

IT'S A SNAP!

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

(formerly known as Federal Food Stamp Program)



NOW YOU CAN...

- Apply online in 15 min.
- Submit verifications by fax, mail or drop off.
- Interview by telephone.
- Check EBT balance online.

all available at

www.c4yourself.com

Electronic Benefit Transaction (EBT) cards can be picked up at DSS in Lower Lake.

DID YOU KNOW?

- If everyone eligible for food stamps would take advantage of these benefits, it would bring about 6 million dollars into the local economy through purchase of food at local stores. (Lost Dollars, Empty Plates)
- Food seeds and starter plants are an approved expense for SNAP benefits.
- Local Farmers' Markets are working to get the necessary equipment in place to be able to accept EBT cards.

No computer? Please contact:

Department of Social Services
15975 Anderson Ranch Parkway
Lower Lake, CA 95457
(707) 995-4200
(800) 628-5288

SNAP HELPS LOW-INCOME PEOPLE AND FAMILIES BUY THE FOOD THEY NEED FOR GOOD HEALTH!

See reverse side for nutritional information and cost-per-portion information.

BASIC INCOME ELIGIBILITY

Number in Household	Gross Monthly Income	Net Monthly Income	Amount of Benefit
1	\$1,174	\$ 903	\$200
2	\$1,579	\$1,215	\$367
3	\$1,984	\$1,526	\$526
4	\$2,389	\$1,838	\$668

For complete eligibility information, go to www.fns.usda.gov/snap/applicant_recipients/eligibility.htm or call (707) 995-4200