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## [Connecting Virginians with SNAP](#)

Image



### **I just needed a little help...**

I used to take half-doses of my medicines so they would last longer. SNAP helps stretch my dollars so that I don't have to choose between two critical needs - food and medicine.

After Peter lost his job, we hardly had any money left for food after paying bills. It's still a struggle for us, but the groceries we purchase through SNAP have helped so much.

I'm not only 'Grandma' - I'm also her guardian. On a fixed income, I was afraid I wouldn't have enough to feed her properly, so I applied for SNAP. We couldn't get by without it.

### **Connecting Virginians with SNAP**

The Supplemental Nutrition Assistance Program (SNAP) helps people stretch their food budgets and puts healthy foods within reach.

There is an income requirement to receive SNAP benefits. Eligible recipients will receive SNAP benefits on an Electronic Benefit Transfer (EBT) card, which works like a debit card. Benefits are automatically loaded into your account each month. You can use your EBT card to buy groceries at authorized food stores, retailers and farmers' markets.

### **What Can SNAP Benefits Buy?**

Any food for the household, such as:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants which produce food for the household to eat

### **SNAP benefits cannot be used for:**

- Alcohol or tobacco
  - Vitamins, medicines, and supplements
  - Live animals (except shellfish, fish removed from water, and animals slaughtered prior to pick-up from store)
  - Hot foods and hot food products prepared for immediate consumption (participants can buy cold prepared foods fit for immediate consumption, such as potato salad)
  - Any nonfood items, such as pet food, household supplies, or hygiene items
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### **Learn More**

- **Buying Food with SNAP** The Supplemental Nutrition Assistance Program(SNAP) allows a variety of foods to be purchased with the SNAP benefits. This fact sheet provides what can and cannot be purchased.

- **SNAP Special Rules for the Elderly or Disabled** This article from USDA provides the special rules in the Supplemental Nutrition and Assistance Program(SNAP) when a household's family members includes someone who is Elderly or Disabled.
- **Healthy Eating on a Budget** Pick up some tips on how you can stretch your food dollars while eating healthy and nutritious foods.
- **Recipes for Healthy Eating** MyPlate.gov offers printable recipes to help you build a healthy plate.
- **Get Fresh!** You may adopt some healthy eating habits and cooking techniques through cooking demonstrations, nutrition education, and wellness information one meal at a time.

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## Find Out if You Qualify?

[CommonHelp.Virginia.gov](https://www.commonhelp.virginia.gov) is the central, easy to apply for programs for assistance, like SNAP, in Virginia. Using CommonHelp, you will be able to submit a single application to apply for assistance from multiple Department of Social Services (DSS) programs such as: SNAP-Supplemental Nutrition Assistance Program, MA-Medical Assistance and EA-Energy Assistance.

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