

5 MYTHS ABOUT THE FOOD STAMP PROGRAM FOR CURRENT AND FORMER SERVICE MEMBERS

(Also known as the Food Supplement Program or SNAP)

MYTH 1: If I receive a Veteran's pension, I will not qualify.

False. It does not matter where you receive your income, as long as it is obtained legally. Veteran's pension, military allotments and money from friends or relatives are all valid sources of income, among many others.

MYTH 2: I cannot use food stamp benefits at my local commissary.

Not true. Commissaries accept many forms of payment including benefits you receive through from Food Stamps.

MYTH 3: I am currently homeless and I heard you cannot apply if you do not have a permanent address.

Wrong. You do not need to have a permanent home address in order to apply for Food Stamps. You can provide the address of friends or family if they are willing to receive your mail. There are also many community service agencies in Maryland that provide mailing addresses for persons experiencing homelessness.

MYTH 4: If I have some money saved, I will not qualify for Food Stamps.

Wrong again. Households are permitted to have up to \$2,000 in countable resources, such as a savings account, or \$3,250 in countable resources if at least one person in the household is age 60 or older, or is disabled.

MYTH 5: By accepting Food Stamps, I'm taking away funds from people who really need them.

No way! There is unlimited funding for Food Stamps. It is for anyone and everyone who needs it.

***For questions or to fill out an application, call Maryland Hunger Solutions:
410-528-0021, ext. 28.***



More Information about the Food Stamp Program



These people can apply for Food Stamps:

- **Children (under 18)**
- **People serving in the US military**
- **People with disabilities**
- **Cubans and Haitians**
- **Human trafficking victims**
- **Refugees**
- **Asylees**
- **Immigrants with postponed deportation**
- **Legal immigrants who were 65 or older on 8/22/1996**
- **Immigrants with a Greencard for 5 years or more**
- **Documented immigrants who have a total of 10 or more years of work in the US (this includes times that you worked when do you did not have papers)**

These people cannot participate:

- **Most people on strike**
- **All undocumented immigrants**
- **People who did not follow the rules of the Food Stamp program in the past**

People with these visas cannot participate either:

For families with some eligible members and some ineligible members,

DON'T BE AFRAID TO APPLY.

Information shared with the Food Stamp Program is confidential and is not shared with the immigration authorities. People who can receive Food Stamps will receive them, and people who are not eligible will simply not receive them.

- **TPS**
- **Work permit**
- **Student visa**

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