 5 years as a qualified immigrant or have 40 work quarters)*
- Refugees and asylees
- Individuals Whose deportation is being withheld 243(h)/241(b)(3)
- Parolee granted status for at least one year*
- A conditional entrant admitted under 203
- A battered spouse or child*
- A Cuban/Haitian immigrant
- Amerasian immigrant

**Additional requirements may be applicable. To learn more, contact our SNAP assister. Families where one or more household members meet the immigration/citizenship requirements, but other household members do not, the family members who meet the immigration/citizenship status may still be eligible for SNAP benefits.*