

# Supplemental Nutrition Assistance Program

**Quick Look:** The Supplemental Nutrition Assistance Program (SNAP—formerly referred to as Food Stamps) gives low-income individuals and families a way to buy nutritious food. If you qualify for SNAP, you will receive a card, similar to a debit card, that you can use at grocery stores and even many farmer's markets.

## How Working Affects Your SNAP Benefits

SNAP is an income-based benefit that will be adjusted according to your monthly earnings. When you work, the first 20% of your earned income is not counted when determining your new SNAP benefit amount. Your SNAP benefits are based on the remaining 80% of your earned income. As your income increases, your SNAP benefit decreases, by about \$1 for every \$3 earned. Most income is countable, including earnings, unemployment compensation benefits, SSDI, SSI, pensions, and contributions. Some types of unearned income are exempt by law.

Be sure to report any changes in employment, earnings, or living situation to your caseworker at the Indiana FSSA Division of Family Resources, since SNAP benefits can also increase again if your earnings should decrease for some reason. Your caseworker can verify that the benefit amount is correct, so you'll avoid having to repay any money sent to you in error.

You can receive SNAP benefits if you receive SSI, disability-related Medicaid, or other disability or insurance benefits.

The asset/resource limits are \$5,000 for most households. Assets include bank accounts, cash, real estate, personal property, vehicles, etc. The household's home and surrounding lot, household goods and personal belongings, and life insurance policies are not counted as assets in the SNAP program.

You can find additional information on the Division of Family Resources' webpage "[Do I Qualify for SNAP?](#)"

A Community Work Incentives Coordinator or an Indiana Benefits Information Network Liaison can help you understand your SNAP benefits. For more information, you can also call the Indiana Family and Social Services Administration, toll-free, at 800-403-0864, and you will be connected to staff in the Division of Family Resources.

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Source: [www.ssa.gov](http://www.ssa.gov). Reviewed by the Center on Community Living and Careers.

**For more information, contact the  
Indiana Benefits Information Network  
812-855-6508 | [www.iidc.indiana.edu/cclc](http://www.iidc.indiana.edu/cclc)**

**Indiana's Work Incentive Planning and Assistance Program  
North/Central: 855-641-8382 | Southern: 502-548-4492**